



Mt Meru Climbs

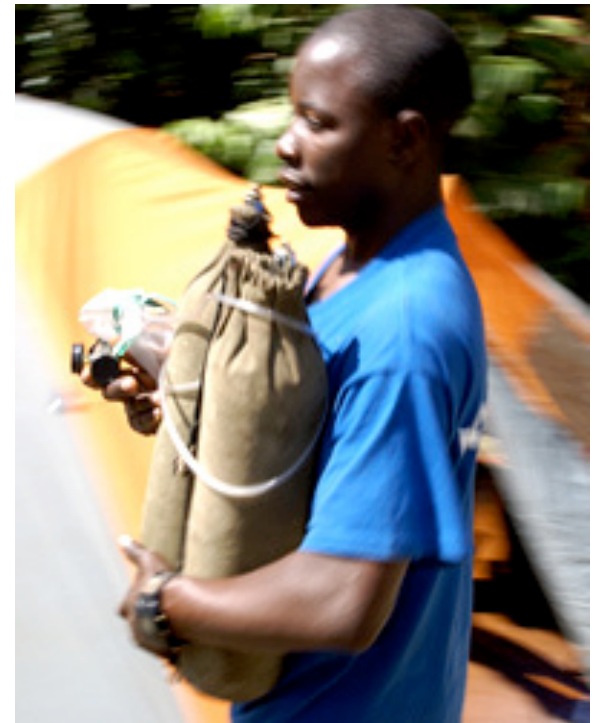
Adventure International runs ethical, professionally led climbs. Our business partners sell our climbs to their clients on the basis of:

1. **Ethics:** Adventure International works hand in hand with our crews, not in spite of them. We do not overload our porters and our payment policy is to ensure that our porters and crews are among the highest paid in the industry. Our ethical approach is the number one reason that our prices are higher than the average 'budget' trip.
2. **Professional Guides and crews:** We operate bi annual training programs for guides, assistant guides, trainees and camp crews. Our in house training also incorporates independent professionals from the Red Cross for CPR training and advanced first aid topics. Adventure International also has "Constant Monitoring" practices that include pulse oximetry and scorecard monitoring of key aspects of altitude sickness. Is Mt Meru a dangerous hike? Yes. Blissful ignorance tends to surround most groups that ascend the mountain and most people are fine. It is the scenarios when unavoidable instances of high altitude sickness which poses the most threat where appropriate treatment are essential. Most instances of death on Mt Meru have been due to ignorance and bad decision-making.
3. **Clients experience:** with sound ethical practices and excellent training Adventure International has a well motivated professional team that not only guide clients safely on the mountain but also educate and inform clients about the environment they walk through. Endemic flora and the relationship of man and beast have all shaped Mt Meru's ecology and the geology is as fascinating as anywhere on Earth.

Mt Meru can be hiked as an acclimatization option pre Kilimanjaro or as a standalone mountain. It's very pretty and often overshadowed by Kilimanjaro but comes highly recommended.

Overview: Route starts at Momella Gate and heads up through the fig tree arch, over Jekukumia river, Njeku viewpoint and to Miriakamba hut. From Miriakamba to Saddle Hut and options to walk to Little Meru. Summit attempt is normally at nighttime arriving at dawn. Descend to Saddle for brunch and then onto Miriakamba. Final day is an easy hike out to Momella gate and a short game drive in Arusha National Park before heading back to Arusha.

SAFETY DEVICES



Mt Meru

4 days

Why this itinerary?

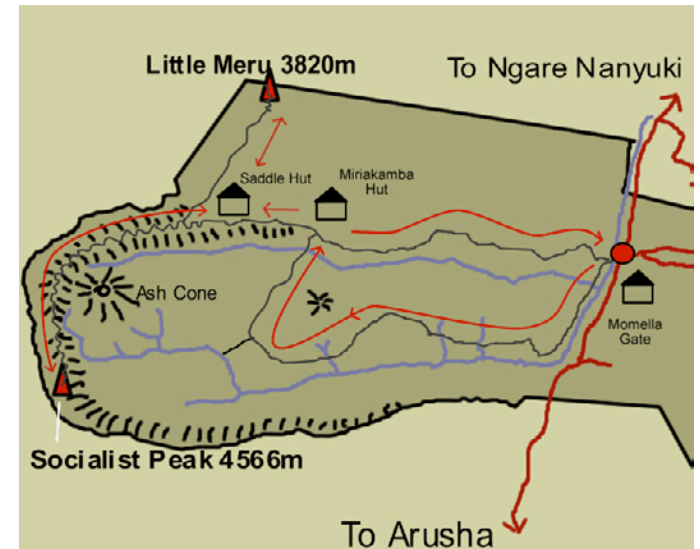
A beautiful mountain to hike, great for pre Kilimanjaro acclimatization or as part of a trilogy of East Africa's highest peaks. Also superb pre safari for hikers or the adventurous.

Description

A 4 day hike to the summit of Mt Meru through verdant afro-montane forest into high altitude alpine desert with stunning views of a dormant volcano. As a standalone mountain it's a great hike. Climbers are required to sleep in huts.

Highlights

Signs and possible sightings of wildlife on foot, afro-montane forest, less busy than Kilimanjaro, excellent bird life and game drives in Arusha National Park. One of the most under-rated hikes in East Africa.



Brief Itinerary

#	Area	Overview
1	Arusha	Arrive Kilimanjaro International Airport. Meet & greet and transfer to The Arusha Hotel
2	Arusha	Half day visit with local NGO. Arusha National Park game drives. Overnight The Arusha Hotel
3	Arusha	Day visit with local NGO. **FULL CLIMB BRIEFING & EQUIPMENT CHECK** . Overnight The Arusha Hotel
4	Mt Meru	Begin Mt Meru hike. Overnight Miriakamba Hut
5	Mt Meru	Mt Meru hike. Overnight Saddle Hut
6	Mt Meru	Mt Meru hike. SUMMIT. Overnight Miriakamba Hut
7	Mt Meru / Arusha	End Mt Meru hike. Transfer to The Arusha Hotel (*celebration dinner*)
8	Depart	Transfer to Kilimanjaro International Airport for departures
<i>END OF SERVICES</i>		

Detailed Itinerary

Day 1 / ARUSHA

Upon arrival into Kilimanjaro International Airport you are personally met and transferred to your accommodation in Arusha.

Overnight The Arusha Hotel (Dinner)

Day 2 / ARUSHA

Today you head out to spend a half-day with a local NGO. In the early afternoon you head towards Arusha National Park with picnic lunches. Arusha National Park covers the prominent volcano that overshadows Arusha, Mt Meru. The park is small but varied with landscapes such as Ngurdoto Crater, grasslands, and the alkaline Momella Lakes. If you are lucky, from here you have views of Kilimanjaro. Wildlife includes giraffe, zebra, buffalo, blue monkeys and colobus monkeys. In the afternoon you head towards your accommodation and arrive in time for dinner.

Overnight The Arusha Hotel (Breakfast, Lunch, Dinner)

Day 3 / ARUSHA

After breakfast you head to a local NGO for a day in the field. In the afternoon you are given a comprehensive briefing and equipment check by our Climbs Managers and guides.

Overnight The Arusha Hotel (Breakfast, Lunch, Dinner)



Day 4 / MERU / MIRIAKAMBA

In the morning you are collected from your hotel and transfer to Arusha National Park. At the Momella gate we finish registration formalities before setting off with your guide and armed ranger - there is abundant wildlife in the forests! The forest section is especially scenic with strangler figs and the possibility of seeing buffalo grazing in one of the clearings. In the late afternoon we reach a viewpoint before heading onto Miriakamba hut for dinner.

Overnight Miriakamba Hut (Breakfast, Lunch, Dinner)



Day 5 / MERU / SADDLE HUT

We set off from Miriakamba initially still in the forest zone but in a few hours you reach Saddle hut for lunch in the alpine desert zone. In the afternoon a walk to the summit of Little Meru can be taken for stunning views before heading back to Saddle Hut for dinner.

Overnight Saddle Hut (Breakfast, Lunch, Dinner)



Day 6 / MERU / SUMMIT / MIRIAKAMBA

We rise early and our hard work is rewarded at dawn as the sun rises to the East. Kilimanjaro is normally clearly seen from here and the sheer cliffs of the crater fall dramatically 1000 feet or more. We return back and after some brunch at Saddle Hut, we continue down to Miriakamba hut for dinner.

Overnight Miriakamba Hut (Breakfast, Lunch, Dinner)

Day 7 / OUT / ARUSHA

The final section takes up to 3 hours to return to our vehicles where we say farewell to our crew and have time for a short picnic lunch and game drive before returning to Arusha for a well deserved shower! This evening there is a celebration dinner.

Overnight The Arusha Hotel (Breakfast, Lunch, Dinner)

Day 8 / DEPART

Today you are transferred to Kilimanjaro International Airport for International departures.

(Breakfast)

END OF SERVICES



ACCOMMODATIONS

THE ARUSHA HOTEL has been Arusha's centerpiece since 1894. Home to those traveling between the Cape and Cairo.... and further afield in these modern times, its lengthy and vivid history stands as true today as it was over 100 years ago. A real focal point since the turn of the last century, The Arusha Hotel provides elegant, refined accommodation that cleverly balances all that is modern and classic.



Inside the highest-quality rooms, services and cuisine all come in surroundings that reflect its history, sophistication and charm. Outside the original lush and extensive tropical gardens give the hotel a calm relaxing feel – an oasis in the center of Arusha town.

MT MERU HUTS; the huts are in shared accommodation but for our groups the camp crews and teams go ahead to secure rooms for our team. In the huts are 2 level bunk beds where our camp crews put out our own sleeping bags with liners. The dining arrangements are at a set time every evening at which point the guides will be checking all guests. The dining rooms are shared but our groups have their own table. Wandering away from the huts on your own is NOT allowed. Wild animals are prolific on Mt Meru, notably buffalo, but walks for those that have the energy can be arranged with the guides if time permits.



DESTINATIONS

Tanzania, East Africa

The United Republic of Tanzania is located in Central East Africa being bordered by; Kenya and Uganda to the North; Rwanda, Burundi, and the Democratic Republic of the Congo to the West; Zambia, Malawi, and Mozambique to the South; and the Indian Ocean on its Eastern borders. The United Republic of Tanzania is composed of 26 regions. For the past 12 years, Dodoma has served as the capital city. However, prior to 1996, the coastal city of Dar es Salaam served as the capital, and today most governmental offices are located there. In addition, Dar es Salaam serves as the major seaport for the country and most land-locked neighboring countries.

Tanzania is known as one of the oldest continuously inhabited places on Earth; fossil remains of humans and pre-human hominids have been found dating back over 2 million years. Travelers and merchants from the Persian Gulf and West Africa have visited the East African coast since early in the first millennium AD. Sultans moved into the capital city on Zanzibar in 1840, and this became the center for the Arab slave trade. In the late 19th Century, Imperial Germany conquered what is now known as Tanganyika, Rwanda, and Burundi. Post World War I, this area later became a British Mandate, except for Rwanda and Burundi, which were ceded to Belgium. In 1954, Julius Nyerere helped create the first sovereign political party in Tanganyika and British-administered Tanganyika became truly independent in 1961. During the Presidency, Tanganyika became socialist and all banks and large industries were nationalized. After the Zanzibar Revolution overthrew the Arab dynasty, the independent island of Zanzibar merged with mainland Tanganyika in 1964 to form the nation of Tanzania. Tanzania is mountainous to the Northeast, where Mt Kilimanjaro, Africa's highest peak is situated. To the North and West are the Great Lakes of Lake Victoria (Africa's largest lake) and Lake Tanganyika (Africa's deepest lake). Central Tanzania comprises of a large plateau with plains and arable land. The Eastern shore is hot and humid, with the island of Zanzibar lying just offshore. Tanzania contains many large and ecologically significant wildlife parks including Serengeti National Park (famous for its Great Migration), Ngorongoro Crater (Africa's great game-filled caldera), and the Selous Game Reserve (considered Africa's largest game reserve).

Additional Information

Entry Requirements

Tanzania Visas are issued on arrival. US Citizens pay \$100 per person and these Visas can be arranged beforehand as well. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

Vaccinations

Tanzania requires proof of a valid Yellow Fever immunization certificate. (Immigration officials might force a visitor to get immunized, which is at an extra cost). Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended and you should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

Weather

Arusha, Tanzania

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg High F	84	84	81	77	72	70	69	72	76	80	81	81
Avg Low F	50	51	53	57	52	48	49	48	47	51	51	50

Communication

Tanzania – country code +255. Most areas will have mobile access and Internet available. Some areas while trekking or on safari may not have mobile access.

Electricity

Tanzania - Electrical current is 230 volts, 50Hz (Type D; electrical plug has three circular pins) (Type G; electrical plug has three flat prongs)

Gear List

**A comprehensive gear list will be provided for essential clothing items to bring whilst on safari or activities. Please visit the Adventure International Gear & Apparel Shop: <http://adventureinternational.newheadings.com> All proceeds are donated to Kilimanjaro Porters Assistance Project.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Africa. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Tanzanian Shillings (TSH), however most places accept USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Government

Tanzania – is a unitary republic with a President as head of state

Religion

Tanzania – one third of the population is Muslim, another one third are Christians, and the remaining one third follow different religions

Ethnic Groups

Tanzania - about 120 peoples have been categorized into 5 ethnic groups distinguishable by their physical characteristics and languages. Approximately 95% of Tanzanians may be roughly classified as Bantu. Tribes range in membership from only a few thousand to the Sukuma tribe, which numbers more than 2 million. Other major tribes include the Nyamwezi, Makonde, Haya, and Chagga. The Luo, east of Lake Victoria, are the only people of Nilotic origin; the Maasai of the northern highlands are Nilo-Hamites. A very small number of Bushmen-like people are scattered throughout northern Tanzania, where small tribes of Cushitic origin also live. The inhabitants of Zanzibar and Pemba are chiefly descendants of mainland Africans or are of mixed African and Arab extraction. The remaining 1% of the populace is made up of non-Africans, including Arabs, Asians, and Europeans.

Languages

Tanzania – official language is Swahili with English being the de facto language used in the government and global economy. Most tribal languages are spoken first, then Swahili, and English in education.

Economy

Tanzania's economy is mostly agriculture based. Tanzania has vast amounts of natural resources including gold, diamonds, coal, iron ore, uranium, nickel, chrome, tin, platinum, coltan, niobium and other minerals. It is the third-largest producer of gold in Africa after South Africa and Ghana. Tanzania is also known for the Tanzanite gemstones. Tanzania has dozens of beautiful national parks that generate income with a large tourism sector that plays a vital part in the economy. Prolonged drought during the early years of the 21st century has severely reduced electricity generation capacity (some 60 percent of Tanzania's electricity supplies are generated by hydro-electric methods) During 2006, Tanzania suffered a crippling series of "load-shedding" or power rationing episodes caused by a shortfall of generated power, largely because of insufficient hydro-electric generation. Plans to increase gas- and coal-fueled generation capacity are likely to take some years to implement, and growth is forecast to be increased to seven per cent per year.

Climate

Tanzania has a tropical climate. The hottest period extends between November and February while the coldest period occurs between May and August. The climate is cool in high mountainous regions. Tanzania has two major rainfall regions. One is unimodal (December - April) and the other is bimodal (October -December and March - May). The former is experienced in southern, south-west, central and western parts of the country, and the latter is found to the north and northern coast. In the bimodal regime the March - May rains are referred to as the long rains or Masika, whereas the October - December rains are generally known as short rains or Vuli.

Booking

For anyone wanting to book this trip they must fill out our online booking form at <http://www.adventure-international.com/booking/booking.html> ' A 10% deposit is required upon booking and final balance payment at least 60-45 days prior to service being provided. A booking shall be considered confirmed on receipt of 10% deposit. '

PLEASE READ OUR TERMS AND CONDITIONS: <http://www.adventure-international.com/booking/terms.html> Making a reservation with Adventure International, LLC and it's partners signifies acceptance of these terms and conditions.

Payment

Please pay by wire transfer or direct deposit to our US bankers:

Beneficiary Name: Adventure International, LLC

Beneficiary Address: PO Box 2621, Venice, CA

Bank Name: JP Morgan Chase Bank

Bank Address: 2701 1st Ave, Seattle, WA 98121

Account Number: 3171301993

ABA Routing Number: 325070760

SWIFT: CHASUS33

PLEASE QUOTE GROUP NAME(S) WHEN MAKING PAYMENT

We accept credit cards with applicable service fees: 3% US and 4% International

Insurance Information

It is essential that clients take out adequate insurance cover against all risks associated with adventure travel, this means appropriate travel and medical insurance prior to departure of clients from their country of origin. A climb or safari is an adventure holiday and accordingly neither Adventure International, LLC nor their officers and employees shall be liable in way for any loss or damages expenses or costs arising from any incident involving clients that may occur whilst using any of the services provided by either Adventure International, LLC or third parties contracted by the company.

Insurance should at least cover: personal accident, medical expenses, hospitalization, repatriation, trip curtailment, cancellation, and loss of valuables.

For more information about insurance please visit: <http://www.adventure-international.com/booking/insurance.html> OR visit TravelEx Insurance direct website: <http://www.travelex-insurance.com/> and make sure to provide #05-0804 as a reference locator to ensure proper routing of essential client information and documentation.

Force Majeure / Changes

In the event of Force Majeure (circumstances beyond the company's control) Adventure International, LLC will notify client of the nature and extent thereof. It is essential to understand that conditions in countries where adventure holidays occur are not always predictable and border closures, road conditions, and other occurrences from time to time cause delays, frustrations, and diversions from the planned itinerary. Should such an occurrence happen, Adventure International, LLC and its partners will do the best to minimize inconvenience.