

# Crossing The Karen Valleys

▶ 3 Days



**TMT RUNNING**

# SUMMARY

## 3 DAYS OF TRAIL RUNNING

Total distance: 82km

Total elevation gain: 4'500m

## LOCATION

The Western mountain range of Chiang Mai

On the 1<sup>st</sup> part of TMT.1 route from Chiang Mai to the Karen country

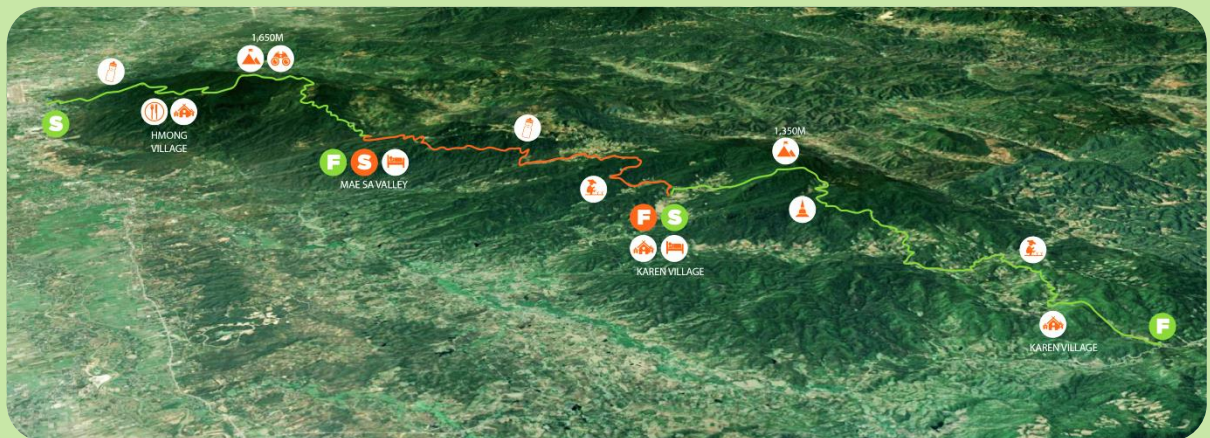
Highlights: jungle, rice terraces, Karen villages

## ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided

Overnights in a mountain resort and a Karen village



# DAY BY DAY

## DAY 1

32k & 1'900m+

### Chiang Mai – Mae Sa Valley

Pick up at hotel & Transfer to starting point (15mn)

1<sup>st</sup> part running: up to Doi Pui Summit (1700m)

Lunch break in a Hmong village

2<sup>nd</sup> part running: down to Mae Sa in a pine forest

Dinner and overnight in a resort\*\*\* in Mae Sa

## DAY 2

24k & 1'150m+

### Mae Sa – Mae Kha Piang

Breakfast at the resort

1<sup>st</sup> part running: into the wild jungle

Lunch break in a Thai village

2<sup>nd</sup> part running: the 1<sup>st</sup> rice fields

Dinner with a local family and night in traditional bamboo huts

## DAY 3

26k & 1'450m+

### Mae Kha Piang – Huay Nam Sai

Breakfast in the village

1<sup>st</sup> part running: Jungle mountains

Lunch break in a Karen village

2<sup>nd</sup> part running: Bamboo jungle

Transfer back (1h) & Drop off at hotel (around 4-5pm)



# HIGHLIGHTS

DAY 1



Doi Pui mountain



DAY 2



The wild jungle



DAY 3



The Karen valleys



# ACCOMMODATION

## 1ST NIGHT

### BOTANIC RESORT (MAE SA VALLEY)

The resort is located alongside the TMT.1 route in the Mae Sa valley at 650m high. Amid lush, natural landscape and facing the green mountains, it provides comfortable and quiet rooms decorated in a contemporary Lanna Thai Style, a good restaurant and a big swimming pool.



## 2<sup>ND</sup> NIGHT

### MAE KHA PIANG (KAREN VILLAGE)

This beautiful village is inhabited by a Karen tribe in a remote area surrounded by jungle and paddies fields. Accommodation is in a local family. Mae Kha Piang is a village with a wonderful atmosphere, friendly people, typical wood houses and a luxuriant waterfall in the center.



# BAGS & 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
- ✓ Running set (short or long pant) for 3 days
- ✓ Lightweight windproof jacket
- ✓ Warm t-shirt for night
- ✓ Tooth brush and paste
- ✓ Whistle & security blanket
- ✓ Sunscreen and mosquito spray
- ✓ Headlight with battery

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 9'450 PER PERSON**

Includes

- ✓ All transfers
- ✓ 3 days of trail running with a guide
- ✓ All meals, drinks and snacks for 3 days
- ✓ Accommodation 2 nights in mountain resort and 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*



# TMT RUNNING

## CROSSING THE KAREN VALLEYS

Running from Chiang Mai to the wild Karen areas