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3-Day Mount Meru Express Trek (Tanzania – Arusha National Park)

Difficulty: Moderate

Success Rate: ~95%

Accommodation: Mountain Huts (Miriakamba & Saddle Hut)

Best for: Adventure seekers, beginner trekkers, Kilimanjaro acclimatization

Mount Meru (4,566m) is Tanzania's second-highest peak, located in **Arusha National Park**. This **short yet thrilling trek** offers stunning views, **diverse wildlife**, and a less crowded alternative to Kilimanjaro. The **3-day express trek** is ideal for those looking for a **quick high-altitude adventure** or as a **warm-up for Kilimanjaro**.

Itinerary Details

Day 1: Arusha to Momella Gate – Trek to Miriakamba Hut (2,500m)

Distance: ~10 km (6 miles)

Duration: 4–6 hours

Elevation Gain: 1,000m

- Early morning **hotel pickup in Arusha** (or Moshi) and transfer to **Momella Gate (1,500m)** in Arusha National Park.
- Meet your **professional guide, armed ranger (for wildlife protection), and porters**.
- Trek begins through **lush rainforests, open grasslands, and fig tree forests**, offering **excellent wildlife sightings** (giraffes, zebras, buffaloes, warthogs, and colobus monkeys).

- Cross the **Ngare Nanyuki River** and ascend gradually to **Miriakamba Hut (2,500m)**.
- Evening **dinner & overnight stay at Miriakamba Hut**.

Trekking Highlights:

- ✓ Wildlife sightings en route (**giraffes, buffalo, zebras, monkeys**)
- ✓ Stunning views of **Meru Crater & Ash Cone**
- ✓ First acclimatization at **2,500m**

Accommodation: Miriakamba Hut (Dormitory-style beds, shared bathrooms)

Day 2: Miriakamba Hut – Saddle Hut (3,570m) & Acclimatization Hike to Little Meru (3,820m)

Distance: ~6 km (3.7 miles)

Duration: 3–5 hours

Elevation Gain: 1,070m

- Early morning **breakfast** at Miriakamba Hut.
- Hike begins through **steep forest paths**, ascending towards **Saddle Hut (3,570m)**.
- Pass through **Elephant Ridge**, with breathtaking **views of Mount Kilimanjaro** (on clear days).
- Arrive at **Saddle Hut** for **lunch & rest**.
- Optional **acclimatization hike to Little Meru (3,820m)** for better **altitude adjustment**.
- Early **dinner & rest** to prepare for the **summit attempt** at midnight.

Trekking Highlights:

- ✓ Steeper **forest & alpine zones**
- ✓ First **clear views of Kilimanjaro & Meru Crater**
- ✓ Acclimatization hike to **Little Meru (3,820m)**

Accommodation: Saddle Hut (Dormitory-style, shared bathrooms)

Day 3: Summit Socialist Peak (4,566m) – Descend to Momella Gate – Return to Arusha

Distance: ~18 km (11 miles) (Up & Down)

Duration: 10–14 hours

Elevation Gain: 996m (to summit)

Elevation Loss: 3,066m (back to Momella Gate)

- **Midnight wake-up call** (12:30 AM) for **summit push** after tea & snacks.
- Begin **steep ascent** through **Rhino Point (3,800m)** and **Cobra Point (4,350m)**.
- Final **challenging climb over rocky ridges** to **Socialist Peak (4,566m)**.
- **Summit at sunrise** with breathtaking views of **Mount Kilimanjaro, the Rift Valley, and the Arusha plains**.
- **Descent back to Saddle Hut** for **breakfast & short rest**.
- Continue descent via **Miriakamba Hut** and return to **Momella Gate**.
- **Certificate of Achievement** awarded for successful summiteers.
- **Transfer back to Arusha** for hotel drop-off.

Trekking Highlights:

- ✓ **Spectacular sunrise summit views** over Tanzania
- ✓ **360° panorama** of Kilimanjaro, the Rift Valley, and Maasai lands
- ✓ **Steep & rocky climb via Rhino & Cobra Point**

Drop-off: Arusha (Hotel/Airport)

What's Included?

- ✓ **Mount Meru National Park permits & entrance fees**
 - ✓ **Professional mountain guides & armed park rangers**
 - ✓ **Porters & cook for gear & meals**
 - ✓ **Full-board meals during the trek**
 - ✓ **Accommodation in mountain huts (Miriakamba & Saddle Hut)**
 - ✓ **Drinking water & tea/coffee**
 - ✓ **Transfers from & to Arusha**
 - ✓ **First-aid kit & emergency oxygen (if needed)**
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What's NOT Included?

- ✗ **Personal trekking gear** (hiking boots, poles, warm clothing, etc.)
 - ✗ **Sleeping bag** (available for rent)
 - ✗ **Tips for guides, porters & cooks** (\$10–\$20 per person per day recommended)
 - ✗ **Extra snacks & drinks**
 - ✗ **Hotel accommodation before/after trek**
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Best Time to Climb Mount Meru?

Best Months: June–October & December–March (Dry season, clear views)

Avoid: April & May (Heavy rains)

Why Choose the 3-Day Mount Meru Express Trek?

- ✓ **Quick but rewarding high-altitude trek** (Great for those with limited time)
 - ✓ **Best acclimatization trek for Kilimanjaro climbers**
 - ✓ **Less crowded than Kilimanjaro with stunning wildlife & landscapes**
 - ✓ **Budget-friendly alternative to Kilimanjaro**
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Packing List for Mount Meru Trek

Essential Gear:

- ✓ Waterproof **hiking boots** & thick socks
- ✓ Warm **jacket, gloves & hat** (cold at summit)
- ✓ Lightweight **trekking pants & moisture-wicking shirts**
- ✓ **Sleeping bag** (rated for -10°C)
- ✓ Headlamp with extra batteries
- ✓ Trekking poles (recommended for summit day)
- ✓ Sunglasses, sunscreen & lip balm
- ✓ Reusable water bottles & hydration pack