



5 NIGHTS 6 DAYS MT MERU EXPEDITION

Mount Meru is the second highest mountain in Tanzania at 4,5685m. and the fifth highest in Africa. Mt. Meru is part of the Arusha National Park located 45 km from Arusha town. The hike up Mt. Meru is more physically demanding than Kilimanjaro; albeit only a 3-4 day hike (many climbers use this hike as a warm-up to climbing Mount Kilimanjaro). The first stage takes you through the acacia woodlands, past resident herds of buffalo and giraffe and up to the base camp hut.



Day 1: Nairobi - Arusha

Meeting point – **Steers** (Muindi Mbingu Street opposite the Jeevanjee Gardens) at 0700hrs
Departure @ 0745hrs. Transfer from Nairobi to Arusha town via Namanga – border to arrive in time for lunch (**at own cost**). Overnight stay at a hotel in Arusha for pre-trek briefing (*Bed & Breakfast*)

Day 2: Arusha - Miriakamba (3 - 4 hrs)

Following breakfast we transfer through Arusha National Park to Momella Gate and complete the registration formalities, thereafter we begin our trek by following the track through the forest to the crater floor and then steeply to Miriakamba Hut (2514m). Look out for giraffes, warthog and buffalo at this stage. The going is tough because of the steepness but with a glance back over your shoulder, the views are spectacular across the Momella Lakes to Mount Kilimanjaro and give you the inspiration to go on. **MIRIAKAMBA HUT** (*Breakfast, Lunch, Dinner*)

Day 3: Miriakamba - Saddle (4 -5 hrs)

Leaving Miriakamba Hut behind (and the giraffe population), we will ascend the stepped path through glades and forest to Mgongo wa Tembo (Elephant Ridge) and rest beside an outlook with great views down into the crater and up to the main cliffs of the summit. From here we will continue on towards Saddle Hut (3570m) through the forested slopes and dry streambeds that separate the slopes of Meru and the smaller peak of Little Meru (3820m). After reaching Saddle Hut, we will rest before exploring Little Meru (2 hours return). From here there are impressive views to the Summit of Meru, the snow-capped Kilimanjaro and across Maasai Villages.
SADDLE HUT (*Breakfast, Lunch, Dinner*)

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Day 4: Saddle – Summit - Miriakamba (8 - 10 hrs)

At around midnight we will leave Saddle Hut to make the trek to the Summit of Meru via Rhino Point. There really are rhinoceros (kifaru) remains here. The walk to the summit is grueling along a narrow ridge, but is one of the most dramatic and exhilarating sections of trekking in East Africa. We travel through vegetation, bare rock and ash to reach the Summit (4566m). On a clear day from here you can see the Rift Valley, Oldonyo Lengai, Arusha town and the plains of the Maasai Steppe. It will be an experience that will imprint on your heart forever. Afterwards, we will return to Saddle Hut for a meal and rest before continuing down to MIRIAKAMBA HUT (*Breakfast, Lunch, and Dinner*)

Day 5: Miriakamba - Arusha (3 - 5 hrs)

From Miriakamba Hut, it is a steep but steady descent retracing the track that we ascended. Once again we revisit the forest areas and open grassland where zebras and giraffes are often seen. Finally we head to Momella Gate for further transfer to our hotel for refreshment and relaxation. We share a trek de-briefing before retiring to bed at our overnight hotel in Arusha. (*Breakfast, Lunch*)

Day 6: Arusha - Nairobi

After breakfast, check out and transfer back to Nairobi arriving late in the evening.

Charges:

- ❖ E.A Residents – KES 24,500 per person
- ❖ Non-Residents – USD 750 per person

CHARGES ARE INCLUSIVE OF:

- ✓ Transport from Nairobi to Arusha and Back
- ✓ Transfer from the hotel to the mountain gates and back
- ✓ Meals and picnic lunch while on the trek and as reflected in the itinerary
- ✓ Park entry fees
- ✓ Services of English speaking guides/ cooks and porters
- ✓ Accommodation at Arusha on day 1 and day 5 on Bed & Breakfast basis
- ✓ Accommodation in mountain bunk hostels, bed and a mattress will be provided
- ✓ Uhf Radio communication / advanced Mountain first Aid Kit

CHARGES ARE EXCLUSIVE OF:

- ✓ Hiking equipment and climbing gear (**available for hire as reflected below**)
- ✓ Drinking water
- ✓ Beddings, Hire of sleeping bag
- ✓ Any item of personal nature.
- ✓ Medical cover & Personal insurance
- ✓ Tips, gratuities for the staff

Any other item not mentioned in the inclusive list

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