

In the Lahu High Country

▶ 2 Days



TREKking TREKking

SUMMARY

2 DAYS OF TREKKING

Total distance: 25km

Total elevation gain: 1'500m

LOCATION

The West mountain range of Chiang Mai

On TMT.1 route in the Lahu high country

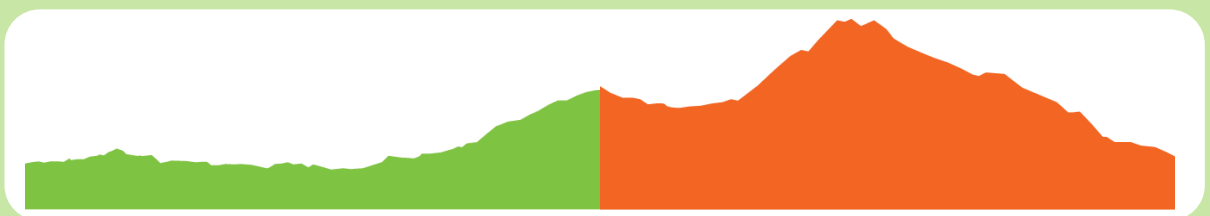
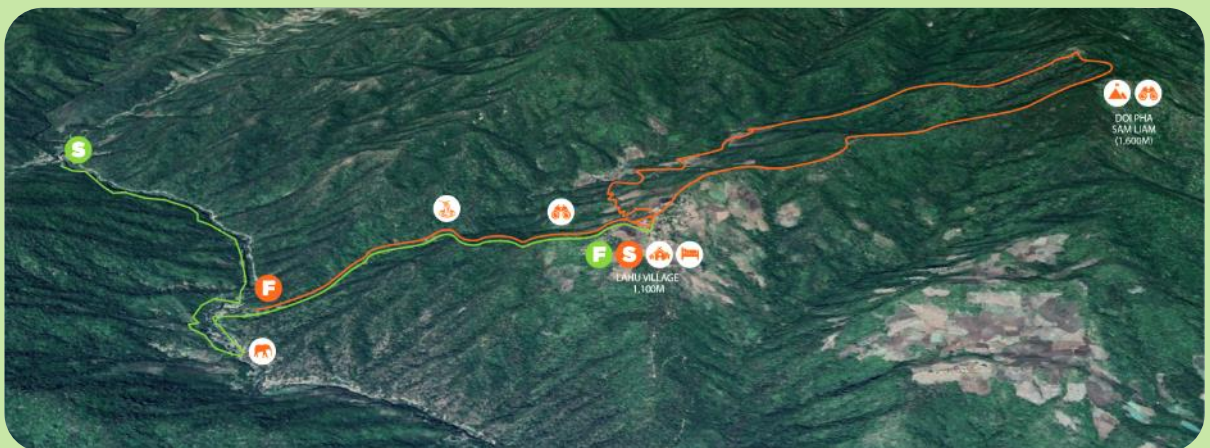
Highlights: jungle, waterfall, river, summit (1650m)

ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and snacks provided

Overnight in a mountain village (Lahu tribe)



DAY BY DAY

DAY 1

10K & 700M+

Sop Kai – Kup Kap

Pick up at hotel

Transfer to the starting point (1h30)

1st part trekking: wild jungle

Lunch break in a restaurant on the riverbank of Mae Taeng

2nd part trekking: up to the village

Finish in the hill-top village of Kup Kap

Dinner & accommodation in a family homestay

DAY 2

15K & 800M+

Kup Kap – Pang Ko

Breakfast in the village

1st part trekking: up to the summit (1650m)

Lunch break at the summit

2nd part trekking: down to the valley

Finish at Mae Taeng river

Transfer back to Chiang Mai (1h)

Drop off at hotel (around 5pm)

HIGHLIGHTS

DAY 1

Mae Taeng river



DAY 2

Hill-top Lahu village



DAY 1

Hike in the jungle



DAY 2

At the summit (1650m)



DAY 1

Up to the village



DAY 2

A sea of green mountains



ACCOMMODATION

HUA KUP KAP (LAHU VILLAGE)

Located on a ridge, the view on the valleys and the other mountains is impressive. If we are lucky with the weather, we could enjoy both beautiful sunset and sunrise. The village might welcome some tourists but it is still very traditional with typical bamboo houses.

Accommodation and meals are organized in a local family which we have made relationship with for a long time. Mattresses, blankets, sheets and pillows are provided.



INFORMATION

Trekking trips at TMT are real trekking trips. They are held in remote areas and high mountains on wild trails with a certain elevation gain. Our trips are dedicated to people with a minimum amount of fitness. No need to be a marathoner or an athlete but a good physical shape is recommended.

RECOMMENDED GEAR

- ✓ Backpack (20L)
- ✓ Trekking or trail running shoes
- ✓ 2 sets of clothes (socks, pant or short pant and t-shirt)
- ✓ Waterproof jacket
- ✓ Warm baselayer
- ✓ Headlight
- ✓ Toothbrush, toothpaste, shower gel, microfiber towel
- ✓ Slippers
- ✓ Swimsuit
- ✓ Powerbank
- ✓ Suncream and mosquito spray

It is possible to keep your main luggage at our agency in the city center of Chiang Mai during the trip. A bathroom is also available to allow you to have a shower after the trip.

RATES & BOOKING

THB 6'250 PER PERSON

Includes

- ✓ All transfers
- ✓ 2 days of trekking with a guide
- ✓ All meals, drinks and snacks for 2 days
- ✓ Accommodation in a hill-tribe village
- ✓ Mattress, sheets, blanket and pillow provided for the night
- ✓ National Park fees
- ✓ Insurance

Price doesn't include alcoholic beverage and personal food

PAYMENT

50% deposit for registration / 50% in cash before trip

- ✓ Transfer (at your charge)
Mountain Trail (Thailand) Co., Ltd.
Bangkok Bank – Kad Suan Keaw branch
Swift: BKKBTHBK / Account number: 531-302-2005
- ✓ PayPal (at our charge)
Mountain Trail (Thailand) Co., Ltd.
Email: contact@tmt-trail.com

Deposit non refundable for any cancellation

The logo for TMT Trekking features the letters 'TMT' in a stylized, blocky green font. The 'T' and 'M' are connected, and the 'T' has a small red triangle at its base. To the right of 'TMT' is the word 'TREKKING' in a bold, black, sans-serif font.

TMT TREKKING

IN THE LAHU HIGH COUNTRY



To the highest Lahu summit over a sea of green mountains