

The Two Alpine Summits

▶ 2 Days



TMT RUNNING

2 DAYS OF RUNNING

Total distance: 50k

Total elevation gain: 3'100m+

Running time: 6-7 hours a day

MOUNTAIN AREA

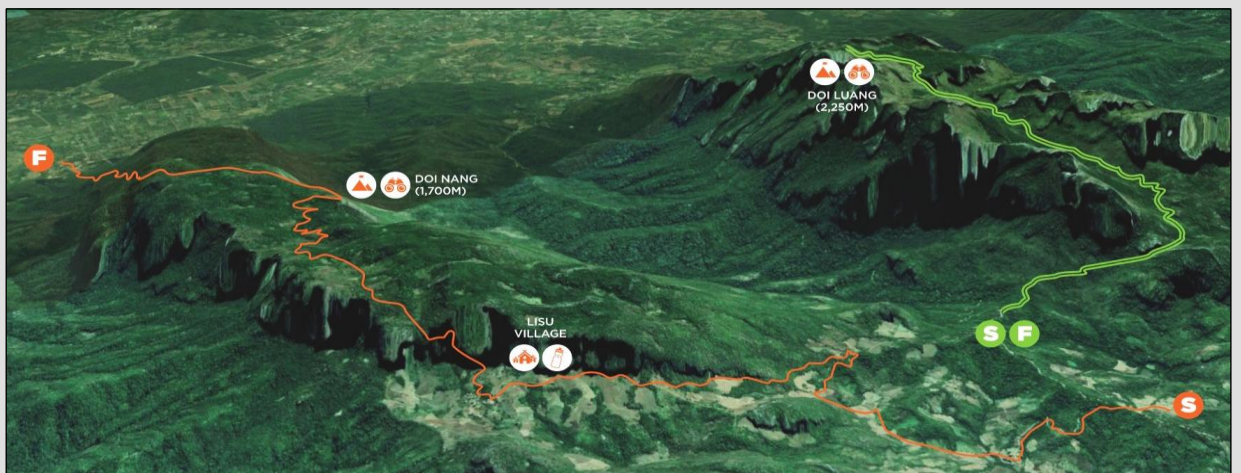
Chiang Dao, the biggest and 3rd highest mountain range of Thailand

70-80k far from Chiang Mai (1h30-2h drive from city center)

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

CHARACTERISTICS OF THE TRIP

Best seller  Summit  Village  Difficulty: moderate 



DAY 1

25K & 1'700M+

Ban Sahakon – Ban Fa Suai

8.00-8.30am: Pick up at your hotel in the city centre

Transfer to starting point (2h)

1st part running: up to Doi Nang mountain

Lunch break in a Lisu village

2nd part running: in the Lisu high country

Finish in Fa Suai, a beautiful village at the foothills of Doi Luang

Dinner with a local family and night in traditional bamboo huts

DAY 2

25K & 1'400M+

Ban Fa Suai – Ban Mae Na

Breakfast in the village

1st part running: Up to Chiang Dao mountain

Lunch break in a Hmong village

2nd part running: Around Chiang Dao

Finish in Ban Mae Na

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

HIGHLIGHTS

DAY 1

Up to Doi Nang



DAY 2

Around Chiang Dao



DAY 1

View on Doi Luang



DAY 2

View on the valley



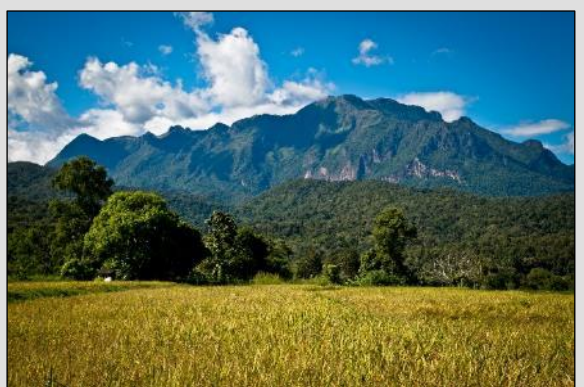
DAY 1

Finish in a Lisu village



DAY 2

Back to the valley



BAN FA SUAI (LISU VILLAGE)

The village is located in a beautiful and remote area at the foothills of Doi Chiang Dao. It's a quiet village and most people there live from farming. Most of the houses are simple and made from bamboo.

We will stay in huts overlooking the village surrounded by peaks and cliffs. The family will cook for us. 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 & 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
- ✓ Powerbank

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 10'500 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

THE 2 ALPINE SUMMITS



Discover the highest summits of Thailand