

# The Tribal Haute Route

▶ 2 Days



**TMT RUNNING**

# SUMMARY

## 2 DAYS OF RUNNING

Total distance: 58km

Total elevation gain: 3'600m

## LOCATION

The Western mountain range of Chiang Mai

On TMT.1 route through Hmong, Lahu and Lisu areas

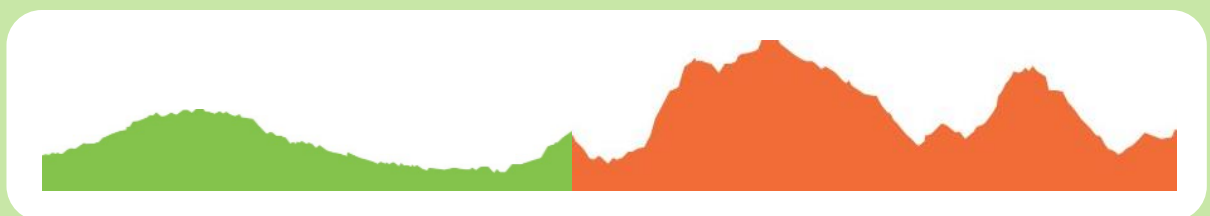
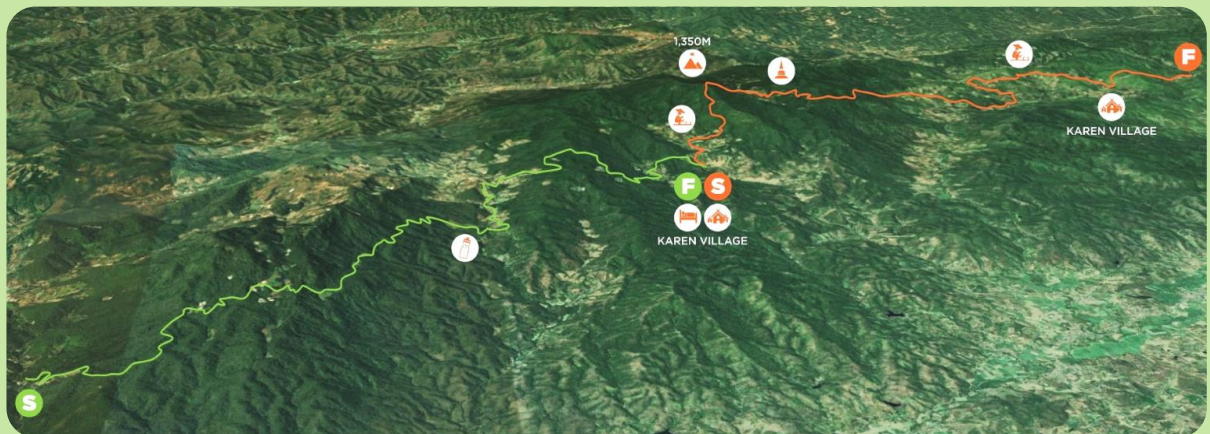
Highlights: jungle, summits, hill-tribe villages

## ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided

Overnight in traditional bamboo huts in a Lahu village



# DAY BY DAY

## DAY 1

29K & 1'500M+

### Huay Nam Sai – Huay Kup Kap

Pick up at hotel

Transfer to starting point (1h)

1<sup>st</sup> part running: up to the Hmong Ngo pass (1300m)

Lunch break in a Thai village

2<sup>nd</sup> part running: up to the Lahu village

Finish in Huay Kup Kap, a beautiful hill-top village (1100m)

Dinner with a local family and night in traditional bamboo huts

## DAY 2

29K & 2'100M+

### Huay Kup Kap – Na Lao Mai

Breakfast in the village

1<sup>st</sup> part running: Up to the triangle summit (1700m)

Lunch break at the summit

2<sup>nd</sup> part running: Enter the wild Lisu country

Finish in Na Lao Mai

Transfer back (2h) & Drop off at hotel (around 6-7pm)



RUNNING  
THE TRIBAL HAUTE ROUTE

# HIGHLIGHTS

DAY 1 The Hmong Ngo Pass



DAY 2 Leaving Huay Kup Kap



DAY 1 Running down in the jungle



DAY 2 At the top (1700m)



DAY 1 Reaching the Lahu village



DAY 2 Finish in a Lisu village



# 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.



# BAG & EQUIPMENT

No spare bag is allowed but everything is organized to run light. Meals are provided in villages; accommodation is organized with comfortable mattress, sheets and blankets; towels, soap and flip flops are provided at overnight places. Runners have to carry the following items only. A backpack of 10-15L will be enough.

## RECOMMENDED EQUIPMENT

- ✓ Trail running backpack with water supply (1.5L min)
- ✓ Energetic bars & gels (we provide some as well)
- ✓ Trail running shoes & set (short or long pant) for 2 days
- ✓ Lightweight windproof jacket
- ✓ Warm t-shirt for night
- ✓ Tooth brush and paste
- ✓ Whistle & security blanket
- ✓ Sunscreen and mosquito spray
- ✓ Headlight with battery
- ✓ Powerbank

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 here to allow you to have a shower after the trip.

# RATES & BOOKING

**THB 5'950 PER PERSON**

Includes

- ✓ All transfers
- ✓ 2 days of trail running 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](mailto:contact@tmt-trail.com)

*Deposit non refundable for any cancellation*

# TMR RUNNING

THE TRIBAL HAUTE ROUTE

Run in the highest mountains and tribal areas of Thailand