

# The Tribal Haute Route

▶ 2 Days



**TMT RUNNING**

## 2 DAYS OF RUNNING

Total distance: 58k

Total elevation gain: 3'600m+

Running time: 6-7 hours a day

## MOUNTAIN AREA

Mae Taeng (northern mountain range of Chiang Mai)

60k far from Chiang Mai (1h30 drive from city center)


Highlights: jungle, waterfall, river, summit (1650m)

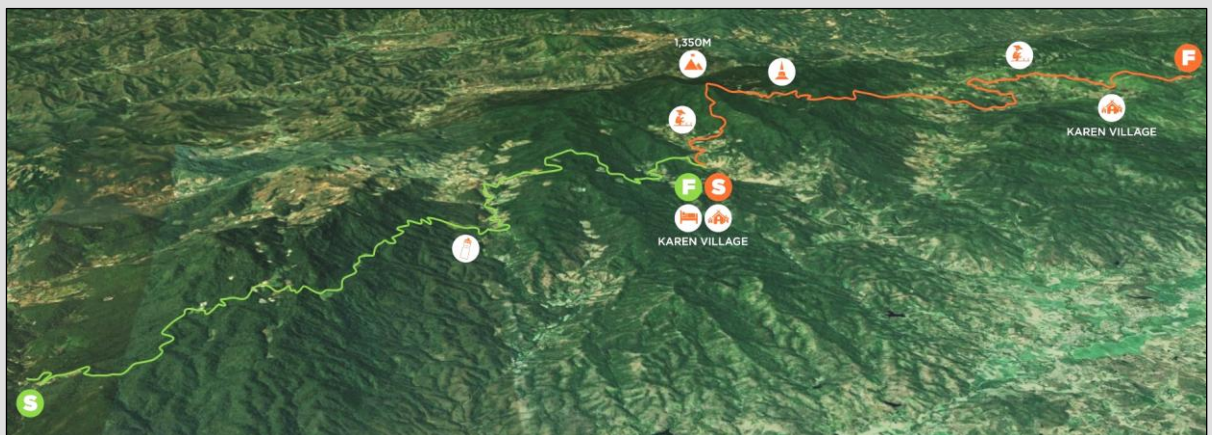
## CHARACTERISTICS OF THE TRIP

Best seller 

Summit 

Village 

Difficulty: high 



## DAY 1

29K & 1'500M+

### **Huay Nam Sai – Huay Kup Kap**

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

Transfer to starting point (1h)

1<sup>st</sup> part running: up to the Hmong Ngo pass (1300m)

Lunch break in a Thai village

2<sup>nd</sup> part running: up to the Lahu village

Finish in Huay Kup Kap, a beautiful hill-top village (1100m)

Dinner with a local family and night in traditional bamboo huts

## DAY 2

29K & 2'100M+

### **Huay Kup Kap – Na Lao Mai**

Breakfast in the village

1<sup>st</sup> part running: Up to the triangle summit (1700m)

Lunch break at the summit

2<sup>nd</sup> part running: Enter the wild Lisu country

Finish in Na Lao Mai

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

# HIGHLIGHTS

DAY 1 The Hmong Ngo Pass



DAY 2 Leaving Huay Kup Kap



DAY 1 Running down in the jungle



DAY 2 At the top (1700m)



DAY 1 Reaching the Lahu village



DAY 2 Finish in a Lisu village



## HUA KUP KAP (LAHU VILLAGE)

Located on a ridge, the view on the valleys and the other mountains is impressive. If we are lucky with the weather, we could enjoy both beautiful sunset and sunrise. The village is quiet without any other tourists with traditional bamboo houses. Accommodation and meals are organized in a local family which we have made relationship with for a long time. Mattresses, blankets, sheets and pillows are all provided.



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 8'500 PER PERSON**

**ALL INCLUSIVE**

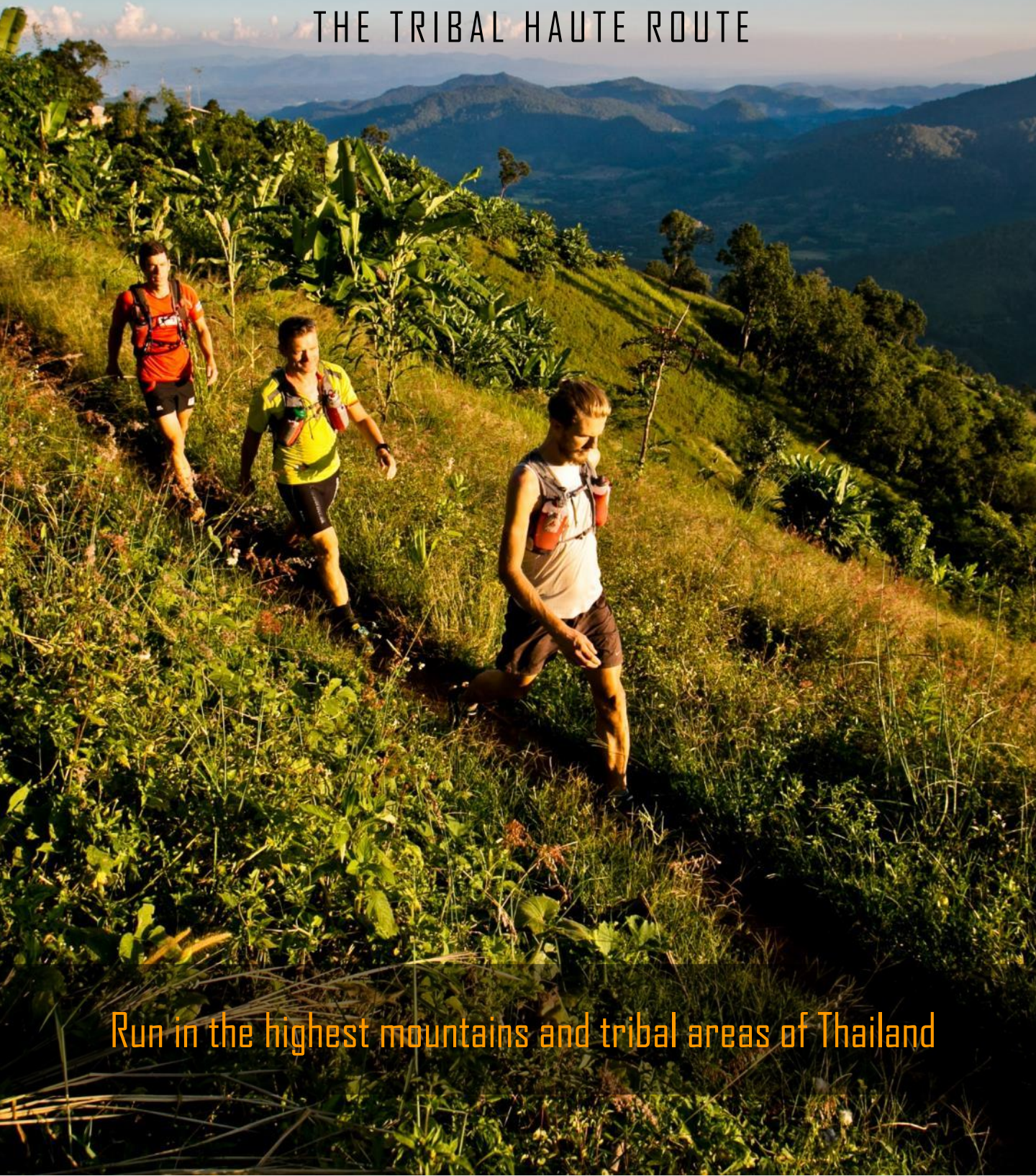
- ✓ All transfers
- ✓ 2 days of trail running with a guide
- ✓ All meals, drinks and snacks for 2 days
- ✓ Accommodation in a hill-tribe village
- ✓ Mattress, sheets , blanket and pillow provided for the night
- ✓ National Park fees
- ✓ Insurance

**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](mailto:contact@tmt-trail.com)

# TMR RUNNING

THE TRIBAL HAUTE ROUTE



Run in the highest mountains and tribal areas of Thailand