The 2 Summits

▶ 1 Day

TMT RUNNING

1 DAY RUNNING
Total distance: 29km
Total elevation gain: 1'800m

LOCATION
Doi Pui Suthep National Park 10k far from Chiang Mai
Highlights: jungle & summits

ORGANISATION
Transfer from / to hotel (in city center)
Drinks, meals and bars provided

DETAILS OF THE DAY   29K & 1'800m+

Chiang Mai – Doi Pui – Soi Suthep – Chiang Mai

Pick up at hotel & Transfer to starting point (15mn)

1st part running: Up to Doi Pui

Break in a Hmong village

2nd part running: Up to Doi Suthep

Finish and meal in Chiang Mai

Transfer back (15mn) & Drop off at hotel (around 3-4pm)

Up to the summits   Doi Pui ridge line

The 2 Summits   Down to Chiang Mai

TMT RUNNING
THE 2 SUMMITS

INFORMATION

TMT running trips are dedicated to discover the unique atmosphere of 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 2 Summits is an Ultra Tour.

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.

RATES & BOOKING

THB 2'250 PER PERSON
Includes

- ✓ All transfers
- ✓ Drinks, meals and snacks
- ✓ 1 day of trail running with a guide
- ✓ National Park fees
- ✓ Insurance

Price doesn't include alcoholic beverage and personal food

PAYMENT
50% deposit for registration / 50% in cash before trip

- ✓ Transfer (at your charge)
  Mountain Trail (Thailand) Co., Ltd.
  Bangkok Bank – Kad Suan Keaw branch
  Swift: BKKBTHBK
  Account number: 531-302-2005

- ✓ PayPal (at our charge)
  Mountain Trail (Thailand) Co., Ltd.
  Email: contact@tmt-trail.com

Deposit non refundable for any cancellation

TMT
RUNNING
THE 2 SUMMITS

RUNNING

THE 2 SUMMITS

At the top of the highest summits of Chiang Mai