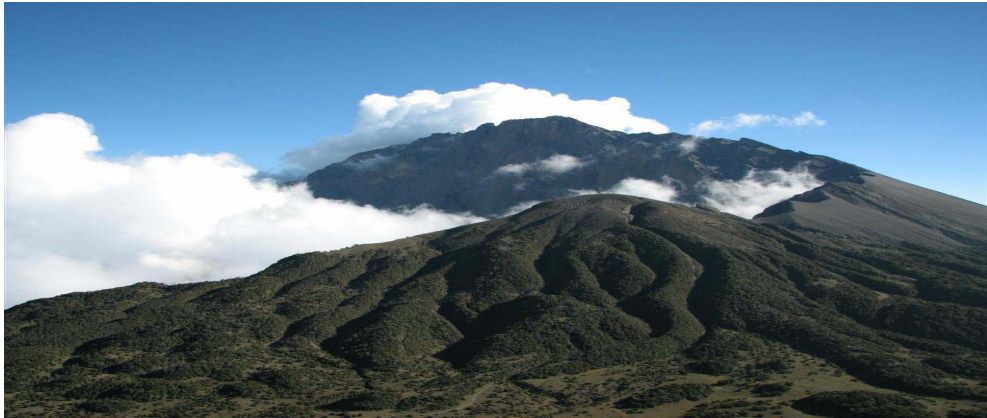




### MT MERU EXPEDITION 19<sup>TH</sup> – 24<sup>TH</sup> JUNE 2009

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*)

#### **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

**Deadline for payment: 29<sup>th</sup> May 2009**

**Mode of payment: Cash, Cheque, or Direct Bank Deposit**

**All Cheques in favor of: Crocodile Racers Adventures Ltd.** (*All cheque payments should reach us on or before the deadline date*)

**Kindly note, we accept payment in installments at your convenience so long as the above payment deadline clause is adhered to.**

#### **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

**NB: Amref cover can be obtained at an extra cost **KES 1,500 for Kenyans for a period of 1 year and USD 20 for Non – Kenyans for a period of 14 days.****

## EQUIPMENT REQUIREMENTS FOR CLIMBING

While some gear can be hired, it is better if you bring your own. Only essentials (*remember, the lighter your bag, the better...*)

- ✓ **Valid Travel document** i.e. Passport, or a temporal E.A permit
- ✓ \*\*\*\*\***Adventurous spirit**\*\*\*\*\*
- ✓ **Bags:** One small day-pack for items needed during the day and one larger back-hugging rucksack for everything else. The porters will carry your larger rucksack.
- ✓ *Maximum weight for porter carriage* of your ruck-sack is *15kg*. If you need to carry more (e.g. heavy camera gear), please notify us at the time of booking
- ✓ 3 to 5 Season Sleeping Bag.

**Clothing:** It is vital for your comfort and safety that you bring good quality, all-weather hiking gear. For clothes, take light as well as warm layers. You will be hiking from tropical to arctic conditions. Your outerwear must be wind and water proof. Your boots need to be well broken in and also water proof. Carry lots of socks. Dry feet are warmer than wet. Bring light breathable layers for the lower levels. **NB:** No jeans for hiking; preferably woolen pajama-like truck suits.

- ✓ **Warm clothing** includes Balaclavas, Scarves, Thermal Gloves, Mittens, Marvin, Hat, Baseball cap, Thermal Underpants, 4 pairs of cotton socks and 6 Pairs of woolen Socks, 2 Fleece jackets, Woolen Sweater, Thermal Jacket.
- ✓ **Light wear** includes 2 Pairs of Shorts, 4 Pairs Light Weight Trousers [*warm tracksuit bottoms ideal*], T-shirts, Long Sleeved shirts, Anorak, Cagoule, Poncho, Rain coat + Rain Trouser (**Compulsory**)
- ✓ **Footwear:** Light Weight Tevers, Trainers / Sneakers, comfortable flat walking shoes at the camp, Hiking Boots (a size larger).
- ✓ **Toiletries:** Tooth Brush & Paste, Toilet Paper, Wet-wipes, Sun Cream & Lip Balm.
- ✓ A handy First Aid Kit (Preferably with painkillers, piritons, treatment for blisters, antiseptics, elastoplasts, bandages & prescribed medication)
- ✓ Diamox tablets [OPTIONAL]\*
- ✓ Water Purification Tablets [*if you have a sensitive stomach*]
- ✓ Hot water bottle
- ✓ Small Water Bottles for re-fills, Thermal bottle
- ✓ Trail foods (*Groundnuts, Glucose, Cashew Nuts, Energizing Sweets, Biscuits, Chocolate bars etc*)
- ✓ Flash light [*Head Torch ideal*] and Spare Batteries.
- ✓ A pack of 10 Trash Bags / Bin Liners (for water-proofing the rucksacks + the clothes inside them)
- ✓ Sunglasses (*preferably UVB and UVA protected*)
- ✓ Binoculars, Camera & Film highly recommended
- ✓ Pen and Small Note Book

\*Some people are genetically prone to Altitude Sickness. Diamox has successfully been used in the past to not only treat Altitude Sickness but to also check its onset. Please consult with your Physician if you intend to be on Diamox.

### Hiking Equipment available for hire and the respective prices:

- ✓ Sleeping bags - 5 mountain season bags .....5 usd per day
- ✓ Rain jacket .....2 usd per day
- ✓ Rain trousers .....2 usd per day
- ✓ Balaclava (Warm woolen hat) .....1 usd per day

- ✓ Warm Clothes (jumpers, scarf and such) .....5 usd per day
- ✓ Hiking boots .....5 usd per day
- ✓ Gaiters .....3 usd per day
- ✓ Walking sticks/ poles .....2 usd per day
- ✓ Head lamp / Torch .....2 usd per day
- ✓ Rucksack (*To be carried by porters on the Mountain*) .....3 usd per day
- ✓ Fleece jackets / Gloves / warm K2 Mountain socks .....1 usd per pair per day

*\*Booking Terms and conditions apply\* Please refer to our comprehensive copy of the terms on our website <http://www.crocodileracers.com/terms.php>*

*\*Indemnity & Health Declaration applies at the time of booking*

*\*Prices are subject to change should necessitating factors dictate.*

*\* Tickets will be reserved on first - **pay** - first served basis*

For more details, please get in touch with the undersigned or visit our offices at the address given below:

*Carolyn / Godfrey*

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Msn: crocodileracers, Yahoo: acrocodileracers, Skype: crocodileracers, Face book group name: Crocodile Racers Adventures

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*Our products range from Camping Excursions, Luxury Tours & Safaris, Flight Packages, Hotel & Lodge Bookings, Honeymoon Packages, Airport Transfers, Car hire, Outside Catering. We also organize Social & Corporate Team Building Events, Conference Packages, End Year Parties, Family & Corporate Fun-days, Couples, School Trips among other organized group events. All at customized budgets. Kindly feel free to talk to us.*

*WE RACE DILIGENTLY*