

# MOUNT MERU 6 DAYS

Thank you for choosing Viva Africa Tours. As per your request, we have provided a schedule for your trek. Please go through the following itinerary, and if you have questions, please do not hesitate to contact us via email or phone.

Mount Meru has been labelled 'Kilimanjaro's little brother' due to the fact that it is the second highest mountain in Tanzania. The four day hike allows you to analyse the scenic landscapes in a leisurely manner but Mount Meru trekking will challenge your body's limits. The climb to the summit doesn't require an athlete or an extreme alpinist but you should be in relatively good shape. The elevated viewpoint of the Arusha National Park allows you to discover the beauty that lies in the savannah plains featuring bursts of colourful vegetation and the scattered wildlife. The towering Mount Kilimanjaro can be spotted in the distance of the landscape. Tranquil hikes through the lush canopies and the narrow trails enclosing the U shaped crater provide you with the perfect opportunity to clear your mind. Reaching the summit is an experience you are unlikely to forget.

## Itinerary

### Day 1: Kilimanjaro Airport to Moshi

We will arrange for a driver to transport you from the airport to your hotel. Orientation regarding your trek will take place at the hotel. Your guides will provide information about the trek and perform a comprehensive inspection of your gear. They will also clarify any further questions.

### Day 2: Moshi to Miriakamba Hut

We will promptly depart from the hotel in Moshi in the morning. Our expedition begins with a drive to Arusha National Park which will take approximately one hour. The variety of flora and fauna in the park is simply enchanting. The infamous film Hartari starring Hollywood's legendary John Wayne and Hardy Kruger was shot in the park. Once you have completed the necessary park formalities, we will begin the trek near the Ngarenanyuki River. Your first waypoint is the Miriakamba. You can expect to encounter buffaloes, waterbucks, giraffes, warthogs, zebras and gazelles. There is no need to travel in fear, an armed ranger and a professional mountain guide will accompany you throughout your journey. Your guide will assist you in identifying the birds that you see. There are elephants and leopards within the park but they tend to be more reserved in comparison to the other wildlife. We will stop for the day once we reach the Miriakamba Hut, where we will enjoy an appetising dinner and spend the night.



**Viva Africa Tours | P.O.Box 7292 | Moshi, Kilimanjaro, Tanzania**

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## Day 3: Miriakamba Hut to Saddle Hut

After an energy dense breakfast is served at the camp, we will travel along the steep path to the Saddle Hut. You can trek to little Meru and return to the Saddle Hut for dinner. It is recommended that you try to fall asleep shortly after dinner as the journey to the summit begins at midnight.

## Day 4: Saddle Hut to Miriakamba Hut

The Mount Meru trekking excursion begins shortly after midnight. For the next five hours the light of your headlamp will guide you on the path. Ascending to the summit is the most difficult part of the trek. The high altitude make climbing to the top an arduous task. Once you reach the peak we will give you an opportunity to snap some pictures and recollect yourself. The downward journey is absolutely mesmerising because there are scenic views of the luscious mountains and vibrant landscapes. We have a leisurely lunch at the Saddle Hut but the journey is not over yet. We will walk for roughly two hours until we reach the Miriakamba Hut, where we will spend the night.

## Day 5: Miriakamba Hut to Momela Gate to Moshi

We will enjoy a hearty breakfast at the camp and then we will commence the final part of the trek. The hike requires us to travel amid Meru's cloud forest – which resembles an enchanted forest in a whimsical novel. The steep incline on the way to the Momela gate tends to be slippery, we urge you to step cautiously. When you arrive at the Momela Gate there will be an opportunity to buy sodas and Mount Meru trekking t-shirts. A Viva Africa Tours vehicle will transport you back to where you started.

## Day 6: Moshi to Kilimanjaro Airport

A driver will transfer you to Kilimanjaro Airport, from where you will take your flight. If you've decided for a safari or Zanzibar beach holiday – well, that's a different adventure and we'll be happy to arrange it for you!



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### Included

- Airport transfer
- Transport from/to park gate
- Two nights pre and post climb accommodation (B&B) in Moshi
- Park, hut accommodation and rescue fees
- Professional English speaking guide(s); porters & cook
- 5 breakfasts; 4 lunches; 3 dinners
- Water; tea and coffee with meals

### Not Included

- Flights
- Lunch and dinner in Moshi
- Travel insurance
- Visa and passport fees
- Raise of park fees
- Personal equipment
- Sleeping bag
- Tips for guide(s), porters & cook
- Soda and Alcoholic beverages

## Meru Climbing Gear

Packing your suitcase for Mount Kilimanjaro can be a challenging task. However, the good news is that most of the equipment can be rented in Moshi. We advise that you check your wardrobe / trekking gear to ensure you have the necessary gear. If you do not, we advise you purchase the necessary equipment so that you can travel in optimum comfort to the summit of Mount Meru.

On the first day, you will need to wear light clothes, but on the day you summit Mount Meru you will need to wear winter clothes.



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## Packing Checklist for Meru



- Head torch
- Spare batteries
- Warm hat
- Sunglasses
- Sun hat
- Scarf or balaclava
- T shirt
- Thermals top and bottom 3 pairs
- Sleeping bag
- Sleeping bag liner
- Fleece
- Down jacket
- Water / wind proof jacket
- Gaiters
- Poncho
- Water proof gloves
- Gloves liner
- Hiking trousers
- Water proof trousers
- Hiking socks 1 pair per day
- Hiking boots
- Water bottle
- Camel back water bag
- Day pack
- Rucksack
- Rucksack cover
- Hiking poles
- Sun screen

## Tipping Guidelines

Tip is not included in your tour price. Please find below our guidelines for tipping your mountain crew. The tip is shared amongst all climbers.

- Mountain Guide- \$20.00 per day
- 1 Porter / Waiter- \$7.00 to \$10.00 per day
- 1 Mountain Cook- \$15.00 per day