

# The Tour of Doi Suthep

▶ 2 Days



**TMT RUNNING**

# SUMMARY

## 2 DAYS OF RUNNING

Total distance: 50km

Total elevation gain: 3'500m

## LOCATION

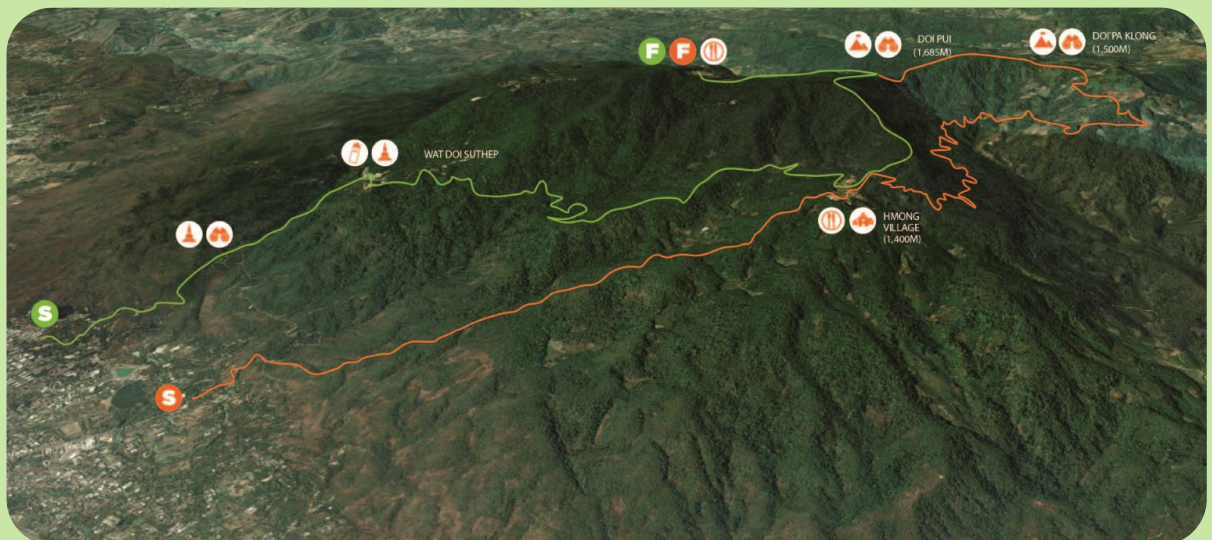
Doi Pui Suthep National Park 10k far from Chiang Mai

Highlights: jungle, temples, summits, Hmong villages

## ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided



# DAY BY DAY

## DAY 1

22K & 1'700m+

### Chiang Mai – Ban Doi Pui

Pick up at hotel

Transfer to starting point (15mn)

1<sup>st</sup> part running: the sacred temples

Break in a Hmong village

2<sup>nd</sup> part running: the Hmong villages

Finish and meal in Ban Doi Pui

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

## DAY 2

29K & 1'800m+

### Chiang Mai – Doi Pui – Soi Suthep – Chiang Mai

Pick up at hotel

Transfer to starting point (15mn)

1<sup>st</sup> part running: Up to Doi Pui

Break in a Hmong village

2<sup>nd</sup> part running: Up to Doi Suthep

Finish and meal in Chiang Mai

Transfer back (15mn) & Drop off at hotel (around 3-4pm)

# HIGHLIGHTS

DAY 1

Wat Palaad temple



DAY 2

Up to the summits



DAY 1

Deep in the jungle



DAY 2

The 2 Summits



DAY 1

Hmong villages



DAY 2

Back to Chiang Mai



# 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 Tour of Doi Suthep is an Ultra 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 4'250 PER PERSON**

Includes

- ✓ All transfers
- ✓ Drinks, meals and snacks
- ✓ 2 days 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](mailto:contact@tmt-trail.com)

*Deposit non refundable for any cancellation*



# TMR RUNNING

THE TOUR OF DOI SUTHEP

Explore the most beautiful trails of Doi Suthep National Park