

The Tour of Doi Suthep

▶ 2 Days



TMT RUNNING

2 DAYS OF RUNNING

Total distance: 50k

Total elevation gain: 3'500m+

Running time: 5 to 7 hours a day

MOUNTAIN AREA

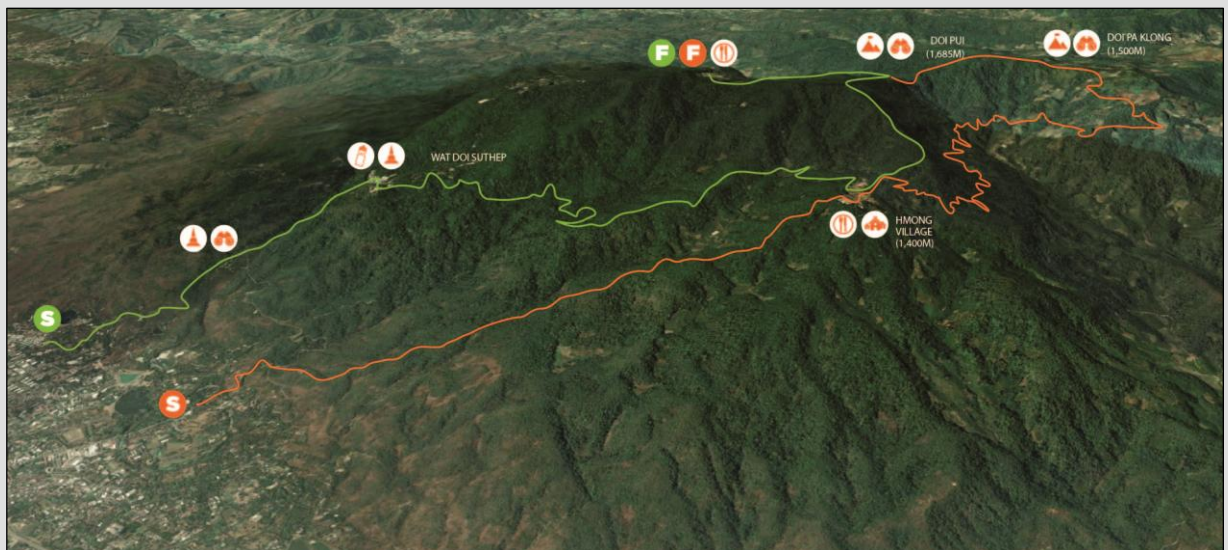
Doi Pui Suthep National Park

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

Highlights: jungle, temples, summits, Hmong villages

CHARACTERISTICS OF THE TRIP

Jungle 🌿 Villages 🏠 Summits 📍 Difficulty: moderate 3⚡



DAY 1

21k & 1'700m+

Chiang Mai – Ban Doi Pui

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

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)

DAY 2

29k & 1'800m+

Chiang Mai – Doi Pui – Doi Suthep – Chiang Mai

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

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 in Chiang Mai

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

HIGHLIGHTS

DAY 1 Wat Palaad temple



DAY 2 Up to the summits



DAY 1 Deep in the jungle



DAY 2 The 2 Summits



DAY 1 Hmong villages



DAY 2 Back 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 Tour of Doi Suthep has a moderate level (3/5).

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 6'200 PER PERSON

All Inclusive

- ✓ All transfers
- ✓ Drinks, meals and snacks
- ✓ 2 days of trail running with a guide
- ✓ 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



TMR RUNNING

THE TOUR OF DOI SUTHEP

Explore the most beautiful trails of Doi Suthep National Park