

The 2 Summits

▶ 1 Day



TMT RUNNING

1 DAY OF RUNNING

Total distance: 29k

Total elevation gain: 1'800m+

Running time: 5 to 7 hours a day

MOUNTAIN AREA

Doi Pui Suthep National Park

10k far from Chiang Mai (15-30 minutes drive from city center)

Highlights: jungle, summits, Hmong villages

CHARACTERISTICS OF THE TRIP

Challenge 🏆

Villages 🏠

Summits 📍

Difficulty: high 4▲



DETAILS OF THE DAY

29k & 1'800m+

Chiang Mai – Doi Pui – Doi Suthep – Chiang Mai

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

1st part running: Up to Doi Pui

Lunch break in a Hmong village

2nd part running: Up to Doi Suthep

Finish and meal in Chiang Mai

3.00-4.00pm: Transfer back & Drop off at hotel (15mn)

Up to the summits



Doi Pui ridge line



The 2 Summits



Down to Chiang Mai



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 2 Summits is an Ultra Tour (difficulty high).

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 3'300 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



TMT RUNNING

THE 2 SUMMITS

At the top of the highest summits of Chiang Mai