

Into the Wild Tribes

▶ 2 Days



TNT RUNNING

2 DAYS OF RUNNING

Total distance: 50k

Total elevation gain: 2'600m+

Running time: 5-6 hours a day

MOUNTAIN AREA

Mae Rim (northern mountain range of Chiang Mai)

30-50k far from Chiang Mai (1h-1h30 drive from city center)

Highlights: jungle, rice fields, Karen villages

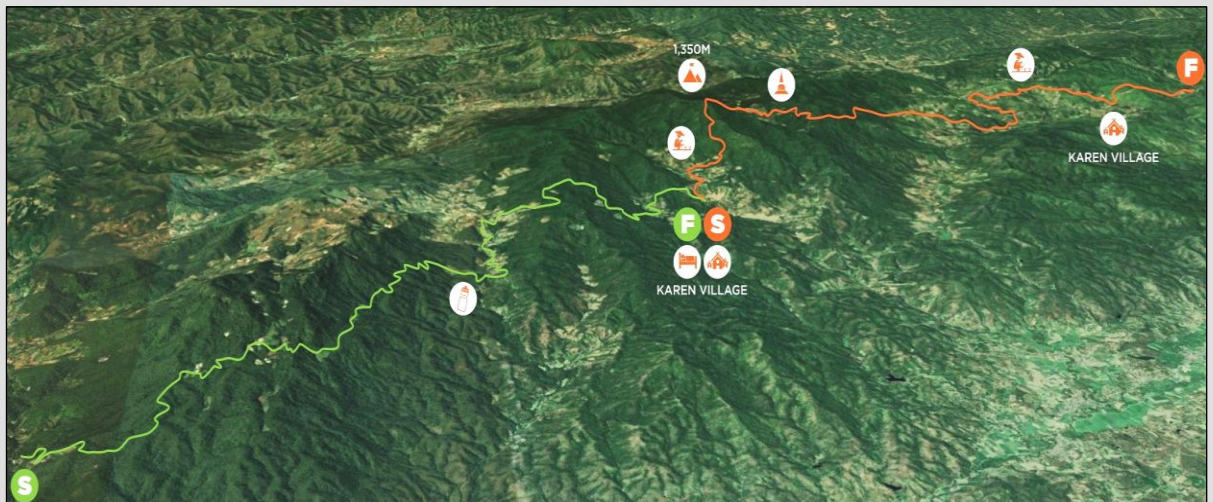
CHARACTERISTICS OF THE TRIP

Best seller 

Village 

Jungle 

Difficulty: low 



DAY 1

24k & 1'100m+

Mae Sa – Mae Kha Piang

8.00-8.30am: Pick up at your hotel (city centre)

Transfer to starting point (30mn)

1st part running: into the wild jungle

Lunch break in a Thai village

2nd part running: through rice fields

Finish in Mae Kha Piang, beautiful Karen village

Dinner with a local family and night in traditional bamboo huts

DAY 2

26k & 1'500m+

Mae Kha Piang – Huay Nam Sai

Breakfast in the village

1st part running: up to the jungle mountains

Lunch break in a Karen village

2nd part running: into bamboo jungle

Finish in Huay Nam Sai

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

HIGHLIGHTS

DAY 1 Welcome to the jungle



DAY 2 Leaving Mae Kha Piang



DAY 1 Running in the rice paddies



DAY 2 The Karen valleys



DAY 1 Karen village



DAY 2 Bamboo jungle



MAE KHA PIANG (KAREN VILLAGE)

Mae Kha Piang is a lovely Karen village surrounded by jungle and paddies. It's the most beautiful, typical and friendly village we know in Thailand. It's a privilege to stay there. Thanks to our relationships with its people, we have been able to build bamboo huts directly in the rice fields. We will eat with a local family and spend a beautiful night in a unique setting.



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 2 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 6'300 PER PERSON

ALL INCLUSIVE

- ✓ All transfers
- ✓ 2 days of trail running with a guide
- ✓ All meals, drinks and snacks for 2 days
- ✓ Accommodation in a hill-tribe 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

INTO THE WILD TRIBES

Discover the wild valleys and mountains of the Karen country