



MT KENYA & MT MERU, EAST AFRICA



Above Mt Meru Crater looking across to Little Meru and Kilimanjaro © Ann Foulkes, trekMountains

Grade:	Strenuous / Expedition 	Land-only duration:	13 days
Max altitude:	4985m	Trekking days:	5+4 days
Dates:	<p>We can run this on dates to suit you for a minimum group size of 2. There are 2 main trekking seasons in East Africa which are the drier seasons:</p> <ul style="list-style-type: none"> • mid-December to mid-March - typically dry and warm but there can be snow • June to early October – typically driest but a bit cooler <p>Contact us at info@trekmountains.com with your preferred dates</p>		
	Price:		Contact us

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This trip richly rewards those who seek to spend time on East Africa's most interesting mountains. Combining Mt Kenya with Mt Meru, creates a sublime trek for the connoisseur.

Mt. Kenya, Africa's second highest mountain, is often overlooked by trekkers who frequently prefer to scale Kilimanjaro. However in our opinion, Mt Kenya offers much more spectacular and varied trekking than its neighbour.

Mt. Meru is a brilliant challenge in its own right, and offers its own flora. Views of the sun rising behind Mt Kilimanjaro from the summit of Mt Meru, heralding a new day of life across the African plains are memories you will never forget.

You will have the chance to spend quality time absorbing this fascinating of corner East Africa, you see both Kenya and Tanzania.

Enjoy the quiet and very scenic trails of **Mt Kenya**, passing through the deep rain-forested valleys and gorges of the lower slopes, to open moorland. Breathtaking views compete for your attention with flora that is unique to this high alpine zone. Here in a stunning setting of sparkling tarns and shimmering glaciers, you will ascend the trekking peak of Point Lenana at 4985m and its unforgettable summit views across the African plains.

Mt Meru is an extremely interesting volcano in its own right. Summit night and day on Mt Meru is a tough ascent. With numerous false summits along the path which follows the rim of the volcano, this is not a mountain to be considered easy simply because it is lower than Mt Kilimanjaro or Mt Kenya.

When you read our itinerary you may wonder why we trek first up Mt Kenya (4895m) before Mt Meru (4566m). The reason is because the ascent profile on Mt Kenya is easier for acclimatisation than that on Mt Meru. The ascent profile on these mountains is determined by the location of the overnight facilities. Remember, the East African way of trekking these mountains includes a host of porters and cooks, so accommodation for all of those must be found in the mountain huts.



Mt Kenya from near Shipton's Camp © C Dougherty



Watching and giraffes at the foot of Mt Meru, Arusha National Park
– photo © Ann Foulkes, trekMountains



Mt Kenya © C Dougherty

OUTLINE ITINERARY

Important Note: Walking and journey times are approximate. Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

Day 1 Arrive Nairobi

You will be met at Nairobi airport and taken to our comfortable group hotel in Nairobi. Depending on your flight time, you may have the afternoon to rest from your journey.

Overnight our group hotel in Nairobi. Meals D

Mt Kenya trek. 5 nights / 6 days (5 trek days)
Route used is the Chogoria / Sirimon Traverse

Day 2 Drive to Mt Kenya Park Gate, 2730m

Drive to the Mount Kenya National Park and then transfer to 4WD vehicles for the final 25 km track up to the Chogoria Gate.

Overnight in a 'banda' (cottage) or camp. Meals BLD

Day 3 Trek to Lake Ellis, 3390m

Before breakfast we take an early game viewing walk. After breakfast we trek to our overnight at Lake Ellis. An optional afternoon acclimatisation walk up Mugi Hill (3640m) is strongly recommended.

Overnight in mountain hut or camp. Meals BLD

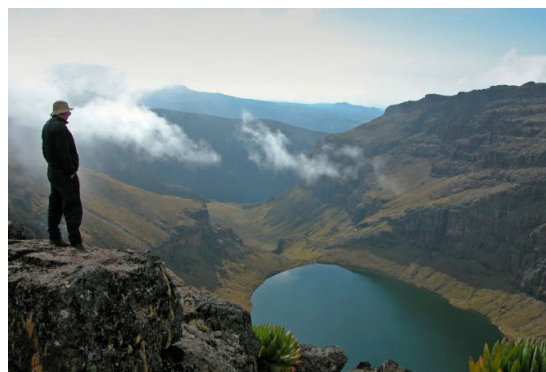
Day 4 Trek to Lake Michaelson, 4000m

Trek across moorland to join the main Chogoria Trail. We should enjoy lovely views of the Vivienne Falls and the Gorges Valley. We descend to the most picturesque campsite in the range, at Lake Michaelson. Overnight in mountain hut or camp. Meals BLD

Day 5 Trek to Simba Tarn, 4620m

We ascend into the alpine zone, above the treeline, and head towards the north side of Point Lenana. A short, sharp scree slope takes us to our overnight at lovely Simba Tarn.

Overnight in mountain hut or camp. Meals BLD



Simba Tarn, Mt Kenya © C Dougherty

Day 6 Summit Point Lenana, descend to Old Moses Camp, 3400m

Today is an early start for the relatively easy ascent to the trekkers' summit of Mt. Kenya which is Point Lenana (4985m). Enjoy watching a spectacular African sunrise as the sun rises above the African plains. Photos on the summit before we descend via the Sirimon Route to Old Moses Camp.

Overnight in mountain hut or camp. Meals BLD

Day 7 Descend to road, return to Nairobi

We continue our descent trekking down to the park gate and then drive to Nairobi.

Afternoon at leisure by the hotel pool.

Overnight our group hotel in Nairobi. Meals B

Cross the Kenya/Tanzania border

Day 8 Cross the Kenya/Tanzania border and continue to drive to Arusha

Heading south we, drive to the Namanga Gate border crossing into Tanzania. We usually use a private vehicle for groups of 5 people or more, and the tourist hotel to hotel shuttle bus is for smaller groups. Either way you will be shown how to cross the border and continue to your hotel in Arusha

Overnight at our group hotel in Arusha. Meals B

Mt Meru trek – 3 nights / 4 days

Day 9 Drive to Mt Meru & trek to Miriakamba Hut, 2470m

Once the porter loads have been sorted, and the registration with the park authorities completed, we start trekking through grassland before climbing gradually into the rainforest to our overnight stop at Miriakamba Hut. Look out for animals along the way – monkeys, zebra and giraffe are sometimes seen her. There will be the option to hike to the crater floor.

Overnight Miriakamba Hut. Meals BLD

Day 10 Trek to Saddle Hut, 3570m

Trekking on steeper paths than yesterday through the forest and high grasslands we reach the Saddle Hut which is located on a wide col between the slopes of Meru and Little Meru. It is well worth the short optional walk to the summit of Little Meru for the great views it offers and for further acclimatisation.

Overnight Saddle Hut. Meals BLD



Little Meru Summit with Mt Meru behind
© Ann Foulkes trekMountains

Day 11 Mt Meru Summit 4566m, Descend to Miriakamba Hut, 2470m

Today is summit day so we start very early getting up at 2am and trekking by torchlight. Our aim is to watch sunrise over Mt Kilimanjaro and the African Plains – a spectacle not to be missed. The route involves a short scramble to the crater rim which is a little exposed at times.

Look out for the sun rising behind Mt Kilimanjaro, breathing warmth and life into the African plains far below.

We hope to reach the summit of Mt Meru by around 7am. After summiting we return to Saddle Hut and then descend to Miriakamba Hut. The day is very long but very worthwhile.

Overnight Miriakamba Hut. Meals BLD

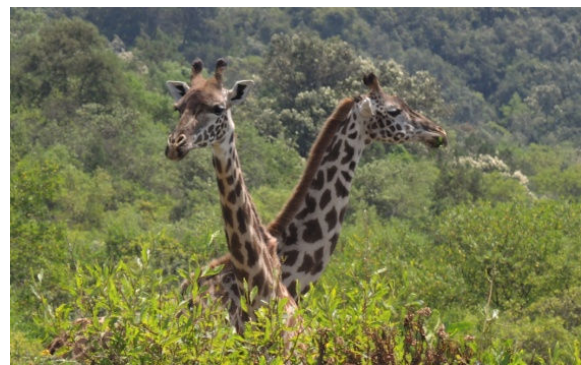


Lilac breasted roller, Tanzania
© Ann Foulkes trekMountains

Day 12 Descend to the Park Gate, Game Drive in Arusha National Park

We descend to the park gate where we have lunch. Our efforts on the mountain are rewarded in the afternoon with an afternoon game drive in the Arusha National Park which offers good game viewing possibilities situated between the peaks of Meru and Kilimanjaro. Animals that can be seen include leopard, giraffe, rhino, elephant, buffalo, hippo, monkeys and bushbuck. Our day ends with a drive to our group hotel in Arusha or near to Kilimanjaro Airport.

Overnight Arusha or Kilimanjaro Airport Hotel.
Meals BL



Giraffes, Mt Meru, Tanzania
© Ann Foulkes trekMountains

Day 13 Depart

Depart from Kilimanjaro airport.

We can also arrange tourist shuttle transfers for you to return to Nairobi if you prefer to fly out of Nairobi airport
Meals B



Masai following circumcision ritual
© Ann Foulkes, trekMountains

The Price Includes:

- National Park fees worth \$649 gross, Kenyan VAT at 16% and Tanzanian VAT at 18% are now included in the basic price.
- Airport transfers
- Accommodation, full board, half board or bed and breakfast as noted in the itinerary.
- Mountain accommodation on Mt Kenya will either be in mountain huts or camping depending on numbers on the trek, and on availability.
- Mountain accommodation on Mt Meru is usually in the mountain huts.
- Mount Kenya and Mt Meru trek with full board, local trek guide, cook & porters, camping equipment (not sleeping bags or karrimats), transportation to/from start & end of treks.

Not Included:

- Kenyan and Tanzanian Visas - please see "Preparing for your trek to East Africa" for latest prices
- Airport departure taxes
- Tips for local trekking crews
- Meals not mentioned in the itinerary
- Items of a personal nature including drinks, laundry, telephone calls & souvenirs
- Sleeping bag & karrimat
- Insurance

Options: (contact us for details)

- **Extra nights** are available in our group hotels in Nairobi and Arusha or by Kilimanjaro airport.
- **Accommodation**
Hotel accommodation is usually in twin rooms
When camping twin tents are used and you will be partnered with another trekker of the same gender, or with a person you name on your booking form.
In mountain huts, accommodation may be in mixed gender rooms.
- **Single rooms and single tents** are available – please ask us for a price.

Safari extension packages:

Why not complete your East African experience with a safari. Please refer to our East African extensions dossier for more details. Extensions should be arranged to booking international flights.



Elephant herd © Ann Foulkes, trekMountains

Flights: You are welcome to book your own international flights for this trip. The trip starts in Nairobi. For the return, you can either fly out of Kilimanjaro airport, or we can arrange a transfer back to Nairobi for you (contact us for a price).

IMPORTANT: No flights should be booked until you have received written confirmation from the trekMountains office that your departure is guaranteed to run.



Sunrise behind Kilimanjaro from Mt Meru, photo © Ann Foulkes, trekMountains

Minimum numbers and our pricing policy:

This trip is advertised based on a 4 person price based on twin sharing rooms. It can, however, be run with just 2 people.

We can offer this trip as a trip just for your party on dates to suit you. If the 4 person twin share price is not relevant to your party, we will quote according to the number of participants and the number of single / shared rooms that you require.

Alternatively, you may prefer that we open up the trip to other bookings. In that case, if there are less than 4 of you in your party we will give you a price based on the number of participants so that the trip can be guaranteed immediately. The final price will reduce as more trekkers join the trip.

Preparing for your trek:

Please see our document "Preparing for your trek to East Africa" at <http://trekmountains.com/pre-trek/> for all the advice you need about visas, insurance, money, equipment, and medical matters.



Tanzanian sunset, photo © Ann Foulkes