

The Old Pilgrim Trail

▶ 1 Day



TMT RUNNING

1 DAY OF RUNNING

Total distance: 21k

Total elevation gain: 1'700m+

Running time: 5-6 hours a day

MOUNTAIN AREA

Doi Pui Suthep National Park

20k far from Chiang Mai (30-45 minutes drive from city center)

Highlights: jungle, temple, Hmong villages

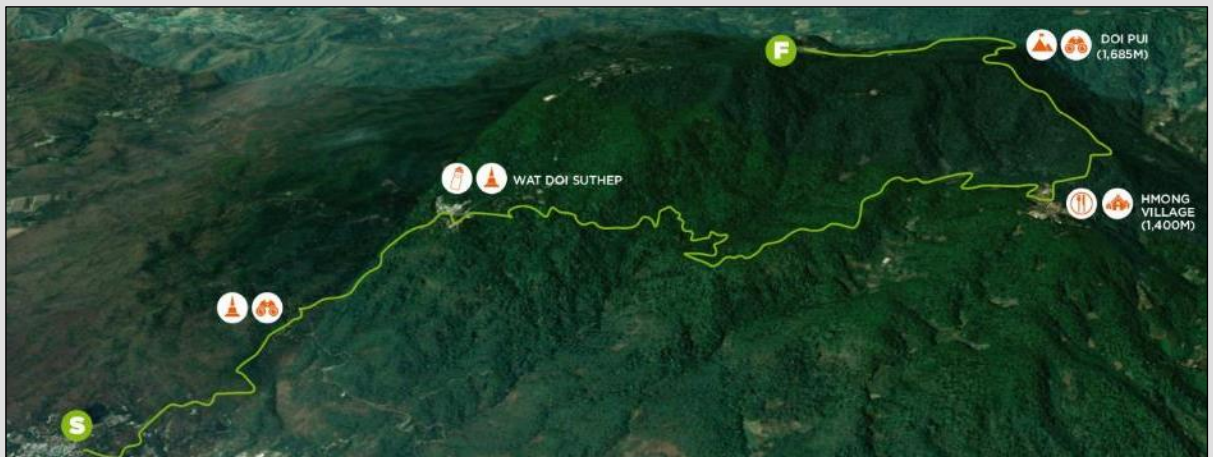
CHARACTERISTICS OF THE TRIP

Best seller 

Villages 

Jungle 

Difficulty: low 



DETAILS OF THE DAY

21k & 1'700m+

Chiang Mai – Ban Doi Pui

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

1st part running: the sacred temples

Lunch break in a Hmong village

2nd part running: the Hmong villages

Finish in Ban Doi Pui

3.00-4.00pm: Transfer back & Drop off at hotel (45mn)

Wat Palaad temple



Run in the jungle



Doi Pui Mountain



Hmong tribes



TMT trips are dedicated to discover the unique atmosphere of running in 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 Old Pilgrim Trail is a Trail Tour (difficulty low – moderate).

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.

THB 2'900 PER PERSON

All Inclusive

- ✓ All transfers
- ✓ Drinks, meals and snacks
- ✓ 1 day of trail running with a guide
- ✓ National Park fees
- ✓ Insurance

PAYMENT

100% deposit for registration

- ✓ 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

A group of runners is seen from behind, walking along a narrow, muddy trail through a dense, misty forest. The trail is flanked by lush green ferns and other vegetation. The atmosphere is hazy and serene. The runners are wearing colorful athletic gear, including blue jackets and backpacks. The overall scene is a beautiful representation of a mountain trail run.

TMT RUNNING

THE OLD PILGRIM TRAIL

Discover the sacred mountain of Doi Suthep