

# Mount Meru Trekking Guide 2026

By Sub Saharan Expeditions

## Overview

Mount Meru, standing at 4,566 meters (14,980 ft), is Tanzania's second-highest mountain and one of East Africa's most underrated trekking experiences. Located inside Arusha National Park, Meru offers dramatic volcanic scenery, wildlife encounters, and breathtaking views of Mount Kilimanjaro from the summit ridge.

## Why Climb Mount Meru?

- Perfect acclimatization for Kilimanjaro
- Fewer crowds and more wilderness
- Wildlife sightings during the trek
- Dramatic crater and ridge views
- Challenging but achievable adventure

## Quick Facts

Feature	Details
Height	4,566 meters (14,980 ft)
Location	Arusha National Park, Tanzania
Duration	3–4 Days
Difficulty	Moderate to Challenging
Best For	Acclimatization or short treks

## Trek Highlights

- Walking safaris with armed ranger escort
- Views of giraffes, buffaloes, and monkeys
- Stunning Meru Crater and Ash Cone
- Sunrise summit with Kilimanjaro views
- Diverse landscapes from forest to alpine

## Typical 4-Day Itinerary

- Day 1: Momella Gate to Miriakamba Hut – Forest trekking with wildlife.
- Day 2: Miriakamba Hut to Saddle Hut – Moorland and crater views.
- Day 3: Summit attempt at sunrise, descend to Miriakamba.
- Day 4: Trek down to Momella Gate and depart.

## **Best Time to Climb**

Best seasons are June–October and December–March for clearer skies and better summit views. Mount Meru can be climbed year-round but rainy seasons may affect visibility and trail conditions.

## **A Hidden Gem of Tanzania**

Mount Meru delivers an authentic trekking experience combining wildlife, adventure, and stunning scenery. Whether as a standalone climb or preparation for Kilimanjaro, Sub Saharan Expeditions ensures a safe, unforgettable journey led by experienced local guides.