

The Two Alpine Summits

▶ 2 Days



TMT RUNNING

SUMMARY

2 DAYS OF RUNNING

Total distance: 50km

Total elevation gain: 3'100m

LOCATION

The Western mountain range of Chiang Mai

On the last part of TMT.1 route close to Chiang Dao National Park

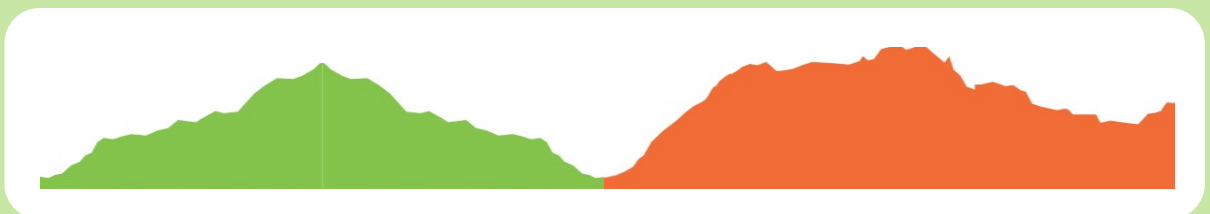
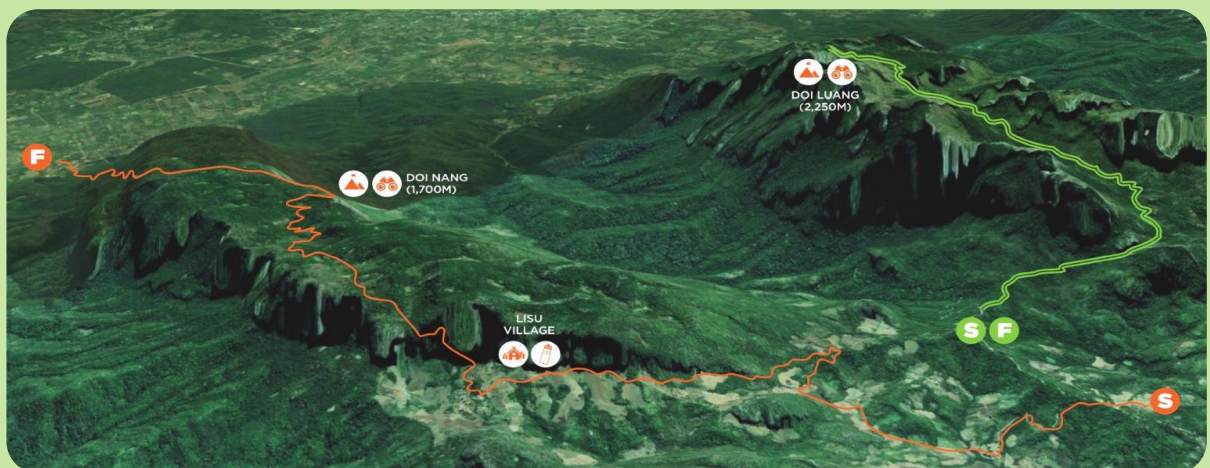
Highlights: jungle, summits, hill-tribe villages

ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided

Overnight in traditional bamboo huts in a Lisu village



DAY BY DAY

DAY 1

25K & 1'700M+

Ban Sahakon – Ban Fa Suai

Pick up at hotel

Transfer to starting point (2h)

1st part running: up to Doi Nang mountain

Lunch break in a Lisu village

2nd part running: in the Lisu high country

Finish in Fa Suai, a beautiful village at the foothills of Doi Luang

Dinner with a local family and night in traditional bamboo huts

DAY 2

25K & 1'400M+

Ban Fa Suai – Ban Mae Na

Breakfast in the village

1st part running: Up to Chiang Dao mountain

Lunch break in a Hmong village

2nd part running: Around Chiang Dao

Finish in Ban Mae Na

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

HIGHLIGHTS

DAY 1

Up to Doi Nang



DAY 2

Around Chiang Dao



DAY 1

View on Doi Luang



DAY 2

View on the valley



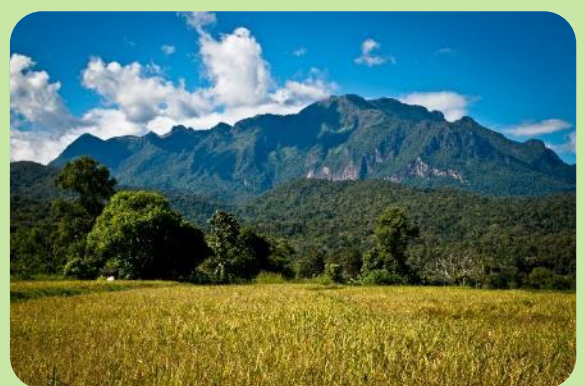
DAY 1

Finish in a Lisu village



DAY 2

Back to the valley



ACCOMMODATION

BAN FA SUAI (LISU VILLAGE)

The village is located in a beautiful and remote area at the foothills of Doi Chiang Dao. It's a quiet village and most of people there live from farming. Most of the houses are simple and made from bamboo.

We will stay in huts overlooking the village surrounded by peaks and cliffs. The family will cook for us. It's a perfect setting to relax and spend a quiet night after a long running day.



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 6'950 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

Deposit non refundable for any cancellation

TMT RUNNING

THE 2 ALPINE SUMMITS



Discover the highest summits of Thailand