

The Old Pilgrim Trail

▶ 1 Day



TMT RUNNING

SUMMARY

1 DAY RUNNING

Total distance: 22km

Total elevation gain: 1'700m

LOCATION

Doi Pui Suthep National Park 10k far from Chiang Mai

Highlights: jungle, temples, Hmong villages

ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided



HIGHLIGHTS

DETAILS OF THE DAY

22K & 1'700m+

Chiang Mai – Ban Doi Pui

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

1st part running: the sacred temples

Break in a Hmong village

2nd part running: the Hmong villages

Finish and meal in Ban Doi Pui

Transfer back (45mn) & Drop off at hotel (around 3-4pm)

Wat Palaad temple



Run in the jungle



Doi Pui Mountain



Hmong tribes



INFORMATION

TMT running trips are dedicated to discover the unique atmosphere of jungle and mountains in Thailand. This is not about competition, our trips are open to runners of any ability. No need to be fast, the only requirement is to cover the distance during the day. For slow runners, prefer Trail Tour, for fast runners prefer Ultra Tour. The Old Pilgrim Trail is a Trail Tour.

RECOMMENDED EQUIPMENT

- ✓ Trail running backpack with water supply (1.5L min)
- ✓ Energetic bars & gels (we provide some as well)
- ✓ Trail running clothes and shoes
- ✓ Lightweight windproof jacket
- ✓ Whistle & security blanket
- ✓ Sunscreen 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 here to allow you to have a shower after the trip.

RATES & BOOKING

THB 2'050 PER PERSON

Includes

- ✓ All transfers
- ✓ Drinks, meals and snacks
- ✓ 1 day of trail running with a guide
- ✓ 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

A group of runners is seen from behind, running along a narrow, muddy trail through a dense, misty forest. The trail is flanked by lush green ferns and other vegetation. The atmosphere is hazy and serene. The runners are wearing colorful athletic gear, including blue jackets and backpacks. The overall scene is a beautiful representation of a mountain trail run.

TMT RUNNING

THE OLD PILGRIM TRAIL

Discover the sacred mountain of Doi Suthep