

The Great Escape to Chiang Dao

▶ 3 Days



TMT RUNNING

3 DAYS OF TRAIL RUNNING

Total distance: 80k

Total elevation gain: 4'900m+

Running time: 6-7 hours a day

MOUNTAIN AREA

Chiang Dao, the biggest and 3rd highest mountain range of Thailand
70-80k far from Chiang Mai (1h30-2h drive from city center)

Highlights: jungle, waterfall, hill-tribe villages, summit (1650m)

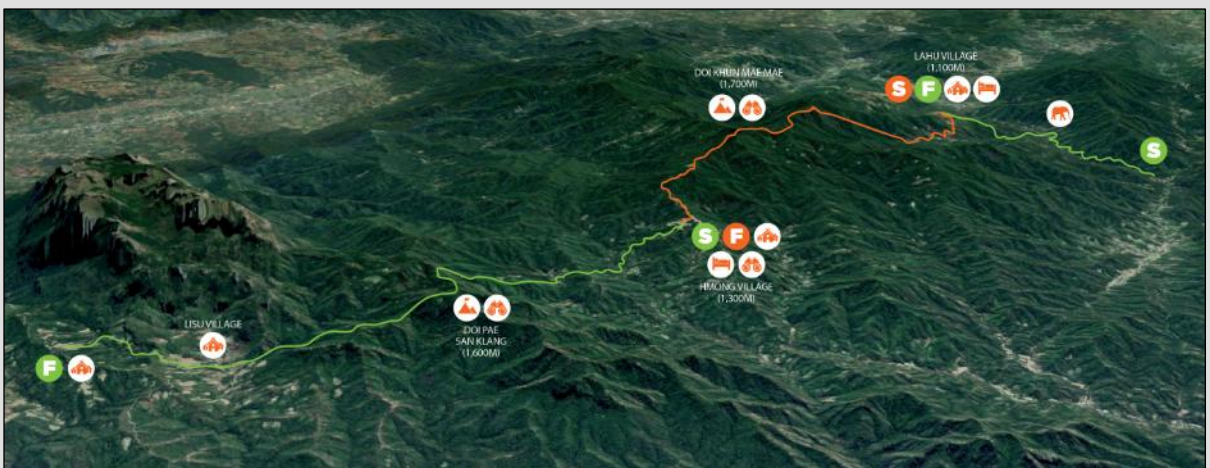
CHARACTERISTICS OF THE TRIP

Challenge 🏆

Summit 📍

Village 🏠

Difficulty: very high 5▲



DAY 1

29k & 1'500m+

Huay Nam Sai – Huay Kup Kap

8.00-8.30am: Pick up (in city centre) & transfer to start point (2h)

1st part running: Up to the pass of Hmong Ngo (1300m)

Lunch break in a Thai village

2nd part running: up to the Lahu village

Dinner & Night in family in a bamboo village located at 1100m high

DAY 2

29k & 2'100m+

Huay Kup Kap – Ban Fa Suai

Breakfast in the village

1st part running: up to the Triangle summit (1700m)

Lunch break at the top

2nd part running: into the wild Lisu country

Dinner & Night in a Lisu village at the foothill of Doi Chiang Dao

DAY 3

22k & 1'300m+

Ban Fa Suai - Ban Sahakon

Breakfast in the village

1st part running: hiking up Doi Nang mountains

Lunch break in a Lisu village

2nd part running: back to the valley

6.00-7.00pm: Transfer back (2h) & Drop off at hotel

HIGHLIGHTS

DAY 1 Start in the jungle



Mae Taeng River



DAY 2 Lahu Village (1100m)



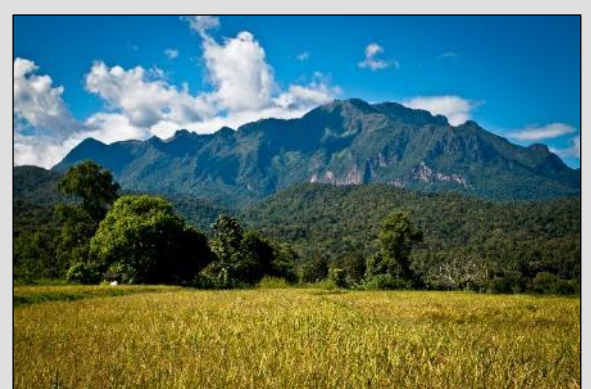
Pha Sam Liam Summit (1700m)



DAY 3 Chiang Dao Mountains

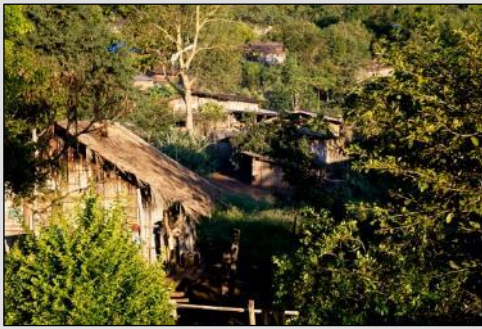


Back to the valleys



1st NIGHT

Located on a ridge, the view on the valleys and the other mountains is impressive. The village is quiet without any tourists with traditional bamboo houses. Accommodation and meals are organized with 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.



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
- ✓ Toothbrush 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 13'500 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 villages
- ✓ 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

THE GREAT ESCAPE TO CHIANG DAO



Running in the highest mountain range of Thailand