



TREK THAILAND - THE NORTHERN JUNGLES



ITINERARY – OUTLINE FOR BESPOKE TRIPS

The Old Elephant Trail was once a very busy trade route over the mountains between Burma and Chiang Mai. Established in the 1800s the route became abandoned when roads were built in the 1950s, but many of the hill tribe villages along the trail are still here. This spectacular route is too long for most tourists and away from the regular trekking areas, making it perfect for our challenge of discovery. On the border between Thailand and Myanmar/Burma, this remote lush jungle area is one of the last natural sanctuaries of the tiger.

DAY 1 DEPARTURE

Depart the UK on a flight to Bangkok

DAY 2 CHIANG MAI 6 HRS TREKKING

We arrive into Bangkok and take an internal flight to Chiang Mai, the former capital of the Lanna Kingdom, dating back to the 14th Century. Following our welcome briefing in the evening, we are treated to a traditional meal overlooking the Ping River enjoyed from the comfort of a 100 year old Teak House. Our first night in Thailand finishes with the opportunity to explore the Chiang Mai Night bazaar- a fantastic introduction to the cultural experiences that lie ahead.

DAY 3 DONG SAMUN 4HRS TREKKING

An early morning start with a good breakfast sees us gather in the middle of the old city of Chiang Mai before transferring 2hrs to the Hmong village for the start of our trek. The village sits on the edge of the Khun Kan National Park; home to a diverse wildlife population, making for a unique start to the trek. Today's journey takes us along spectacular ridgetops and allows us to enjoy the unforgettable scenery of the Mae Khan River. Today finishes in the Blue Hmong Village of Dong Samun where we enjoy dinner and a good night's rest.

DAY 4 WAT CHAN 7HRS TREKKING

Today we traverse through conifer forests to the traditional Thai village of Chaem Noi, nestled within a lush valley. Here we stop to enjoy lunch in our idyllic surroundings before continuing our trek onto Wat Chan, a small village in the heart of the old elephant trail. Tonight we enjoy an evening amongst the locals with some incredible cultural integration and chances to see these traditional villages as very few westerners see them.

DAY 5

HUAI PU LOEI

6HRS TREKKING

Today takes us through the most remote areas of the trail as we begin to leave civilisation behind. The terrain becomes slightly more mountainous but we are rewarded with the spectacular landscapes from rice fields to green jungles. Once again we eat lunch in a traditional Karen Village before finishing our days trek through the forest to our final destination for the day; Huai Pu Loei.

DAY 6

NAM HU

7HRS TREKKING

After a good breakfast we transfer over the steep terrain of Doi Yao Peak, providing us with unrivalled views over the panoramic Myanmar border. We then make our way towards Huai Hee which lies beneath one of the highest mountains in Thailand; Doi Pui. Today's trek finishes as we make our way through the dense, lush jungle before reaching Nam Hu offering a unique opportunity to explore the natural caves, streams and waterfalls in the area before relaxing for the evening.

DAY 7

MAE HONG SON

5HRS TREKKING

For our final trekking day there are great rewards with some of the most spectacular views so far. We start the day by trekking up to Saam Fah mountain ridge for magnificent views across the unfolding valley of Mae Hong Son. We then make our final descent to the entrance of Mae Surin National Park before transferring to Mae Hong Son for a well deserved rest . Tonight we enjoy our celebratory meal to mark the end of an extraordinary challenge and enjoy a good bed in our hotel.

DAY 8

CHIANG MAI

After a hearty breakfast at the hotel we depart Mae Hong Son and transfer to Chiang Mai, stopping enroute for lunch. We then take an overnight train ride to Bangkok in comfortable, air conditioned sleeper carriages.

DAY 9

BANGKOK

Arriving in Bangkok we have some free time before transferring to Bangkok International Airport for a return flight to the UK.

DAY 10

ARRIVE UK



LOGISTICS

COSTS OF CHALLENGE

From £1995 per person

For groups less than 15 please get in contact

FOOD

We will try and bring you appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days apart from during free time.

WEATHER

The best time for trekking in Northern Thailand is the cool/dry season from November – April where there is minimal chance of rainfall. Temperatures range from 13 Celsius at night to a humid 30+ Celsius in the day and so appropriate clothing should be worn. The hot season lasts from March until June and sees daily temperatures ranging between 30 and 35°C. Rainy season arrives in July and lasts until the end of September.

ACCOMMODATION

Our accommodation in will be three nights in clean Lodge/hotels and 4 nights in camp/ home stays. All accommodation will be on a twin/triple share basis.

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

RATING & FITNESS

This is a moderate/tough challenge and requires a good level of fitness. Fitness and perseverance are a requisite in these high mountains of Thailand.

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

All flights

Action Challenge Representative

Expedition Medic

English-speaking local guide

Luggage Transfer

All accommodation

All meals, except in free time

All transfers

All National Park fees

3 litres of water provided daily

NOT INCLUDED

Sleeping bag (where needed)

Travel insurance

Single supplement

Visas

Local departure tax (if applicable)

Tips for staff

Fuel supplement