

Crossing The Karen Valleys

▶ 3 Days



TMT RUNNING

3 DAYS OF TRAIL RUNNING

Total distance: 82k

Total elevation gain: 4'500m+

Running time: 5 to 7 hours a day

MOUNTAIN AREA

Doi Pui Suthep National Park to Mae Rim (north of Chiang Mai)

10-50k far from Chiang Mai (1h-1h30 drive from city center)

Highlights: jungle, rice fields, Karen villages

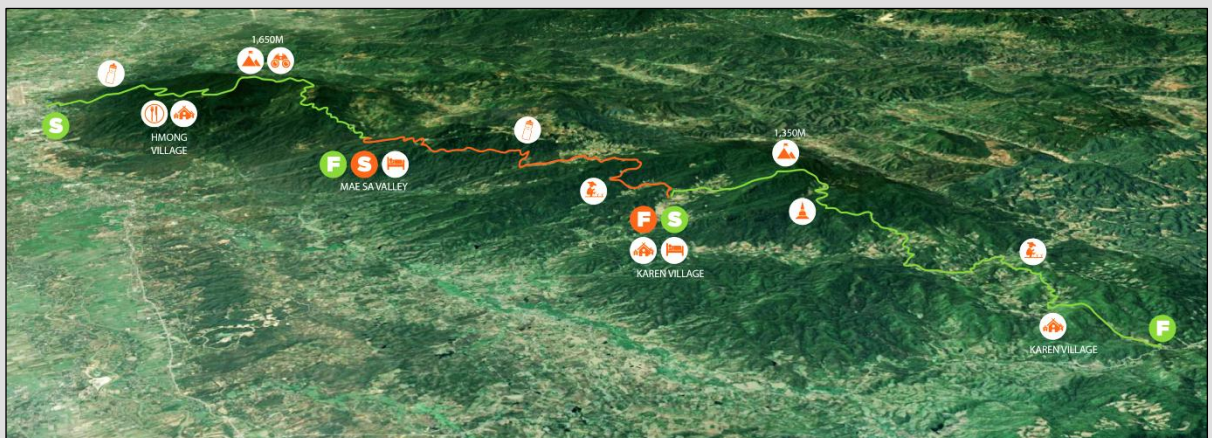
CHARACTERISTICS OF THE TRIP

Summit 

Village 

Jungle 

Difficulty: high 



DAY 1

32k & 1'900m+

Chiang Mai – Mae Sa Valley

8.00-8.30am: Pick up at hotel & Transfer to starting point (15mn)

1st part running: up to Doi Pui Summit (1700m)

Lunch break in a Hmong village

2nd part running: down to Mae Sa in a pine forest

Dinner and overnight in a resort*** in Mae Sa

DAY 2

24k & 1'100m+

Mae Sa – Mae Kha Piang

Breakfast at the resort

1st part running: into the wild jungle

Lunch break in a Thai village

2nd part running: the 1st rice fields

Dinner with a local family and night in traditional bamboo huts

DAY 3

26k & 1'500m+

Mae Kha Piang – Huay Nam Sai

Breakfast in the village

1st part running: Jungle mountains

Lunch break in a Karen village

2nd part running: Bamboo jungle

4.00-5.00pm: Transfer back & Drop off at hotel (1h)

HIGHLIGHTS

DAY 1



Doi Pui mountain



DAY 2



The wild jungle



DAY 3



The Karen valleys



1st NIGHT

The resort is located alongside the TMT.1 route in the Mae Sa valley at 650m high. Amid lush, natural landscape and facing the green mountains, it provides comfortable and quiet rooms decorated in a contemporary Lanna Thai Style, a good restaurant and a big swimming pool.



BOTANIC RESORT (MAE SA VALLEY)

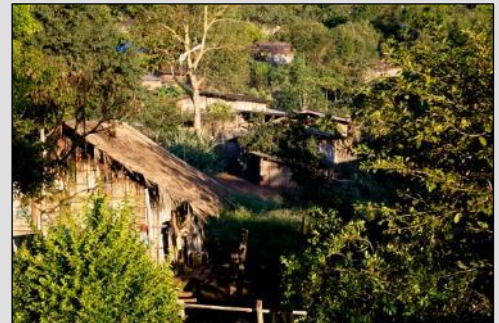


2nd NIGHT

This beautiful village is inhabited by a Karen tribe in a remote area surrounded by jungle and paddies fields. Accommodation is in a local family. Mae Kha Piang is a village with a wonderful atmosphere, friendly people, typical wood houses and a luxuriant waterfall in the center.



MAE KHA PIANG (KAREN VILLAGE)



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.

THB 12'900 PER PERSON

ALL INCLUSIVE

- ✓ All transfers
- ✓ 3 days of trail running with a guide
- ✓ All meals, drinks and snacks for 3 days
- ✓ Accommodation 2 nights in mountain resort and village
- ✓ Mattress, sheets, blanket and pillow provided for the night
- ✓ National Park fees
- ✓ Insurance

PAYMENT 50% deposit for registration / 50% in cash before trip

- ✓ Transfer (fee at your charge)
Mountain Trail (Thailand) Co., Ltd.
Bangkok Bank – Kad Suan Keaw branch
Swift: BKKBTHBK
Account number: 531-302-2005
- ✓ PayPal (fee at our charge)
Mountain Trail (Thailand) Co., Ltd.
Email: contact@tmt-trail.com



TMT RUNNING

CROSSING THE KAREN VALLEYS

Running from Chiang Mai to the wild Karen areas