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Mount Meru Climb Travel Guide

Hekima Safari

Memorable trekking adventure in the wild with expert guides. High-quality equipment. Small groups. Guaranteed departures

Mount Meru Climb

A thrilling hiking adventure in the pristine wild

Magnetized by Mt Kilimanjaro, the hikers often overlook Mt Meru, the second highest peak of Tanzania. Towering over Arusha National Park, Mount Meru offers both an excellent warm-up exercise for Kilimanjaro, in addition to being a stunning trekking experience in the wild by its own.

Mount Meru trekking is a real adventure. The slopes of this dormant (yet active - the last eruption was in 1910) volcano offer fascinating panoramic vistas and bustling wildlife around it

This volcano was “born” around 500,000 years ago, and its very first eruption virtually exploded its eastern side, creating its well-known, peculiar appearance. In addition to that, Mt Meru has one of the deepest craters - over 1,500 meters!

Why Climb Mount Meru

There are several reasons to include Mount Meru into your Tanzania adventures list. Regrettably, this volcano is often out shadowed by Kilimanjaro - located in the immediate vicinity, it attracts the most of international hikers, thus making it a secondary hiking destination or a warm-up exercise. The majority of hikers, however, ignore it altogether.

We at Hekima Safaris Heritage firmly believe that **Mt Meru hiking is a great adventure by itself** because of these reasons:

Reason 1 - Stunning sceneries

Mount Meru features incredibly captivating scenic vistas. The trek to Socialist Peak (4566 m/14,980 f), traverses several climatic zones, offering diverse landscapes and unparalleled scenes for wildlife photography. The views from the summit area of Mt Meru are truly rewarding - valleys, forests and meadows, all buried in lush verdure, and magnetizing view of the Kilimanjaro peak looming on a horizon will surprise even the most seasoned travelers.

Reason 2 - Rich wildlife

Nestled in Arusha National Park, Mount Meru is one of the few mountains of the world still densely inhabited by the wildlife, which freely roams on its slopes. The hikers are likely to experience multiple encounters with different animals, including buffaloes, antelopes, monkeys, giraffes and, with some luck in your pocket, even elephants.

Reason 3 - No crowds

Meru is not yet popular among the hikers. During the high season, on the popular routes of Kilimanjaro (Marangu and Machame) there is a chance of “traffic jams”, something that you will never experience on the trails of Meru. For those who are seeking reclusive, tranquil hiking in the wild, Meru is a great choice.

EXCELLENT PREPARATION FOR KILIMANJARO Climbing Mount Meru is by far the most proven way to gain acclimatization for your Kilimanjaro adventure. As we explained in our article about the importance of high-altitude acclimatization it is the adaptation of your body to the heights (not your physical strength and stamina) that is critical for the Kilimanjaro success. Practically, the longer your stay at high altitudes is - the better your body adapts. Thus, hiking Meru before Kilimanjaro is a good extra acclimatization boost for you, hugely elevating your Uhuru chances! In addition, Mt Meru trekking gives good insights into what it takes to be a member of a true mountain expedition. A minor version of Kilimanjaro, it gives a glimpse into the “main mount” challenge, showing you what the future adventure will be like.

Reason 4 - Mount Meru hiking tour is affordable

In contrast to other hiking adventures, Mt Meru climb is quite an affordable activity. Because no tents are necessary (overnight stays on Mt Meru are in huts), the number of crew is small, reducing the travel costs. Therefore, for those with shrinking budgets Meru can become a good and affordable alternative.

Reason 5 - Excellent addition for the safari tour

The wildlife of Tanzania is what attracts most of the visitors to the country. Several times the country was voted by the experts as the best destination for big game watching.

At the same time, flying over half of the world surely justifies having more diverse experiences. Thus, pairing your safari tour with a Meru climb may be an excellent idea to get the best of Tanzania.

Mount Meru Expedition - Essentials points

The key features of Mt Meru expedition are the following:

You do not need special alpine skills or experience to take part. Together with Kilimanjaro, Mount Meru is a “hiking”, not climbing “mountain”. Neither ropes, nor ice axes or helmets are necessary - the trekkers reach the Socialist Peak (4,562 m/14,967 f) on foot, nor for the majority of them M Meru is the first mountaineering experience.

Ordinary fitness level is ok. Meru hiking does not require anything special- as long as you can comfortably walk up to 10 km/6 miles per day, you can do it. Trekking level there is moderate.

Acclimatization to the altitude is important! Do not take it lightly - the altitude of Mt Meru is serious enough to be the cause of altitude sickness. Follow these fundamental rules acclimatization:

- Hike slowly (recommended pace is two times slower than your ordinary one)
- Drink much water (3-4 litres per day)
- Listen to your guide
- Do not drink alcohol or too much coffee

The combination of these simple principles will make you Meru climb enjoyable, safe and successful.

The crew will take care of everything. Under the TANAPA (Tanzania National Parks Authority), a qualified guide should accompany the hikers. The team of porters and cooks are responsible for carrying your luggage, camp organization, food preparation, etc.

CLIMBING STANDARDS AT *Hekima Safaris Heritage & Car Rental*.

At *Hekima Safaris Heritage & Car Rental* we believe that it is the crew that makes your adventure a lifetime experience. All our guides and porters are hand-picked, individually trained professionals. The guides have Wilderness First Responder/Wilderness First Aid certifications. They know how to act in times of emergency and how to make your experience with *Hekima Safaris Heritage & Car Rental* a lifetime adventure.

Under the local customs, in order to promote employment, half of the porter’s crew should be hired from the Meru tribe, which lives in the foothills of Mount Meru.

Overnight stays on Mount Meru are in huts only. In contrast to Kilimanjaro, where tented camping options are available on all routes but Marangu, on Meru climb the one should be ready to stay in huts only.

An armed ranger will be accompanying your party up to the summit camp. In order to make your stay in wild safe and protect the animals from poachers, an armed ranger will be hiking with you up to Saddle Hut Camp (see itinerary below).

Mount Meru Climb - day-by-day itinerary

There is only one route leading to Socialist Peak - “Momella”. Three- and four-day hiking are available

3-DAY VS. 4-DAY HIKE - HOW TO CHOOSE? If the schedule allows and you have not gained acclimatization on other mountains before (meaning that you have successfully climbed anything above 4,000m/13,123f and did not get affected by altitude sickness), we always

recommend choosing a longer option. The more time you spend on Mount Meru - the more effectively your body adapts to the altitude, making the whole experience less stressful for it.

The Momella route approaches Mount Meru from the eastern face, moving up through the northern ridge to the peak.

The total trek distance is 45 km/27 miles.