Meru
Crater & Canopy Notes

4 mountain days / 3 hut nights / 6 total trip days



Mount Meru from Little Meru. AmyAbroad / CC BY-SA 4.0, July 2025. Resized; cropped display. Photo source. Visibility varies.

Day	Walking stage	Night
1	Momella Gate to Miriakamba Forest | around 4-6 hours	Miriakamba Hut about 2,514 m
2	Miriakamba to Saddle; optional Little Meru Around 3-5 hours, plus optional walk	Saddle Hut about 3,570 m
3	Summit attempt; descend via Saddle 4,566 m objective | around 10-14+ hours	Miriakamba Hut about 2,514 m
4	Descend to Momella Gate; transfer to Arusha Forest descent | around 2-4 hours	Arusha hotel

A serious ridge, with time after the summit day

The upper route has exposed rocky ground and scrambling. Discuss your experience and comfort with exposure before choosing. Little Meru is optional and guide-led. Sleep at Miriakamba after the summit attempt, then descend to the gate the following morning. Huts are shared; the mandatory armed ranger may escort several groups.

Included hotel plan: Arusha before the climb and after the gate descent. Arrival is trip day 1; departure is trip day 6 after breakfast. Airport and Moshi transfers are separate.

Times and elevations are approximate. Weather, altitude response and the guide’s decisions can change the plan. A summit is never guaranteed. Use the final written itinerary and briefing for your actual departure.

Before the first step

Travel dates: _____ Briefing time: _____

Bring these questions to your briefing

- Who is our lead guide, and what are the ranger and shared-hut arrangements?
- What is the plan for the exposed ridge, optional Little Meru and turnaround?
- Which kit, daily checks, emergency equipment and evacuation arrangements are agreed?
- What time do we meet, and what remains outside the written quote?

Personal kit to check with your guide

- ☐ Broken-in boots and walking socks
- ☐ Warm layers, hat and gloves
- ☐ Suitable sleeping bag
- ☐ Sun protection and sunglasses
- ☐ Waterproof jacket and trousers
- ☐ Headlamp and spare power
- ☐ Water bottles and daypack
- ☐ Personal essentials / insurance

My mountain observations

Observe from the agreed route and safe stopping places. Stay with the ranger; wildlife sightings and viewpoints are never guaranteed.

Forest / canopy and ground cover

Crater / Ash Cone and ridge shape

Little Meru / what the weather allowed

Summit attempt / a moment or decision

Arusha / what I want to remember

Useful words: pole pole = slowly; asante = thank you; maji = water. Tell your guide promptly if you feel unwell. These notes support the briefing and do not replace the guide’s directions or your final itinerary.