



CLIMB MOUNT MERU

4 Days Climbing Mount Meru

Out Standing Tanzania safari • May 1, 2026

DURATION

4 Days / 3 Nights

Mount Meru Adventure

TRIP STYLE

Climb Mount Meru

Guided Trek

DESTINATIONS

Mount Meru

Arusha National Park

BEST FOR

Hikers

Adventure Seekers

Overview

This 4 days mount meru climbing itinerary is a well-paced trek inside Arusha National Park, designed to give you more time to acclimatize before summit day. You hike from lush rainforest to open moorland and high-altitude huts, then make an early sunrise ascent to Socialist Peak (4,566 m). With the extra day for adaptation and rest, it's an excellent standalone adventure and a strong preparation climb before Kilimanjaro.

Highlights

- 4-day guided Mount Meru climb with better pacing and acclimatization
- Walk through rainforest, heather/moorland, and alpine scenery
- Possible wildlife sightings on the lower slopes (giraffes, buffalo, monkeys)
- Acclimatization hike toward Little Meru (weather permitting)
- Sunrise summit on Socialist Peak (4,566 m)
- Mountain hut accommodation (Miriakamba Hut and Saddle Hut)
- Park ranger escort and experienced mountain team support
- Great warm-up climb before Kilimanjaro

Inclusions & Exclusions

INCLUSIONS

- Professional mountain guide and support team
- Park ranger escort (as required in Arusha National Park)
- Arusha National Park entry fees and hut fees
- All meals during the climb
- Drinking water (filtered/treated) during the trek
- Hut accommodation during the climb (3 nights)
- Transfers to and from the mountain (Arusha/Moshi area, as arranged)
- Pre-trek briefing

EXCLUSIONS

- International flights
- Travel insurance
- Visa fees
- Tips for guides and support crew
- Personal trekking gear
- Alcoholic drinks and extra snacks
- Accommodation before and after the climb (unless added)
- Laundry and personal expenses

Itinerary

Day 1

Momella Gate to Miriakamba Hut

Meals: Breakfast, Lunch, Dinner | Accommodation: Miriakamba Hut



After a morning briefing and park formalities at Momella Gate, start trekking through forest trails on the lower slopes of Mount Meru. The route is scenic and rich in birdlife, and wildlife sightings are possible in this section. Continue to Miriakamba Hut for dinner and your first overnight stay.

ACCOMMODATION	ACCOMMODATION IMAGE
Miriakamba Hut	—

Day 2

Miriakamba Hut to Saddle Hut

Meals: Breakfast, Lunch, Dinner | Accommodation: Saddle Hut



Today you climb out of the forest into open heather and moorland with expanding views of the crater rim. Arrive at Saddle Hut and settle in for the afternoon. Take an easy walk around camp to help your body adjust to altitude, then enjoy dinner and rest.

ACCOMMODATION	ACCOMMODATION IMAGE
Saddle Hut	—

Day 3

Acclimatization Hike to Little Meru

Meals: Breakfast, Lunch, Dinner | Accommodation: Saddle Hut



Use this day to improve acclimatization and comfort for summit day. After breakfast, hike toward Little Meru (weather and energy permitting) for great views and a strong altitude adaptation benefit. Return to Saddle Hut for lunch, relax in the afternoon, then eat an early dinner and sleep early to prepare for the summit attempt.

ACCOMMODATION	ACCOMMODATION IMAGE
Saddle Hut	—

Day 4

Summit Day: Socialist Peak, then Descend to Momella Gate

Meals: Breakfast, Lunch



Start very early for the summit push to Socialist Peak (4,566 m). The trail is steep in places, and sunrise from the top is a highlight of the climb. After photos, descend back to Saddle Hut for brunch, then continue down to Momella Gate. Transfer back to your hotel in Arusha/Moshi and end the trek.

Frequently Asked Questions

Is the 4-day Mount Meru climb easier than the 3-day option?

The 4-day option is usually more comfortable than the 3-day climb because it adds an extra day for better pacing and acclimatization. The route and summit height are the same, but the slower schedule reduces fatigue and often makes summit day feel easier for most hikers.

Where do we sleep on Mount Meru?

You stay in mountain huts: Miriakamba Hut and Saddle Hut. Bedding is basic, so bringing a sleeping bag is recommended.

Can I use Mount Meru to prepare for Kilimanjaro?

Yes. The altitude, hiking days, and summit schedule make it a strong warm-up and acclimatization trek before Kilimanjaro.

What wildlife can be seen on Mount Meru?

On the lower slopes you may see animals such as giraffes, buffalo, and monkeys, plus many bird species, as the trek is within Arusha National Park.

What is the best time to climb Mount Meru?

Drier months are usually preferred for clearer trails and views. We can recommend the best dates based on your travel window and conditions.



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