

The Great Escape to Chiang Dao

▶ 3 Days



TMT RUNNING

SUMMARY

3 DAYS OF TRAIL RUNNING

Total distance: 80km

Total elevation gain: 4'900m

LOCATION

The Western mountain range of Chiang Mai

On the last part of TMT.1 route in the highest mountains

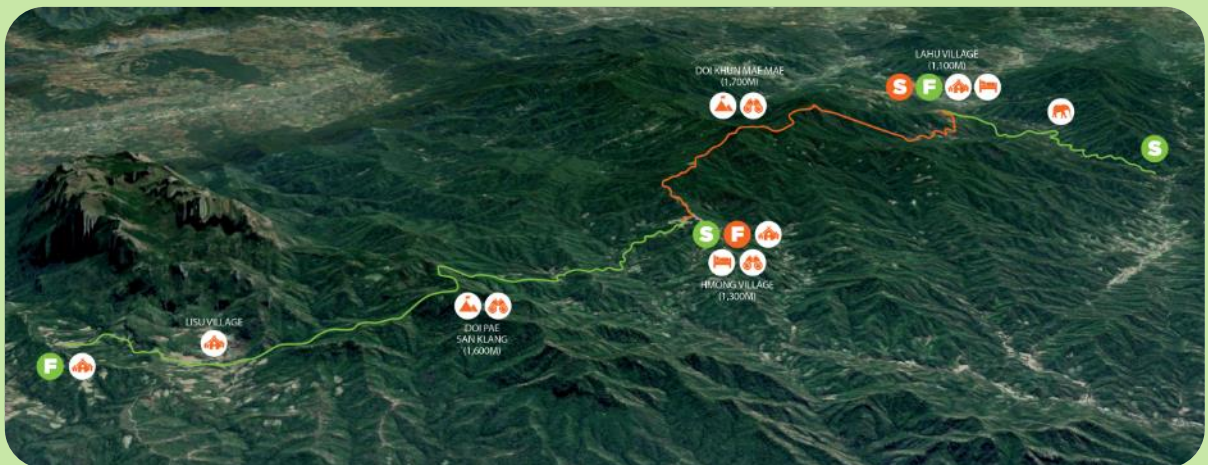
Highlights: jungle, summits, hill-tribe villages

ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided

Overnights in a Lahu village and a Lisu village



RUNNING
THE GREAT ESCAPE TO CHIANG MAI

DAY BY DAY

DAY 1

30k & 1'500m+

Huay Nam Sai – Huay Kup Kap

Transfert au point de départ depuis l'hôtel (1h)

1^{ère} partie trail : Passage du col Hmong Ngo (1300m)

Pause déjeuner dans un village Thai

2^{ème} partie trail : montée vers le village Lahu

Diner & Nuit dans un village de bambou sur une crête à 1100m

DAY 2

29k & 2'100m+

Huay Kup Kap – Ban Fa Suai

Petit déjeuner au village

1^{ère} partie trail : le sommet triangle (1700m)

Pause déjeuner au sommet

2^{ème} partie trail : dans le sauvage pays Lisu

Diner & Nuit dans un village Lisu au pied de Doi Chiang Dao

DAY 3

21k & 1'300m+

Ban Fa Suai - Ban Sahakon

Petit déjeuner au village

1^{ère} partie trail : montée vers la montagne Doi Nang

Pause déjeuner dans un village Lisu

2^{ème} partie trail : retour dans la vallée

Transfert retour (2h) & Dépose à l'hôtel (vers 18h-19h)



HIGHLIGHTS

DAY 1

Start in the jungle



Mae Teng River



DAY 2

Lahu Village (1100m)

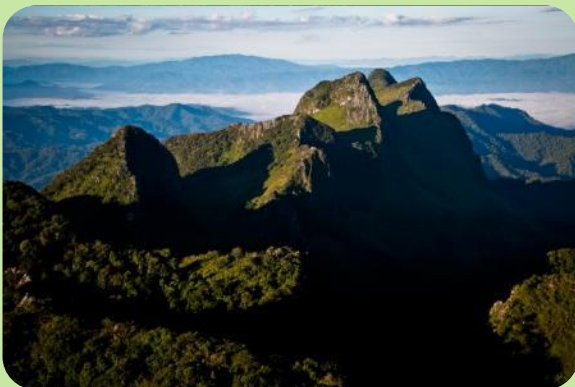


Pha Sam Liam Summit (1700m)

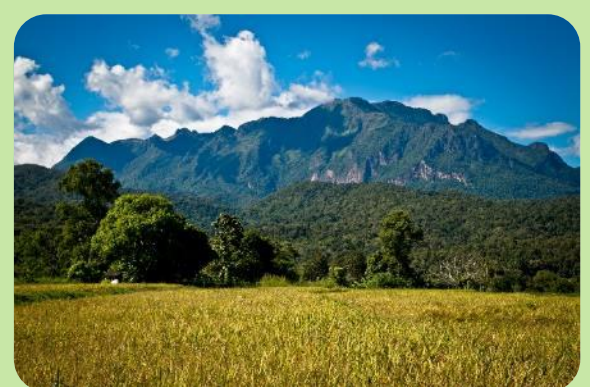


DAY 3

Chiang Dao Mountains



Back to the valleys



ACCOMMODATION

1ST NIGHT

Located on a ridge, the view on the valleys and the other mountains is impressive. The village might welcome some tourists but it is still very traditional with typical bamboo houses. Accommodation and meals are organized in a local family which we have made relationship with for a long time.



KUP KAP (LAHU VILLAGE)



2ND NIGHT

The village is located in a beautiful area at the foothills of Doi Chiang Dao. It's a quiet village and most of the houses are simple and made from bamboo. We will stay in huts overlooking the village surrounded by peaks and cliffs. It's a perfect setting to relax and spend a quiet night after a long running day.



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 8'450 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 villages
- ✓ 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



RUNNING
THE GREAT ESCAPE TO CHIANG DA0

A full-page background image showing a runner in profile on a rocky mountain peak. The runner is wearing a blue cap, sunglasses, a black long-sleeved shirt with green accents, black shorts, and black socks. The background features a vast mountain range under a clear blue sky. The text 'TMR RUNNING' is overlaid at the top, with 'TMR' in green and 'RUNNING' in black. Below it, the subtitle 'THE GREAT ESCAPE TO CHIANG DAO' is written in black. At the bottom, the phrase 'Running in the highest mountain range of Thailand' is written in orange.

TMR RUNNING

THE GREAT ESCAPE TO CHIANG DAO

Running in the highest mountain range of Thailand