

Earthbound Expeditions

Mt Meru Climb

6 days, from US$1,530 per person

Duration	Group size	Country
6 days	**No limit**	**Tanzania**

Mt Meru Climb Overview

Climb Mount Meru (4,562 m), the second-highest mountain in Tanzania after Mount Kilimanjaro (5,895 m), by the Momella Route.

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Mt Meru lies in the heart of Arusha National Park in Tanzania, 43 miles west of Mount Kilimanjaro, and is considered the best mountain for acclimatisation before climbing Kilimanjaro. This volcano offers fine views of Kilimanjaro and some of the best wildlife viewing in Tanzania.

Kilimanjaro has seven official trekking routes, but Meru has only one standard route to the summit, the Momella Route. The climb does not require advanced mountaineering skills, but it is still demanding, as the summit is high enough to cause altitude sickness.

The whole journey passes through the scenery of Arusha National Park. On the lower slopes you can see a wide range of wildlife. As you ascend the Momella Route, you cross the north rim of the volcano's crater along a steep ridgeline.

From the summit, you see the sunrise over Mount Kilimanjaro and the landscape and wildlife below.

Itinerary

Day 1

Transfer from Kilimanjaro International Airport to Moshi

Transfer from Kilimanjaro International Airport to Moshi (time and flight details to be confirmed). Pre-climb briefing on the trek. Overnight in Moshi. [D]

Altitude: 890 m On foot: None, arrival day Night: Hotel, Moshi Meals: Dinner

Day 2

Drive to Meru Gate and trek to Miriakamba Hut

Drive from Mountain Inn to Meru Gate. Begin the climb to Miriakamba, which takes about 4 hours on a gradual ascent through the rainforest. Overnight at Miriakamba Hut (2470m).

Altitude: 2,470 m On foot: 4 hrs Night: Hut, Miriakamba Hut Meals: Breakfast, Lunch, Dinner

Day 3

Trek to Saddle Hut

We continue through the forest on a steeper climb than the previous day, and the path winds up through the rainforest. If it has been raining, some of the steeper sections may be muddy, so care is needed. A clearing in the trees on Elephant Ridge offers good views of the summit and down into the crater. We continue up through grassy clearings to Saddle Hut (3570m), on a wide col between the slopes of Meru and Little Meru. The short walk to the summit of Little Meru is worthwhile for the views across to Meru's summit. Overnight at Saddle Hut (3570m).

Altitude: 3,570 m On foot: 3–4 hrs Night: Hut, Saddle Hut Meals: Breakfast, Lunch, Dinner

Day 4

Summit Mt Meru at sunrise and descend to Miriakamba Hut

After a quick breakfast at about 2 am, we start the walk to the summit by the light of our head torches, aiming to watch the sunrise over Kilimanjaro, Africa's highest mountain, and the African plains from the top. After about an hour we reach Rhino Point, which has good views across to Kilimanjaro and down to the base of the ash cone. From Rhino Point there is a short scramble over rocks onto the crater rim. We reach the summit at about 7 am. After signing the summit register under the Tanzanian flag, we spend some time on the summit and then begin the long descent to Miriakamba Hut. It is a long day, but good preparation for the bigger climb ahead. Overnight at Miriakamba Hut (2470m).

Altitude: 4,566 m at Socialist Peak On foot: 10–12 hrs Night: Hut, Miriakamba Hut Meals: Breakfast, Lunch, Dinner

Day 5

Descend to Meru Gate and drive to Moshi

After breakfast, we descend to Meru Gate, where we collect our certificates, and then drive through Arusha National Park on a game drive. We arrive in Moshi in the evening.

Altitude: 890 m On foot: 2–3 hrs Night: Hotel, Moshi Meals: Breakfast, Lunch, Dinner

Day 6

Departure

Breakfast. We take you to the airport for your departure. Our services end today.

Altitude: 890 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- 3 nights' accommodation on a full-board basis
- Mt Meru conservation fees (entry fees)
- Trained and certified English-speaking guide(s)
- Trained and certified porters (1 porter per person for personal mountain luggage, maximum 15 kg)
- Trained and certified cook, with utensils, cutlery, crockery, etc.
- All meals on the mountain on a full-board basis
- Camping chairs, tables and dining tent
- Lightweight dome tent, shared between two people
- Three- or four-season lightweight single dome tent for the tour leader
- 1 transfer per group from Moshi to the park gate
- 1 transfer per group from the park gate to Moshi
- Safe and luggage storage at Mountain Inn while you are on the trek
- Boiled drinking water on the trek
- Basic first aid kit per group
- 1 transfer from Kilimanjaro International Airport (JRO) to Moshi

Not included

- Tips
- International flights in and out
- Additional transfers from the park gate to Moshi
- Extra nights' accommodation

- Drinks such as soft drinks and alcohol
- Metal water bottles, water bladders, etc. (please note: soft plastics are not permitted on the mountain)
- Personal items

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/mt-meru-climb