



SAFARI BOYZ

Do more than just exist.

MT MERU

DAY 1 NAIROBI TO ARUSHA

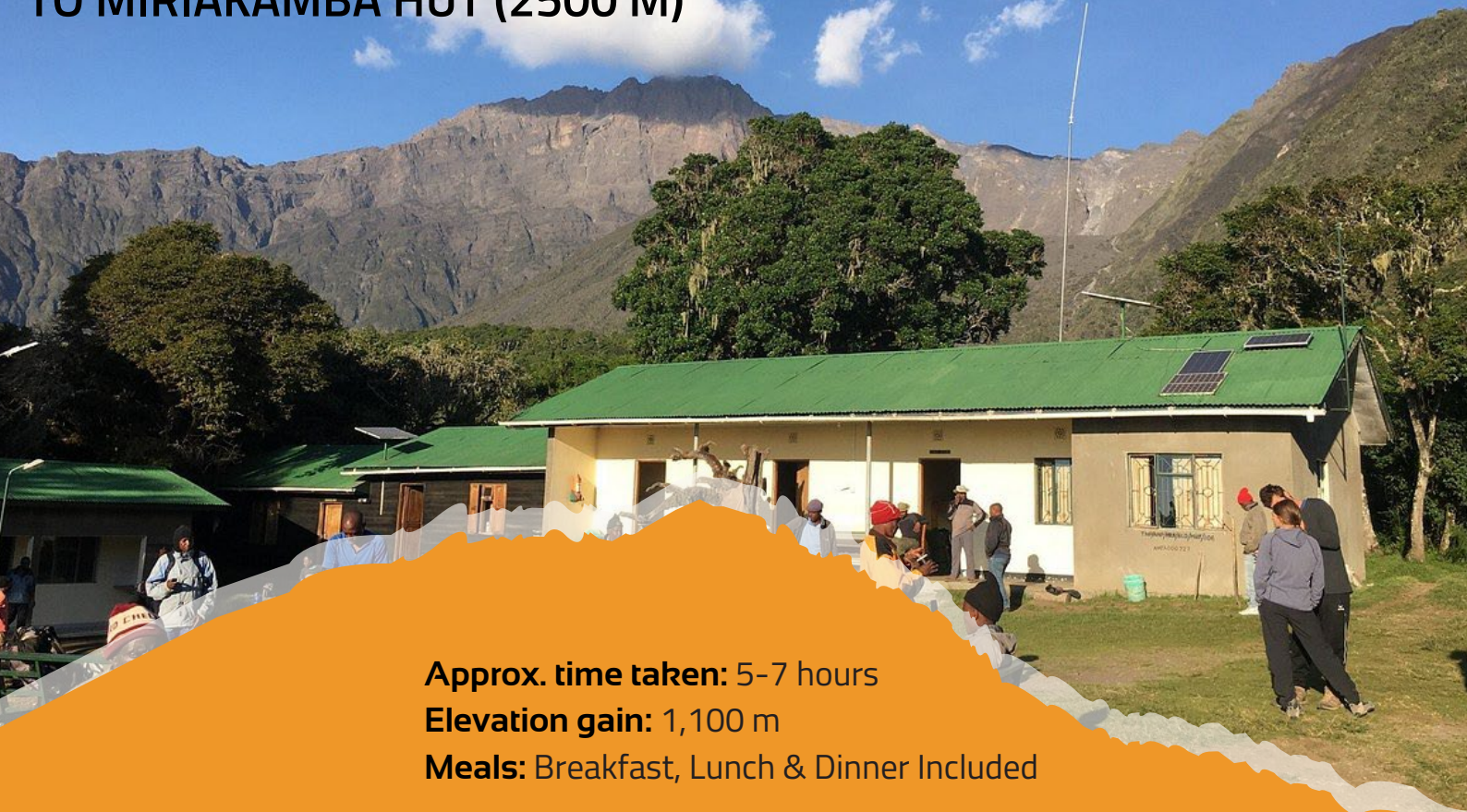


We shall embark on your adventure from Nairobi to Arusha and stay overnight in a hotel. There you'll be able to meet your guide and go through a pre-climb briefing.

DAY 2

ARUSHA (1400 M)

TO MIRIAKAMBA HUT (2500 M)



Approx. time taken: 5-7 hours
Elevation gain: 1,100 m
Meals: Breakfast, Lunch & Dinner Included

After an early morning breakfast in Arusha (1400m), you will be picked up from your hotel and brought to the Momella Gate in Arusha National Park. At this time, the porters will organize and pack the belongings for the hike while you and your guide register with the Tanzania National Park. You will then begin your ascent in Arusha National Park.

The first day of hiking is similar to a walking safari; you should expect to see giraffes, zebras, antelope, buffalo, and potentially elephants near the trail. Due to the high possibility of spotting wildlife, an armed ranger, hired through the National Park, is required to hike with our team for the duration of the hike. As you continue hiking, you will pass the Ngarenanyuki River and a beautiful waterfall at the base of Mt. Meru. Upon arriving to Miriakamba Hut (2500m), your chef will prepare a hot dinner and washing water for you. Enjoy the beautiful sunset and overnight stay.



Duration
(5-7 hours)



Elevation gain
(1,100 m)



Miriakamba Hut

DAY 3

MIRIAKAMBA HUT (2,500M) TO SADDLE HUT (3,500M)



Approx. time taken: 3 - 5 hours

Elevation gain: 1,000 m

Meals: Breakfast, Lunch & Dinner Included

After breakfast, you will start ascending up the steep trail along the ridge of the saddle. You may see various wildlife along the way! The trail has views of Mt. Meru Crater and the Ash Tray. When you arrive at camp, you have the option of hiking Little Mt. Meru (3820m) with your guide to further acclimatize. You will be served an early dinner, so you can receive ample rest before your midnight summit attempt. Get to sleep by 1900!



Duration
(3- 5 hours)



Elevation gain
(1,000 m)



Saddle HUT

DAY 4

SADDLE HUT (3,500 M)

TO SUMMIT ATTEMPT (4,566 M)

TO ARUSHA (1,400 M)



Approx. time taken: 12-14 hours

Elevation gain: 1,066 m

Elevation descent: 3,166 m

Meals: Breakfast, Lunch & Dinner Included

Your guide will wake you at 00:30 for tea and biscuits. You will then begin your summit attempt at 1:30am. The trail starts off on a steep grade to Rhino Point (3800m) to Cobra Point (4350m). The last hour of the hike you will scramble on a rocky ridge between the crater and inner cliffs of Meru. You will reach the summit of Meru (4565m) at sunrise with spectacular views of Mt. Meru Ash Tray and Mt. Kilimanjaro. Enjoy your views then descend to Momella Gate and return to Arusha.



Duration
(12 - 14 hours)



Elevation gain
(1,066 m)



Elevation Descent
(3,166 m)



Arusha

DAY 5 ARUSHA TO NAIROBI



After a mesmerizing 3 day hike, finally our journey will come to end by the last hurdle of travelling back to Nairobi from Arusha.

Inclusives

The following items are included in prices:

- Return transport to & from Nairobi - Arusha, (pvt or public) depending on numbers.
- 2 nights of accommodation in Arusha (before and after the climb - (bnb meal plan)
- Packed lunch during travel from, NBI - Arusha and Arusha - NBI (if pvt).
- Return transportation from Arusha/from the starting/finishing point on the mountain.
- Qualified guides with mountain crew.
- Climbing gears and equipment hire.
- All national park levied fees.
- Bunk bed fees.
- First aid kit.
- 3 hot meals daily while on the mountain.
- Enough treated & filtered drinking water throughout the trek.
- Government taxes.
- Guides, porters, waiter, cook accommodation and entry fees on the mountain.

Exclusives

Not included are:

- Items of personal nature.
- Additional nights in hotel.
- Visas.
- Portable flush toilet with a toilet tent is available for extra charge \$70\$ for entire trek.
- Flights.
- Rescue fees (Helicopter / 4X4 Ambulance).
- Tipping porters/guides/chefs from the group.
- Emergency Mountain evacuation fees.
- Any other items not mentioned in the itinerary.



Gear For Climbing MT. MERU.

Equipment check list:

- Headlamp/torch
- Sleeping bag- 3 or 4 season plus fleece sleeping bag liner.
- Hiking boots: (This is the most important item on the list. You'll need a comfortable/waterproof pair of hiking boots which offer plenty of support. Make sure they are broken in before you get to MT.Kenya.)
- 2 pcs of 1 Litre water bottle or camel back (2litres)
- 2 set of thermal underwear/innners (top & bottom)
- 1 warm jersey/sweater (wool)
- 2 pair of track suit top & bottom
- 1 Light towel
- 1 Waterproof summit jacket (with a hood) & pants
- 3 Long sleeves T-shirts cotton/wool
- 3 Trecking t-shirts
- 6 Pairs of thermal hiking socks
- 1 Cap / Sunhat
- 3 Track pants
- 1 Pair of warm gloves
- 1 Pair of waterproof gloves
- 1 Pair of sunglasses
- 1 Balaclava/ monkey cap
- 1 Warm scarf
- Rain poncho
- Sunscreen
- Personal toiletries
- Spare batteries & bulb
- 1 pocket swiss army knife (optional)
- 2-3 packets of moist towelettes.
- 1 Travel pillow (optional)
- Personal medications
- Snacks (chocolate, nuts, dates, glucose & dextrose ETC.)
- 1 pc Day pack + waterproof cover (Capacity 25 – 30 liters)
- 1 pc Bag pack for Potters to carry (This will carry your personal belongings – Capacity should be 80 – 100 liters, should have a waterproof cover)

PRO-TIP

Always make sure while packing your main bag pack to pack each day separately in a garbage bag to keep your belongings safe from rain while on the hike, you don't want to wear wet clothes on the mountain.





We understand the importance of healthy, nutritious and tasty meals while on the trek. Here is a sample of the food you can expect while on the trail.

Morning Call:

- Tea, Drinking chocolate, Milo, Coffee, Biscuits, Milk

Breakfast:

- Porridge - Oat porridge, Finger millet porridge, Maize porridge, Semolina (sooji) porridge
- Fruits - Assorted fruit plate, Fruit platter, Selection of Fruits
- Toasted Bread, French toast
- Eggs - Onion omelet, Plain omelet, Spanish omelet, Scottish eggs (over easy)
- Grilled beef bacon, Grilled beef sausages
- Cheddar cheese Tanzania tea, Drinking chocolate, Coffee, Decaffeinate, Milk (Nido)
- Pan cakes
- Sauted Potatoes
- Stir fried mushroom

Lunch Box:

- Juice box
- Biscuits
- Cut fruitsChocolate
- Portions of cheese
- Queen cakes
- Bread sandwich
- Sweetness(pipi)



Soups:

- Cream of herbs
- Cream of mixed vegetables
- Cream of Zucchini
- Clear onion soup served with cheese crouton
- Cream of celery & carrot
- Clear chicken soup, garnished with sweet corn & basil

Salads:

- Green lettuce, avocados, onion rings dressed with a vinaigrette
- Coleslaw, cabbage, onions, carrot
- Cabbage, onions coated with cream
- Carrot & onions dressed with lemon juice & olive oil
- Vegetables and Toasted cheese
- Pan - fried rings of Irish potatoes
- Sweet potatoes
- Cucumber, tomatoes & spring onion with herbal olive oil
- Cucumber, tomatoes & onions cream with mayonnaise

Main Course:

- Fried chicken
- Fish finger - served with tartar sauce
- Pan Fried - Chicken served with Moroccan spaghetti
- Fish goujons garnished with lemon slice served with French fries
- Grilled chicken
- Beef pies and Veg pies

Accompaniment:

- Biscuits, Pringles, Potatoes crisp
- Hard boiled eggs and tomato ketchup
- Sweet breads
- Pancakes

Dessert:

- Chocolate
- Fruit slices, Fruit platter, Fruit Salad
- Veg fassills
- Tea, Coffee, Drinking chocolate, Milo, Milk (Nido)



Soups:

- Cream of cucumber and potatoes
- Cream of celery soup
- Leeks soup
- Green pepper and chicken soup
- Cream of zucchini and potatoes
- Cream of ginger soup
- Cream of garlic soup
- Vegetable soup
- Cream of cucumber and potatoes

Main Course:

- Grilled beef served with Gravy garnished with grilled tomatoes
- Beef stroganoff
- Fried chicken
- Spiced meatballs with a creamy pomodoro sauce
- Mincemeat with bolognese sauce
- Chicken chasseur
- Grilled Beef fillet served with a mint sauce
- Chicken fricassee, with a coulis and tomato sauce
- Vegetable rice
- Macaroni with cheese
- Spaghetti pomodoro
- Turmeric rice

Accompaniment:

- Lyonnaise potatoes
- French fries
- Fried potatoes

Dessert:

- Banana fritters
- Queen cake glassed with chocolate source
- Grape suzettes and pancake
- Creamed Caramel ▪ Custard pudding
- Bread and buttered pudding
- Cake
- Fruit salad
- Fresh fruits
- Tea, Coffee, Drinking chocolate, Milo, Milk (Nido)



We have many trekkers who are vegetarian and our cooks are well trained to handle these requirements. You are free to meet our cook during the briefing session to discuss and create a menu which meets your criteria.

Here are some sample dishes:

Soups:

Cream of cauliflower & carrot
Vegetable soup and bread
Pumpkin soup
Cucumber soup
Leek soup

Salads:

- Vegetable Salad
- Mushrooms with Vegetables
- Fried potatoes with vegetable sauce
- Coleslaw

Main Course:

- Fresh beans and carrot with coconut sauce
- Cauliflower and carrot
- Seasonal green beans with cream sauce
- Braised cabbage
- Mixed vegetables
- African pride Red finger, (ngogwe or better tomatoes)
- Rice Porridge

Accompaniment:

- Chips
- Fruits Tea, Coffee, Drinking chocolate, Milo, Milk (Nido)
- Bread (Normal and Toasted)

VEGAN MENU ON MT. MERU



We have many trekkers who are Vegan and our cooks are well trained to handle these requirements. You are free to meet our cook during the briefing session to discuss and create a menu which meets your criteria.

Here are some sample dishes:

Soups:

- Vegetable soup and bread
- Pumpkin soup
- Cucumber soup
- Leek soup
- Vegetable Salad
- Sweet potatoes soup
- Carrot soup

Salads:

- Mushrooms with Vegetables
- Fried potatoes with vegetable sauce

Main Course:

- Grilled Sandwich
- Pasta
- Rice
- Porridge
- Boiled Potatoes
- Mashed
- Potatoes
- Beans
- Vegetable Samosa
- Chapati
- Chinese rice
- Spaghetti

Accompaniment:

- Chips
- Fruits
- Black Tea
- Fruits Bread (Normal and Toasted)



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