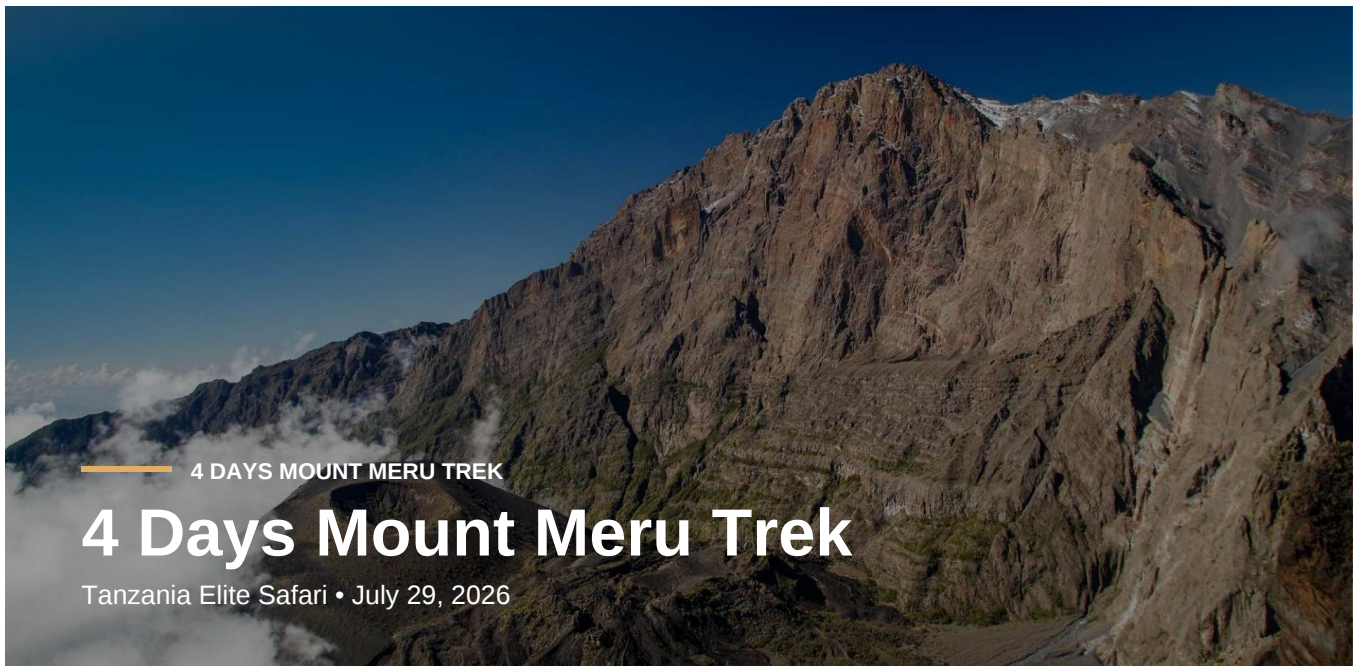




4 DAYS MOUNT MERU TREK

4 Days Mount Meru Trek

Tanzania Elite Safari • July 29, 2026

FROM USD 1,200 Per person	DURATION 4 Days / 3 Nights Guided Mount Meru Trek in Arusha National Park	TRIP STYLE Guided Mountain Trek Hut Accommodation, Summit Climb and Ranger-Guided Trek	KEY DESTINATIONS Arusha, Arusha National Park, Momella Gate, Miriakamba Hut, Saddle Hut, Socialist Peak Mount Meru Trekking Route	BEST FOR Trekkers and Kilimanjaro Preparation Adventure travellers, acclimatization hikers, Kilimanjaro climbers and mountain lovers
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Overview

This 4 Days Mount Meru Trek is a guided mountain adventure in Arusha National Park, designed for travellers who want a scenic, rewarding and less crowded climb in northern Tanzania. Mount Meru rises to 4,566 metres and is Tanzania's second-highest peak, offering lush forests, volcanic ridges, crater views, wildlife sightings and excellent views of Mount Kilimanjaro. The trek starts from Arusha and follows the classic route through Momella Gate, Miriakamba Hut, Saddle Hut and Socialist Peak before descending back to Arusha. It is a strong choice for adventure travellers, hikers preparing for Kilimanjaro, and anyone looking for a shorter Tanzania mountain trek with high scenic value and professional support.

Highlights

- 4 days Mount Meru trek in Arusha National Park
 - Climb Tanzania's second-highest mountain
 - Mount Meru at 4
 - 566 metres
 - Scenic trek through wildlife-rich forest, open grasslands and volcanic landscapes
 - Walk with an armed park ranger inside Arusha National Park
 - Chance to see giraffes
 - buffalo
 - colobus monkeys
 - zebras and varied birdlife
 - Hike along the dramatic Mount Meru crater rim towards Socialist Peak
- Overnight hut accommodation at Miriakamba Hut and Saddle Hut
 - Sunrise summit views from Socialist Peak with excellent views of Mount Kilimanjaro
 - Strong acclimatization climb before attempting Mount Kilimanjaro
 - Includes park fees
 - rescue fees
 - mountain guide
 - ranger
 - porters
 - cook
 - meals
 - drinking water and transfers from Arusha

Inclusions & Exclusions

INCLUSIONS

- Park fees and rescue fees
- Professional English-speaking mountain guide
- Armed park ranger
- Porters and cook support team
- All meals during the trek
- Drinking water during the trek
- Hut accommodation at Miriakamba Hut and Saddle Hut
- Transfers to and from Arusha
- Crew support and mountain assistance during the trek
- Booking form shortcode: [tes_booking_form]

EXCLUSIONS

- International flights
- Tanzania visa fees
- Tips for guides, ranger and porters
- Personal trekking equipment
- Travel insurance
- Extra nights in Arusha
- Personal expenses
- Optional activities not listed in the itinerary

Itinerary

Day 1

Arusha to Momella Gate and Miriakamba Hut

Meals: Lunch, Dinner | Accommodation: Miriakamba Hut

Your Mount Meru trek begins with a transfer from Arusha to Momella Gate inside Arusha National Park. After registration, an armed park ranger joins the trek as you walk through forested trails with chances to see giraffes, buffalo, colobus monkeys, zebras and birdlife. The trail gradually ascends to Miriakamba Hut, where you enjoy dinner and your first overnight on the mountain.

ACCOMMODATION Miriakamba Hut	ACCOMMODATION —
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Day 2

Miriakamba Hut to Saddle Hut

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

After breakfast, continue with a steady climb through montane forest and open grassland towards Saddle Hut. The route passes via Elephant Ridge, offering impressive views of the Meru Crater and Ash Cone. Arrive at Saddle Hut in the early afternoon. After a short rest, you may take an optional acclimatization walk to Little Meru before returning for dinner and overnight.

ACCOMMODATION Saddle Hut	ACCOMMODATION —
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Day 3

Saddle Hut to Socialist Peak and Miriakamba Hut

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

Summit day starts around midnight with a steep climb along the narrow crater rim towards Socialist Peak at 4,566 metres. Reach the summit at sunrise and enjoy dramatic views of Kilimanjaro above the clouds, the crater landscape and the surrounding highlands. After photos and celebration, descend to Saddle Hut for brunch, then continue down to Miriakamba Hut for dinner and overnight.

ACCOMMODATION Miriakamba Hut	ACCOMMODATION —
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Day 4

Miriakamba Hut to Momella Gate and Arusha

Meals: Breakfast, Lunch

Enjoy a relaxed descent through Arusha National Park with more opportunities to see wildlife and forest scenery along the way. On arrival at Momella Gate, complete exit formalities and meet your driver for the transfer back to Arusha. This marks the end of your 4 days Mount Meru trek.

FAQs

How long is the 4 Days Mount Meru Trek?

The trek takes 4 days and 3 nights, starting from Arusha and following the route through Momella Gate, Miriakamba Hut, Saddle Hut, Socialist Peak and back to Arusha.

Is Mount Meru good preparation for Kilimanjaro?

Yes. Mount Meru is often used as an acclimatization climb before Kilimanjaro because it reaches 4,566 metres and gives trekkers useful high-altitude experience.

What accommodation is used on Mount Meru?

Accommodation is in mountain huts, mainly Miriakamba Hut and Saddle Hut, during the Mount Meru trek.

Is an armed ranger included on the trek?

Yes. The trek takes place inside Arusha National Park, and an armed park ranger accompanies the group for safety.

What is included in the 4 Days Mount Meru Trek price?

The starting price includes park fees, rescue fees, mountain guide, armed ranger, porters, cook support, meals during the trek, drinking water, hut accommodation and transfers from Arusha.

Start Planning This Trip

Prepared by Tanzania Elite Safari. Use the link or QR code to open the latest package page, then send an inquiry or request a custom quote.

Package Link:

<https://tanzaniaelitesafari.com/packages/4-days-mount-meru-trek/>



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