Guided Walking in Northern Thailand



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Thailand	2 & 6	3935kg CO2

HOLIDAY OVERVIEW

Swap well-trodden Thailand for a tour of its lesser-known north. Let our expert local guides lead you and a small group of like-minded adventurers through a region rich in culture, cuisine, and countryside. Snack your way around the street food markets of historic Chiang Mai, follow the scenic Monks' Trail up to one of the nation's most revered temples, and trek through the wildlife-filled forests of Ob Khan National Park. You'll also get to cool off with refreshing waterfall swims, discover rural rice farming villages, and spend time with the Karen hill tribe people deep in the jungle. It's a trip that brings Thailand's Land of Smiles nickname to life.

WHAT YOU'LL LOVE

- Unique walking routes through dense jungle, open rice fields and traditional villages in rural northern Thailand
- A guided walking tour of Chiang Mai's Old Town
- Discovering the history of the former Lanna Empire
- The chance to spot gibbons, barking deer, wild boar, and langurs, as well as numerous bird species in Ob Khan National Park
- Walking the Monk's Trail to Wat Phra That Doi Suthep temple for incredible views

- Visiting the Long Neck Karen people where the women of the community wear brass neck rings to elongate their neck muscles

WHAT'S INCLUDED

- Local Tour Manager
- A choice of 2 guided walks per day with local leaders (on walking days)
- 9 nights' accommodation in Chiang Mai
- 9 breakfasts, 6 lunches & 9 dinners
- All sightseeing and entrance fees (as per itinerary)
- Return flights from London including baggage and transfers

ITINERARY - ITINERARY

Day 1 **Depart for Chiang Mai, Thailand**

Fly out to Chiang Mai, gateway to Thailand's culture-rich north.

Day 2 **Airport pick-up and Khantok dinner**

On arrival in Chiang Mai, we transfer to our hotel, check in, and meet our local leader for a welcome briefing and a run-through of the week ahead. This evening, we head out together for a traditional Khantok dinner – a Northern Thai (Lanna) dining experience with low, round tables and authentic local dishes.

Day 3 **Chiang Mai Old Town & backstreets walk**

A guided walking tour offers a wonderful introduction to Chiang Mai, from the historic Old Town and its temples to the quieter lanes where everyday life hums along. We walk out from the hotel to begin our tour, with a choice of distances.

Option 1 – Old Town highlights and backstreets

Distance: 2.5 miles (4km)

Descent: 50 feet (20m)

We begin with a gentle-paced walk through the Old Town, taking in temple courtyards, small markets, and café-lined streets. We then wander into the backstreets to spot family-run eateries and local workshops, with plenty of time to pause and soak up the atmosphere.

Option 2 – Extended Old Town and backstreets

Distance: 5 miles (8km)

Descent: 100 feet (30m)

Following the same theme as Option 1, we range further through the Old Town and its quieter neighbourhoods, uncovering more tucked-away lanes, local life, and artisan corners as we go. It's an easy way to feel at home in the city while stretching your legs a little more.

Day 4 Mae Kampong village life

After breakfast, we travel by private van into the forested hills to Mae Kampong. A walk here is all about slowing the pace – wooden houses on stilts, a stream running through the village, and a landscape shaped by tea and coffee growing. There's a choice of walks, with different lunch arrangements.

Option 1 – Gentle village walk with a local meal

Distance: 2 miles (3km)

Descent: 500 feet (150m)

We enjoy an easy walk on village paths, taking in the peaceful setting and everyday rhythms of Mae Kampong. Lunch is a sit-down local meal in the village – a chance to try authentic Lanna flavours and enjoy time together before we return.

Option 2 – Longer forest walk with packed lunch

Distance: 4.5 miles (7.5km)

Descent: 1,500 feet (450m)

For a more testing day, we head further into the forested hills, with a longer route that brings more time on woodland trails and higher viewpoints. A high-quality packed lunch is provided to enjoy out on the walk, helping us keep going without breaking the flow of the day.

Day 5 Monks' trail to Wat Pha Lat and Doi Suthep

Today blends nature and spirituality as we follow the monks' trail through forest to the serene temple of Wat Pha Lat, with the longer option continuing to the famous hilltop Wat Phra That Doi Suthep. We take a songthaew to the start of the walk and choose our option.

Option 1 – Monks' trail to Wat Pha Lat (easier)

Distance: 2 miles (3km)

Ascent: 800 feet (250m)

Descent: 150 feet (50m)

We climb steadily through shaded forest to Wat Pha Lat, a peaceful temple tucked into the hillside. After the walk, we head to a specially selected local restaurant at the base of the mountain for lunch.

Option 2 – Continue to Wat Phra That Doi Suthep (harder)

Distance: 4.5 miles (7.5km)

Ascent: 2,000 feet (620m)

Descent: 350 feet (100m)

We follow the same trail up to Wat Pha Lat, then continue on a more challenging climb to Wat Phra That Doi Suthep, perched high above Chiang Mai. We dine at the same restaurant as the easier group, giving everyone a chance to regroup and swap stories.

Day 6 Rest day and optional local spa

After several walking days, today is yours to enjoy at leisure. You may choose to potter through Chiang Mai's markets and little shops, pause in a café, or simply relax at the hotel. If you fancy a treat, there's the option to book a local spa, with hand and foot massages available to ease tired legs.

Day 7 Huai Tueng Thao waterfall

We travel by private van into the countryside for a refreshing day among forest paths, streams, and the waterfall area. Everyone shares the same setting, with a choice of distances and different picnic spots. Later, if you'd like an extra leg-stretch, there's the option of an additional stroll in Chiang Mai with your leader.

Option 1 – Reservoir-side walk with packed lunch

Distance: 2.5 miles (4km)

Descent: 150 feet (40m)

We follow gentle trails in the Huai Tueng Thao area, enjoying open views and an unhurried pace. The easy group enjoys their packed lunch by the scenic reservoir – a lovely spot for a relaxed break.

Option 2 – Longer forest walk towards the waterfall with packed lunch

Distance: 4.5 miles (7.5km)

Descent: 1,200 feet (380m)

We take a longer route that brings more time on forest paths and closer to the waterfall area, with a deeper sense of being out in nature. The hard group enjoys their packed lunch further into the forest near the waterfall.

Day 8 Mae Wang

A change of pace as we step into rural northern Thailand. Walking along quiet village paths and through open countryside, we pass rice paddies, fruit trees, and traditional wooden homes, with mountains rising in the distance. Packed lunches are provided for everyone due to the remote nature of the trails.

Option 1 – Easier Mae Wang countryside walk

Distance: 2.5 miles (4km)

Descent: 400 feet (120m)

A gentler-paced route focusing on the village surroundings and easy-going trails, with time to enjoy the calm rural setting. Packed lunch is provided for the group to enjoy at a scenic lookout point.

Option 2 – Longer Mae Wang walk into more remote trails

Distance: 5 miles (8km)

Descent: 1250 feet (380m)

A longer route that takes us further along the quieter trails, with more time immersed in the landscape. Packed lunch is provided so we can pause at a scenic lookout point and keep the day flowing.

Day 9 Long Neck villages and long-tail boats

After a transfer by van, we enjoy a guided walk through villages of the Long Neck Karen people, offering a closer look at traditions, daily life, and local craft. We also spend time by the river, where long-tail boats glide along the water, before visiting a local farmer's house to learn more about rural life. A traditional sit-down lunch is served at the Thai farmer's house, featuring fresh, farm-to-table ingredients.

Option 1:

Distance: 1.5 miles (2.5km)

Descent: 32 feet (10m)

A shorter route that leads us through an authentic Karen village. We'll meet local people and walk along the riverbank before hopping in a traditional longtail boat for an hour-long cruise down the waterway.

Option 2:

Distance: 4 miles (6.5km)

Descent: 262 feet (80m)

A longer walk through the village and along the riverbank that allows us more time to see a snapshot of authentic local life before hopping in a traditional longtail boat for an hour-long cruise down the waterway.

Day 10 Ob Khan National Park

A wonderful day in nature as we walk among limestone cliffs, jungle trails, and river scenery in Ob Khan National Park. Expect dramatic rock formations and peaceful streamside sections, with plenty of time to pause and take in the views. Packed lunches are provided for everyone so we can enjoy the day fully within the park.

Option 1 – Easier Ob Khan National Park walk

Distance: 2.5 miles (4km)

Descent: 330 feet (100m)

An easier-paced route focusing on the river gorge scenery and gentler trails, with time to enjoy the sound of flowing water and the impressive limestone landscape. Packed lunch is provided to eat within the park.

Option 2 – Longer Ob Khan National Park walk with extra climbs

Distance: 5 miles (8km)

Descent: 1150 feet (350m)

A longer option that adds extra walking time and some more demanding sections, rewarding the effort with broader views across the valleys and surrounding hills. Packed lunch is provided to eat within the park.

Day 11 Departure

After breakfast, we transfer to the airport for our flight home.

Day 12 Arrive home

We arrive back home in the UK.

DAILY WALK OPTIONS



Gentle walking grade 2

Full or half-day gentle walks on good paths, with plenty of time for rest stops, views, and places of interest. Typically, 3-5 miles (5-8km) with around 350ft (100m) of ascent with few or no stiles.



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

ACCOMMODATION

Chala Number 6, Chiang Mai

Nestled within the heart of Chiang Mai's historic Old City, Chala Number 6 is an elegant 5-star boutique hotel that beautifully blends traditional Lanna architecture with contemporary luxury. Situated directly opposite the iconic Wat Chedi Luang temple, the hotel enjoys one of the city's most sought-after locations, with many of Chiang Mai's cultural landmarks, markets and temples within easy walking distance. Designed around a tranquil central courtyard featuring a traditional Lanna rice barn and a stunning outdoor swimming pool, the hotel offers guests a peaceful retreat. Stylish guestrooms and suites combine authentic Thai design elements with modern comforts including complimentary Wi-Fi, TV, air conditioning, tea and coffee making facilities and minibar. The hotel's outdoor pool opens daily from 6am until 8pm and the spa*, fitness facilities, lush gardens and attentive service ensure a relaxing and memorable stay.

*Charges apply for spa services and are payable locally.

SAFETY ON YOUR HOLIDAY

Safety information

Please inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders must consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions and other directions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services.. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

DIETARY REQUIREMENTS

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

VACCINATIONS & HEALTH

Vaccinations & health information for Thailand

This information is subject to change. In all cases, we **highly recommend** you consult your GP both for up to date details and for more information on what is appropriate to your situation. We recommend you do this at least 10 weeks before your trip. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus and polio vaccines.

Other vaccinations you may need to consider include:

- Hepatitis A and B
- Rabies
- Typhoid

Requirements can change, and we recommend you check in good time ahead of your holiday.

Dengue fever is present in Thailand, as is the risk of Malaria. There are no vaccinations and prevention is largely through the avoidance of bites. Your GP may recommend the use of antimalarial tablets.

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries. In Thailand, there are restrictions to medication which are considered controlled substances.

If you will be carrying medication, please check with the country's embassy/consulate prior to travel. There is more information on the Royal Thai Embassy website: http://www.thaiembassy.org/london/en/services/84497-Bringing-Medications-to-Thailand.html

As an extra precaution, it is recommended to:

- Keep medication in its original packet
- Take a copy of your prescription
- If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

For further information on country specific advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk.

PASSPORTS & VISAS

Passport & Visa information for Thailand

Passport

Passports must be valid for at least 6 months beyond the end date of your holiday.

You could be refused entry to Thailand if your passport is damaged or has pages missing. You may be asked for proof of onward travel.

Visas

British passport holders arriving by air or land can enter Thailand for 30 days without a visa. If you plan to stay longer, you must arrange a visa before travel. This must be obtained from a Thai Embassy or Consulate.

For visa queries and entry requirements for other passport holders, please check with the Thai Ministry of Foreign Affairs: Ministry of Foreign Affairs, Kingdom of Thailand (mfa.go.th)

For general information, see the FCDO travel advice: Thailand travel advice - GOV.UK (www.gov.uk)

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Travel independently

If you prefer to book the holiday without flights and make your own travel arrangements you will still be able to make use of the return group transfers between the airport and hotel, which are included in the cost of your holiday. You must contact us on +44 (0)20 3974 8865 or email reservations@hfholidays.co.uk at least 8 weeks before your holiday start date to provide your flight details if you wish to join the transfers. If you do not contact us, we will assume you are making independent travel arrangements.

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Travel Insurance for Thailand

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote: https://www.hfholidays.co.uk/about-us/booking-information/insurance.

For more information about healthcare abroad and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary. Generally, this should include cover for walking at altitudes over 2,000m, which will cover you for a wide range of our holidays.

Clothing for Thailand

Modest dress

When visiting Thailand, it is important to dress modestly and respectfully, especially when visiting temples and religious sites. Both men and women should cover their shoulders and knees. Avoid wearing revealing or tight-fitting clothing. Lightweight, breathable fabrics are recommended due to the tropical climate. Additionally, it is customary to remove your shoes before entering temples.

LUGGAGE

Luggage information for Thailand

Baggage allowance

1 piece checked-in luggage (max 20 kg).

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Lost/damaged luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

LOCAL CURRENCY

Local currency for Thailand

Thai baht (B). Most places in Thailand deal only with cash and some foreign credit cards are accepted in high-end establishments only.

To offer you the opportunity to explore the wealth of delicious food options, some meals have not been included in your holiday price. We recommend you budget 400-600B per person per meal for these. However, it is possible – if you fancy trying the local street food – to get a plate of delicious food for as little as 50B

You will also need money for tips, incidental items such as drinks with meals and any souvenirs you may wish to purchase.

How much you bring depends on your spending habits, but 500B per person per day should be enough to cover a moderate spend. To give you an idea, beers in good bars average around 100B and if you wish to offer an additional tip to your guide, this could be in the region of 150-300B each day.

LOCAL TIME

Local time for Thailand

GMT/UTC +7 hours.

ELECTRICITY

Electricity information for Thailand

Electricity is 220V AC. Plugs are most commonly two round or flat prongs. However, a variety of sockets are used, so we recommend you bring a universal adaptor.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

Document produced: 26 November 2026