

Objectif TMT.1

▶ 5 Days



TMT RUNNING

SUMMARY

5 DAYS OF TRAIL RUNNING

Total distance: 140kms

Total elevation gain: 8'400m

LOCATION

The Western mountain range of Chiang Mai

On the full TMT.1 route from Chiang Mai to Chiang Dao

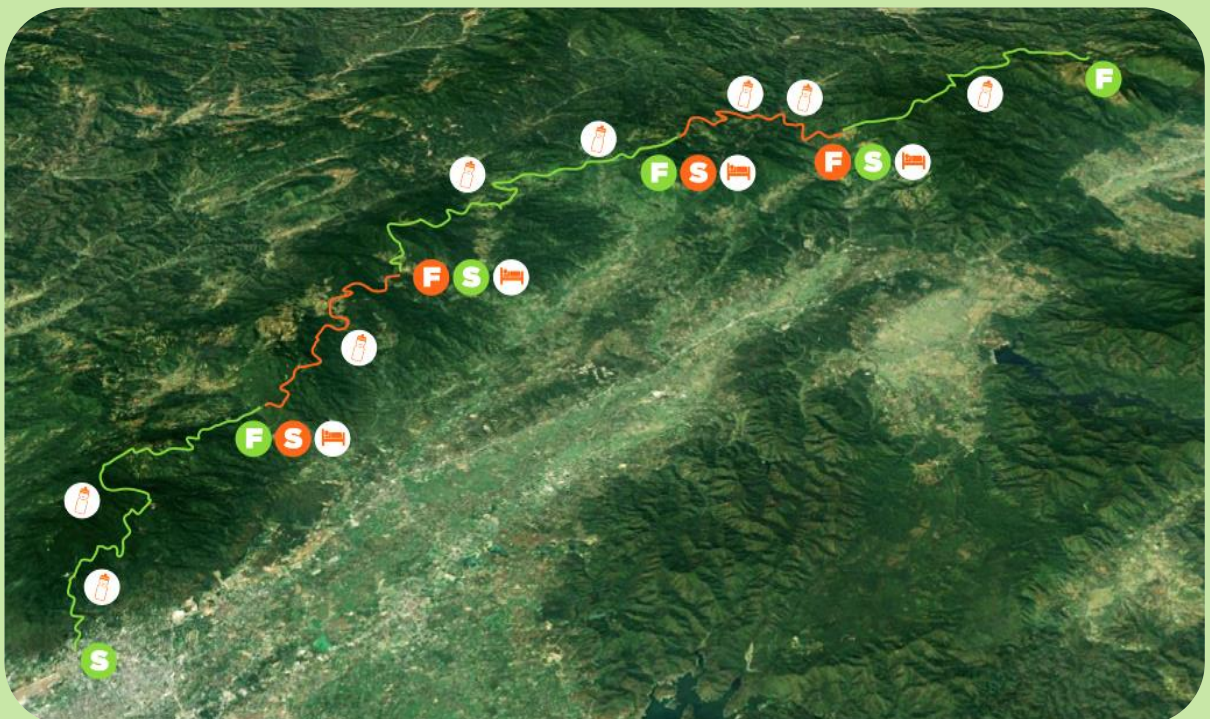
Highlights: jungle, pine forests, rice fields, high mountains

ORGANISATION

Transfer from / to hotel (in city center)

Drinks, meals and bars provided

Overnights in mountain villages or resorts



DAY BY DAY

DAY 1

Transfer to starting point (15 minutes)

Trail running: 32km & 1,900m+

Diner & Night in a resort*** with swimming pool

DAY 2

Breakfast at the hotel

Trail running: 24kms & 1,150m+

Diner & Night in family home in a Karen village

DAY 3

Breakfast in the family

Trail running: 34kms & 2,050m+

Diner & Night in a Hmong village at the summit

DAY 4

Breakfast in the village

Trail running: 22kms & 900m+

Diner & Night in family home in a Lahu village

DAY 5

Breakfast in the village

Trail running: 29kms & 2,150m+

Transfer back to Chiang Mai (2h)

HIGHLIGHTS

DAY 1 The summit of Chiang Mai



DAY 4 Mae Taeng river



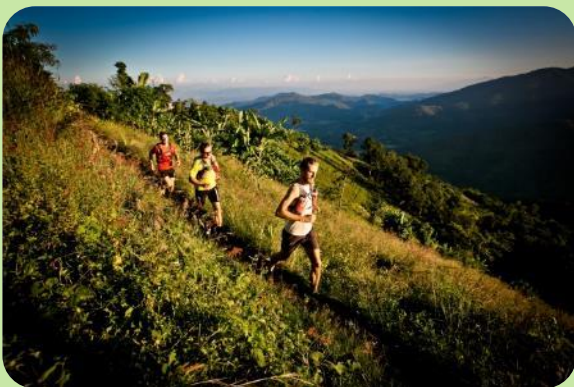
DAY 2 The Karen valleys



DAY 5 The Lahu high country



DAY 3 The Hmong high country



Chiang Dao mountains



ACCOMMODATION

NIGHT 1

BOTANIC RESORT

Mae Sa Valley



NIGHT 2

KAREN VILLAGE

Mae Kha Piang



NIGHT 3

HMONG VILLAGE

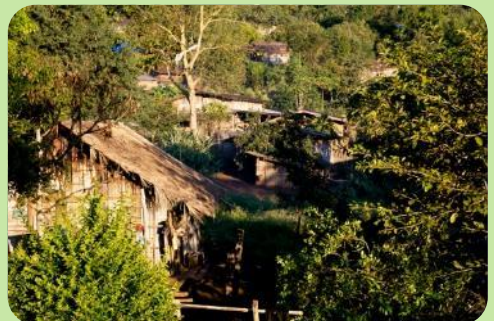
Mong Ngo



NIGHT 4

LAHU VILLAGE

Kup Kap



BAG & EQUIPMENT

For all nights, accommodation is organized with comfortable mattress, sheets and blankets. Two spare bags will be carried as well by the organization and will be available at the night villages after day 2 and day 3. At the villages after day 1 and day 4, towels, soap and flip flops will be available.

Runners have to carry the following items only. A backpack of 10-15L will be enough.

TRAIL RUNNING BAG

Trail running backpack with water supply (1.5L min)

Energetic bars & gels

Extra running set (socks, pant / short, t-shirt) on day 1 and day 4

Lightweight windproof jacket

Headlight with battery, Whistle & security blanket

Small plastic bags for dirty clothes

Toilet set (toothpaste, brush, shower gel)

Bugs repellent & Sun cream

SPARE BAGS (2 different bags)

Extra running sets

Warm underwear for night (long pant and t-shirt)

Microfiber towel

Flip flops

Personal stuff

RATES & BOOKING

THB 16'450 PER PERSON
Includes

- ✓ All transfers
- ✓ 5 days of trail running with a guide
- ✓ All meals, drinks and snacks for 5 days
- ✓ Accommodation 4 nights in mountain resort or villages
- ✓ Mattress, sheets, blanket and pillow provided for the nights
- ✓ Spare bags available after day 2 and day 3
- ✓ 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

CHIANG MAI – CHIANG DAO: OBJECTIF TMT.1



Running the 1st long hiking footpath of Thailand on old tribal trails