

# In the Lahu High Country

▶ 2 Days



**TREKking** TREKking

## 2 DAYS OF TREKKING

Total distance: 28k

Total elevation gain: 1'500m+

Trekking time: 6-7 hours a day

## MOUNTAIN AREA

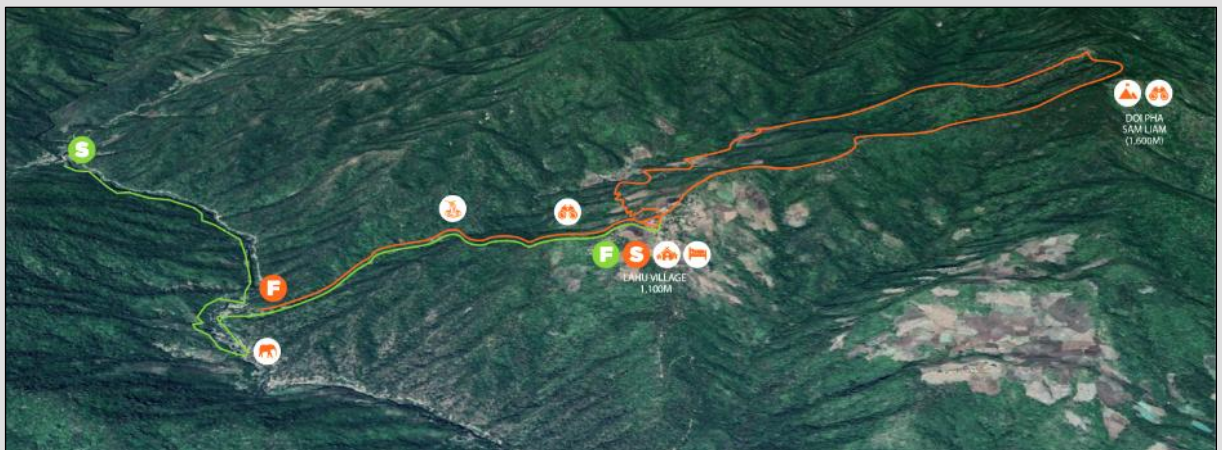
Mae Taeng (northern mountain range of Chiang Mai)

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

12K & 700M+

**8.00 – 8.30am: Pick up at hotel (city center)**

Transfer to the starting point (1h30)

1<sup>st</sup> part trekking: wild jungle and waterfalls

Lunch break in a Lahu village with view at 1000m high

2<sup>nd</sup> part trekking: high in the Lahu country

Finish in the hill-top village of Pha Daeng (1100m)

Dinner & Night in bamboo huts in a local family

## DAY 2

16K & 800M+

Breakfast at the village

1<sup>st</sup> part trekking: up to the summit (1650m)

Lunch break at the summit

2<sup>nd</sup> part trekking: down to the valley

Finish at Mae Taeng river & Transfer back to Chiang Mai (1h30)

**5.00-6.00pm: Drop off at hotel (city center)**

# HIGHLIGHTS

DAY 1

Mae Taeng river



DAY 2

Hill-top Lahu village



DAY 1

Hike in the jungle



DAY 2

At the summit (1650m)



DAY 1

Up to the village



DAY 2 A sea of green mountains



## BAN PHA DAENG (LAHU VILLAGE)

Located on a ridge, it is still a very traditional village with typical bamboo houses. 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. Accommodation and meals are organized in a local family which we have made relationship with for a long time. They live from farming in this remote village and they will cook for us with some of their local products.



TMT trips are real trekking trips that take place in remote areas, in high mountains, on wild paths. Our trips are dedicated to people with a minimum level of physical fitness. No need to be an athlete but a good physical condition is recommended. This trip has a difficulty level of 3-4/5 (high). Expect long ascents on both days and a tiring descent at the end of the last day.

## RECOMMENDED GEAR

- ✓ Backpack (20L)
- ✓ Trekking or trail running shoes
- ✓ 2 sets of clothes (socks, pant or short pant and t-shirt)
- ✓ Waterproof jacket
- ✓ Warm baselayer
- ✓ Swimsuit
- ✓ Headlight
- ✓ Toothbrush, toothpaste, shower gel
- ✓ Microfiber towel & Slippers
- ✓ Powerbank
- ✓ Suncream 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 to allow you to have a shower after the trip.

**THB 6'600 PER PERSON**

**ALL INCLUSIVE**

- ✓ Pick up & Drop off at your hotel (city center)
- ✓ All meals, drinks and snacks for 2 days
- ✓ 2 days of trekking with a licensed guide on exclusive routes
- ✓ Small group: 6p max with 1 guide / 8p max with 2 guides
- ✓ Unique 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)



TMT TREKKING  
IN THE LAHU HIGH COUNTRY



To the highest Lahu summit over a sea of green mountains