SAMPLE QUOTE

Issued 5 November 2026

4-Day Mount Meru Trek

Mount Meru, Arusha, Northern Zone, Tanzania, Arusha, Tanzania

Duration	Group size	Destination	Tour type
4 Days	**1 – 20 travellers**	**Arusha National Park**	**Mountain Trekking**

Indicative price

Traveller	Price per person
Adult	**$1,500**
Child	**$1,200**
Children aged 4 and under	**Free**
Example: 2 adults	**$3,000**

Based on the prices currently listed on our website. Your final price depends on your dates, group size and any changes you ask for, and is confirmed by our team before you pay anything.

Itinerary

Arusha to Momella Gate, then Miriakamba Hut

Your Mount Meru adventure begins with a morning meeting at your Arusha hotel. After introductions and a briefing about the route ahead, travel toward Arusha National Park, with Mount Meru rising above the surrounding countryside. At Momella Gate, the mountain team completes park formalities and organises the trekking equipment. Your guide will explain the day’s route, pace and wildlife precautions before the walk begins.

The opening stage is one of the features that makes Meru different from many other high-altitude treks. Rather than stepping immediately into barren mountain terrain, you pass through grassland and wooded habitat with the possibility of seeing giraffes, buffaloes or other animals at a safe distance. The walk is conducted with the required park ranger, and your party should always follow the ranger’s instructions if wildlife is nearby. As you gradually climb, acacia woodland gives way to thicker vegetation and more sheltered forest.

The original programme describes a stop near Maio Falls for a picnic lunch and a passage by the striking fig-tree arch. These are evocative details worth retaining, subject to your guide’s chosen trail and the day’s conditions. After the break, continue uphill, taking time for water and a manageable pace. Arriving at Miriakamba Hut, settle in, recover from the ascent and enjoy the quieter sounds of the mountain as evening approaches. Dinner and the first hut overnight mark the end of a full but memorable introductory day

Miriakamba Hut to Saddle Hut

Wake up in the mountain forest and enjoy breakfast before setting off on the climb toward Saddle Hut. This section gains altitude more noticeably, and the air can feel cooler as the vegetation begins to change. The route follows a steeper trail that climbs away from the lower forest, passing through shifting clouds, mossy vegetation and open areas where the landscape begins to reveal the shape of the mountain.

According to the company's original route description, the trail rises toward Mgongo wa Tembo, or "Elephant Back," at around 3,200 metres. This is a natural place to pause, look back down the slopes and appreciate how much height you have gained. Further uphill, the dense forest thins into heather and moorland. Walk steadily rather than racing: your pace should allow comfortable breathing and frequent short rests as needed.

At Saddle Hut, roughly 3,550 metres above sea level, there is time to settle in and prepare for the early summit attempt. If your guide approves and you still feel strong, an optional walk toward Little Meru can provide extra time at elevation and panoramic views. It is not a mandatory activity, and rest is the better choice for anyone experiencing unusual fatigue or altitude symptoms. Return to the hut for an early meal, a gear check, warm layers and sleep before the night-time departure.

Sunrise Summit Attempt: Saddle Hut to Socialist Peak and Down to Miriakamba

Today begins in darkness. After a light snack and a warm drink, prepare your headlamp, insulated clothing and essential water before leaving Saddle Hut with your guide. The first part of the ascent climbs through sparse high-altitude vegetation toward Rhino Point. From there, the character of the route becomes more serious: the trail follows the exposed volcanic ridge, and some short rocky sections demand secure footing, concentration and confidence at height.

With careful pacing and favourable weather, continue toward Socialist Peak, the highest point of Mount Meru at approximately 4,562 metres. As the light changes, the crater, ash cone and surrounding landscape gradually appear. On a clear morning you may see far across the plains toward Mount Kilimanjaro. The experience is not only about a photograph at the top: it is about the gradual climb through darkness, the dramatic geology around you and the knowledge that you reached a demanding summit on foot.

Your guide and ranger have the final say on conditions. Strong wind, rain, ice, poor visibility, altitude-related symptoms or unsafe trail surfaces may require an early turnaround. No summit should be promised or pursued at the expense of safety. After the summit attempt, retrace the trail carefully to Saddle Hut. The descent can be demanding on tired legs, so take time to drink, eat and rest before continuing lower to Miriakamba Hut.

The return to the forest feels like a change of world after the exposed volcanic ridge. By evening you are back at Miriakamba, enjoying a hot meal and a well-earned night's sleep. This is usually the most physically intense day of the four-day itinerary, combining a high-altitude ascent with a long descent.

Miriakamba Hut to Momella Gate, then Return to Arusha

Enjoy breakfast at Miriakamba Hut and take a final look at the mountain before beginning the descent to Momella Gate. With the summit day behind you, today is about a comfortable, attentive walk through the lower slopes. The original itinerary proposes a return via the northern trail, which offers a different perspective on the park from the route used on your first day.

As you descend, the landscape becomes greener and warmer. Forest sounds return, and wildlife sightings may be possible around more open sections: the original programme mentions giraffes, buffaloes, elephants and black-and-white colobus monkeys. These animals are wild, so sightings cannot be guaranteed and a ranger-led safety approach remains important. Your guide will continue to manage the pace and any encounters as the group works its way downhill.

On reaching Momella Gate, complete the necessary exit formalities and say goodbye to the mountain crew. From here, transfer back to Arusha, where a shower, comfortable meal and time to rest provide a welcome conclusion to four days on Mount Meru. The trek ends with memories of the forest, the changing highland landscape and the dramatic crater rim high above Arusha National Park.

What is included

Included

- • Transport for the programmed trek
- • Required Arusha National Park ranger
- • English-speaking mountain guides
- • Porter services / porter salaries
- • National park, hut and rescue fees
- • Cooking equipment and eating utensils

Not included

- • Tips and gratuities
- • Personal climbing gear and sleeping bag
- • Personal expenses and any unspecified items

Ready to go? Ask us for your own quote.

Tell us your dates and how many are travelling and we will confirm availability and the final price.

Phone: +255 766 903 485 Email: info@watotowabingwasafaris.com

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