



Chiang Mai Cycling & Hike Adventure - TJ01

Trip Summary	3 days / 2 nights - 1 nights Lahu Village, 1 nights tree house
Getting There	Tour starts and ends at Chiang Mai
In-country support	International support staff, local guide, bilingual Thai/English translator, visitor's handbook.
What's included	Transfers during the tour, accommodation, activities and meals as stated in the program.
Availability	All years round - Minimum 4 pax maximum 12 pax

A combination of 2 days trekking and a full day of biking; visiting a Black Lahu village with overnight at a homestay. Sleeping in a tree house on second night at Baan Mae Mea and joining with the local people of this remote area in their daily activities and learning about their farming way of life.

Day 1 Trekking in the Tiger Trail

Morning:

Pick up from your hotel in Chiang Mai and take a drive north for around 45 kms, stopping at a local market to buy freshest ingredients for cooking dinner and breakfast at your homestay village. Continue driving for approximately 1 hour before beginning the afternoon trek.

Afternoon and Evening:

Have lunch at the start of the trek at one of the local villages before setting off on a 4-hour trek through the forest.

Enjoy the forest atmosphere along the **Tiger trail** before arriving to **Baan Pa-Low**, a Lahu hill-tribe village where we will meet with the local people to experience their way of life. It will be very good to say A-BO-YA (Hello, thank you, good bye)

There are some beautiful views to be had during the trek and in the twilight on the mountainside. Dinner will be freshly cooked for you by your hosts, inside the hut, before settling down for the night.



Day 2 Tree House

Morning:

After breakfast take a short tour of the village before packing your bags and setting off on today's trek. Today is a long day of walking, so make sure you bring appropriate footwear as the mountain side can get extremely slippery in the rain.

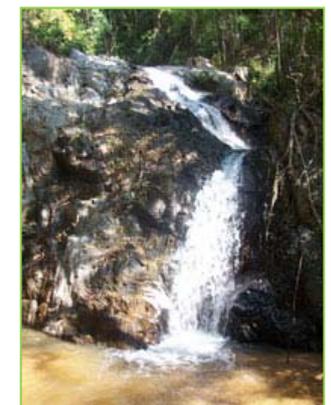
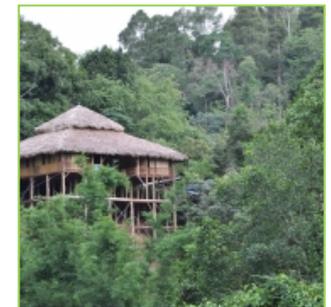
On the trek you will pass by many of the villagers' plantations, including; tea, coffee and rice fields, as well as waterfalls and streams as you make your way up and down the mountainside.

Afternoon and Evening:

After approximately 4 hours of trekking, we will stop for a jungle lunch by a secluded waterfall, where you can feel free to take a swim and slide down the natural waterslide formed by the rock face.

After lunch trek for around another 2 hours before reaching the Mae Mae hill-tribe school, where we can stop for a rest and visit its children at the orphanage center.

The long day's trek finally ends once we reach the magnificent tree house where you can take a shower and relax before enjoying dinner with the host and family before heading to bed.



Day 3 Cycling in the local village

Morning and Afternoon:

After enjoying breakfast, head down to the lowlands where you will start cycling to the beautiful **Mae Ngam Dam**. Along the way you will see some spectacular views, and en route we'll stop by rice fields, flower gardens and fruit orchards for a taste of fresh local food.

Continue biking to see the beautiful but hardly known Baan Den Temple before finishing the cycle ride and transferring back to your hotel in Chiang Mai around 5 pm. End of Program.

Distance: 60 km

Road: 90% flat roads, 10% hilly roads

Andaman Discoveries is a social enterprise enabling visitors and volunteers to support community education, village-led conservation, and cultural empowerment.



What's included?

- Accommodation @Lahu village and Tree house village
- Hill tribe trek, Cycling around north west of Chiang Mai area
- 7 meals (1st day till last day lunch), coffee, tea, drinking water
- Round trip for transportation
- Knowledge tour guide speaking English

PROVISIONS:

During this trek you will be provided with 7 meals. Lunch and dinner on the 1st day and breakfast and lunch on the 2nd day. Please have breakfast before you are picked up on your first day. Take one bottle of water with you, and will have the opportunity to buy further supplies from hill tribe villages along the way.

WHAT TO BRING:

A small rucksack/day sack, shorts and T shirt for trekking (long trousers if you prefer), A change of clothes (shorts & t-shirt) especially useful in the wet season to change into at the end of the day, warm jumper/fleece for cool season, walking shoes, socks, swimming suit, small towel, insect spray, sun cream, raincoat (rainy season), some toilet paper, one bottle of water. Some money for drinks and hill tribe crafts.