

# Into the Wild Tribes

▶ 2 Days



**TMT RUNNING**



# SUMMARY

## 2 DAYS OF RUNNING

Total distance: 50km

Total elevation gain: 2'600m

## LOCATION

The Western mountain range of Chiang Mai

On TMT.1 route in the Karen country

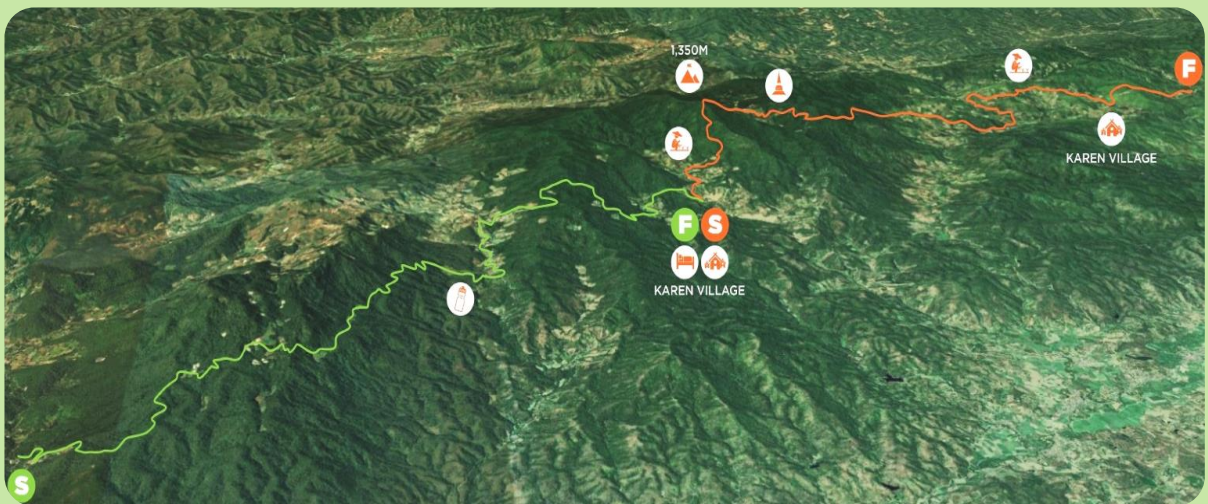
Highlights: jungle, rice terraces, Karen villages

## ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided

Overnight in traditional bamboo huts in a Karen village



# DAY BY DAY

## DAY 1

24K & 1'100M+

### Mae Sa – Mae Kha Piang

Pick up at hotel

Transfer to starting point (30mn)

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

Lunch break in a Thai village

2<sup>nd</sup> part running: through rice fields

Finish in Mae Kha Piang, beautiful Karen village

Dinner with a local family and night in traditional bamboo huts

## DAY 2

26K & 1'500M+

### Mae Kha Piang – Huay Nam Sai

Breakfast in the village

1<sup>st</sup> part running: up to the jungle mountains

Lunch break in a Karen village

2<sup>nd</sup> part running: into bamboo jungle

Finish in Huay Nam Sai

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



# HIGHLIGHTS

DAY 1 Welcome to the jungle



DAY 2 Leaving Mae Kha Piang



DAY 1 Running in the rice paddies



DAY 2 The Karen valleys



DAY 1 Karen village



DAY 2 Bamboo jungle





# ACCOMMODATION

## MAE KHA PIANG (KAREN VILLAGE)

Mae Kha Piang is a lovely Karen village surrounded by jungle and paddies. It's the most beautiful, typical and friendly village we know in Thailand. It's a privilege to stay there. Thanks to our relationships with its people, we have been able to build bamboo huts directly in the rice fields. We will eat with a local family and spend a beautiful night in a unique setting.



# 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
- ✓ Running 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

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 4'950 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*





# TMT RUNNING

INTO THE WILD TRIBES

Discover the wild valleys and mountains of the Karen country