

Mount Meru in 4 days



- Price
- Duration
- Best months
- Why this route?

2024/2025:

US \$1,470 if 2-3 climbers

US \$1,240 if 4+ climbers

per person

4 days / 3 nights

Route climbable year-round. January through March and mid-June through October are driest months.

For those who want extra rest after the exertion of summit day and time to explore the forest on Meru's lower slopes during their descent.

Highlights

- Second tallest mountain in Tanzania.
- Stunning views of Kibo, Kilimanjaro's main peak.
- Excellent conditioning hike for Kilimanjaro.
- Overnight accommodations in huts.

Daily Distance, Time, Elevation...

Day	Activity Location	Hiking Distance	Hiking Time	Elevation Start	Elevation Finish	Elevation Gain
1	Transfer to Arusha N.P. Momela Gate to Miriakamba Huts.	5.8mi 9,4km	3.5 hours	4,970' 1515m	8,250' 2515m	3,280' 1000m
2	Miriakamba Huts to Saddle Huts.	3.3mi 5,4km	3.5 hours	8,250' 2515m	11,710' 3570m	3,460' 1055m
	Saddle Huts to Little Meru.	- 1.2mi 2,0km	- 1 hour	- 11,710' 3570m	- 12,530' 3830m	- 820' 260m
3	Saddle Huts to Meru	3.4mi 5,5km	4-5 hours to summit	11,710' 3570m	14,980' 4566m	3,270' 996m
	Summit to Miriakamba Huts.	- 6.8mi 10,9km	- 5 hours to Miriakamba	- 14,980' 4566m	- 8,250' 2515m	- -6,730' -2051m
4	Miriakamba Huts to Momela Gate. Transfer from Arusha N.P.	8.4mi 13,5km	4 hours	8,250' 2515m	4,970' 1515m	-3,280' -1000m

Detailed Itinerary

Day 1: Momela Gate to Miriakamba Huts

You will be met by your SENE mountain guide at your overnight accommodations, where he will do a brief clothing and gear check prior to the drive to Arusha National Park. At the park's Momela Gate you will meet your support crew, have lunch, and start the climb to Miriakamba, the first overnight. After crossing the Meru Plain, where we will likely encounter (at a safe distance) giraffe and buffalo, among other wildlife, we take a short diversion to view Tululusia Falls, just off the trail. As we climb higher admire the magnificent flora along the trail, among them

pink impatiens and Sodom's apple trees, and remember to turn around for views of majestic Kilimanjaro. Just up from the Miriakamba Huts and across the dry riverbed sits the lush Meru Crater Plain, an area frequented by a variety of game. We will explore the plain and, if time permits, reach the Njeku View Point above a distant waterfall.

Overnight: Miriakamba Huts.

Meals: L,D.

Day 2: Miriakamba Huts to Saddle Huts (plus Little Meru)

We begin the day ascending through a grassy pastoral landscape before entering a forest in which elephant may be spotted. The guides will remind you to keep your pace pole pole (slow) to help you adjust to the altitude. At the rest stop Mgongo wa Tembo (Elephant's back) we are provided beautiful views over the Crater Plain below and ash cone straight ahead. Eventually, we enter an alpine landscape leading the Saddle Huts. After a rest at the huts, take the short round-trip acclimatization hike up Little Meru.

Overnight: Saddle Huts.

Meals: B,L,D.

Day 3: Saddle Huts to Meru Summit to Miriakamba Huts

Rise in the wee hours to start the climb at night in order to reach the summit at sunrise. After crossing the saddle and ascending to a ridge we reach Rhino Point, followed by a short descent and traverse of a rock face taking us to the lip of the Meru Crater, along which we will follow. As the horizon starts to emit a dim light you can see Meru Summit as well as the outlines of both Mawenzi and Kibo peaks on Kilimanjaro. This final section is steep, rocky, and can be slippery. Celebrate at the summit and admire the views as far as Kenya. After a well-deserved rest and lunch at the Saddle Huts below, the afternoon hike descends to Miriakamba for the night.

Overnight: Miriakamba Huts.

Meals: B,L,D.

Day 4: Miriakamba Huts to Momela Gate

Continue your descent off the mountain, using the circuitous route along a 4WD track skirting the Crater Plain and past the Kitoto View Point with fabulous views of the plains below and Kilimanjaro beyond. Soak in the biological richness of the forested lower slopes, see the magnificent arched fig tree (through which the track passes), and the Maio Falls on the Jekukumia River that winds through the forest. Keep your eyes open for dik dik, baboons, giraffe, and other retiring creatures of the forest. At the gate say good-bye to the crew before transfer to your next destination.

Meals: B,L.

Inclusions

- All accommodations in mountain huts and meals for **4 days / 3 nights**.
- All meals as indicated (B,L,D).
- Bottled water, coffee, teas, cocoa.
- Services of climbing guide and mountain crew.
- Arusha National Park entrance, hut, and rescue fees, including ranger fee.
- Transfers to/from Arusha National Park and Kilimanjaro International Airport, Mbahe, Moshi, or Arusha.

Exclusions

Tips and gratuities to leaders, guides, crew, or other staff; sleeping bag; additional accommodations and meals made necessary by airline schedule changes, inability to complete the climb, finishing a climb before the scheduled completion date, or other factors; pre-trip expenses such as immunizations, travel insurance, passports, and visas; international airfare; airport departure taxes; and any expenses of a personal nature such as souvenirs and laundry.

Disclaimer

Trip prices are based on SENE costs, fees, and supplier prices in effect at the time of booking. SENE reserves the right to alter trip prices should inflation, cost of fuel, labor, materials, or exchange rates change. If the Tanzania National Parks Authority (TANAPA) raises park fees, or any hotel, lodge, camp, airline, or any other service provider raises their rates, SENE reserves the right to require additional payment from the client.