

# Mount Meru



## Further Links

- Second highest peak in Tanzania.
- Good for spectacular views.
- Wildlife is often seen on the lower reaches.
- Can be used as a pre-Kilimanjaro acclimatisation climb.

## Situation

Mount Meru is west of Mount Kilimanjaro, in Arusha National Park in northern Tanzania.

## Activities

Walking in the foothills; climbing to the summit.

Mount Meru (4,566 metres) is a volcano situated 70 kilometres west of Mount Kilimanjaro. Though it is small in comparison with Kilimanjaro, Meru is equally spectacular, with slopes that rise up at incredibly steep angles. It is the second highest peak in Tanzania. Mount Meru is the centerpiece of the often-underestimated Arusha National Park, and whilst Kilimanjaro is often shrouded in clouds, Meru is a common backdrop for the Arusha region.

Relatively few people climb Mount Meru. It takes 4 days (3 nights) to climb to the summit. It can be used as a pre-Kilimanjaro acclimatisation climb, but there is the risk that you then begin a Kilimanjaro climb being rather too tired. We think it is a worthy challenge in its own right for most people, and it is highly recommended for climbers interested in spectacular views and wildlife as well as the challenge.

For experienced trekkers it is a spectacular climb and a lot of animals are seen on the lower section of the trail which runs through Arusha National Park. An armed ranger accompanies you as you may encounter buffalo and elephant as well as giraffe, many antelope and monkey species. The birdlife is amazing with Momella Lakes close by attracting thousands of migrant species as well as residents.

Mt Meru towers over Arusha town and can be seen from a long way off. The craggy top sits at 14,979 ft (4,566m). Views across to Kilimanjaro from Meru can be spectacular when the cloud clears. The trail up Meru follows the northern rim of a natural amphitheatre forming Meru Crater. Then it skirts around a ridge and above the saddle (between the summit and Little Meru Peak). It's quite a steep route with sections that require scrambling over rocks and some sheer drops.

The standard climb itinerary briefly, comprises of:

#### **Day 1**

Depart from your Arusha hotel by road into Arusha National Park and meet your climb team at Momella Gate. 4-5 hour trek through floor of the crater, gentle uphill trek through woodlands and waterfalls with wildlife along the way. **Miriakamba Hut (4,920ft / 1,500m)**

#### **Day 2**

Through trees and glades up the elephant ridge with views of Meru crater and cliffs below summit. 2-3 hours trekking to your overnight hut with an option of 1-1.5 hrs round trip hike to summit of Little Meru. **Saddle Hut (12,300ft / 3,750m).**

#### **Day 3**

Wake up early and start summit trek around 6am. 4-5 hours along narrow ridge. Watch the sunrise on the way over Kilimanjaro! Back to Saddle hut for a rest then descend to the first hut. Total trekking time approx 8-11 hours today. **Miriakamba Hut**

#### **Day 4**

Continue through meadows and streams across to Momella Gate where you will transfer by road to your accommodation. Trekking time today around 3-4 hours.