



LES FOULÉES DE LA SOIE IN THAILAND



"If running or walking were our only goal, we would miss out on unforgettable moments"

Day 1 Saturday 15/03/25 - BANGKOK / ARRIVAL

(D)

Upon arrival Bangkok, transfer to your selected hotel by yourself.

Note : Hotel rooms available from 14H00

Lunch at your own arrangement.

Free time to relax.

In the afternoon, transfer to the spectacular **Grand Palace** surrounded by large walls, its original structure is a re-creation of **the Temple of Ayutthaya**, with its beautiful architecture and intricate detail. **Visit the Temple of the Emerald Buddha (Wat Phra Kaew)** and its jade Buddha statue. **Visit the Hall of the Throne, State Reception Hall, and the Coronation Hall.** Today, the complex remains the spiritual heart of the Thai Kingdom.



Then, visit the magnificent **Wat Arun**, named after Arune, the Indian goddess of dawn. The style of this monument, of Khmer origin, is unique in Thailand and once you enter the temple, you will be mesmerized by its interiors.

Welcome dinner in a local restaurant with presentation of the event and the team.

Overnight in Bangkok.

Day 2 Sunday 16/03/25 - BANGKOK / AYUTTHAYA

(B/L/D)

Breakfast at hotel.

In the morning - **Race 1: Bangkok Race - 15 km - Walking 10 km or Prologue 8 km (for all)**

Lunch at the local restaurant.

In the afternoon, transfer to **Ayutthaya (75km from Bangkok - 1h transfer)**, the former capital, famous for its ruins and glorious past, listed as a World Heritage Site by UNESCO and learn about the rich history of the site.

Start the day by the visit of **Bang Pa-In Summer Palace** on board of a golf cart. Built in the 1600 as the summer residence for the Royal Family, this palace is an impressive collection of gardens and majestic mansions. Then, take the cable car across the river for an amazing aerial view of the waterways and continue to **Wat Niwet Thammaprawat**. Then, continue the exploration on board a traditional long-tail boat for a leisurely one-hour cruise down the **Chao Phraya River**. Enjoy the passing scenes of the fascinating riverside villages while sailing on the 'River of Kings'.

Dinner at local restaurant.

Overnight in Ayutthaya.

Day 3 Monday 17/03/25 - BANGKOK / AYUTTHAYA

(B/L/D)

After the breakfast, **Race 2 - Ayutthaya Race - 15 km - Walking 10 km**

Lunch at local restaurant.

In the afternoon, visit the venerated **Wat Yai Chaimongkol** and the largest monument **Wat Phra Sri Sanphet**.

Comeback to Ayutthaya and transfer by night train to Chiang Mai → **The night train is of rudimentary quality. There is no private cabin, customers must share. Train tickets can only be booked 1 month before the travel date.**

Dinner local and overnight on train.

Day 4 Tuesday 18/03/25 - CHIANG MAI / CHIANG RAI (240km - 4h30 drive)

(B/L/D)

Arrival at Chiang Mai Station at about 07H10.

Welcome by your French speaking guide in the North and **transfer to the local restaurant for breakfast.**

Then, transfer by bus to **Chiang Rai**, the town is located on the right bank of Mae Kok River at an altitude of 578 meters.

Lunch at local restaurant with Thailand menu, then visit the amazing **White Temple**, a masterpiece of Thai architecture. It was founded in 2000 by renowned Thai artist Chalermchai Kositpipat and is made of white concrete and several thousand small mirrors.

Race 3: Half marathons (21 km - walking) of the White Temple - Walking 12 km

Comeback to Chiang Rai and dinner at local restaurant.

Overnight in Chiang Rai.



Day 5 Wednesday 19/03/25 - CHIANG RAI / CHIANG SEAN / CHIANG RAI (77km - 1h20 drive) (B/L/D)

After breakfast, direction to Doi Mae Salong and race with the hill tribes of the Golden Triangle.

Race 4 : 15 km for ethnic minorities (runners) -10 kilometers for walking

Lunch at local restaurant at Maesalong.

Drive to Chiang Saen and enjoy the famous panoramic view of the **Golden Triangle**, where the borders of Thailand, Myanmar, and Laos intersect on the Mekong River.

Comeback to Chiang Rai and dinner at a local restaurant.

Overnight in Chiang Rai.

Day 6 Thursday 20/03/25 - CHIANG RAI / CHIANG MAI

(B/L/D)

Breakfast at hotel.

Transfer to Chiang Mai (04h30 drive)

Lunch at local restaurant in Chiang Mai.

Visit Wat Phra That **Doi Suthep**, one of most important Chiang Mai's landmarks where sacred Buddha relics are preserved in a golden stupa (15km from the town center)



Race 5 : 15 km from Doi Su Thep hill (runners) -10 kilometers for walking

Transfer for dinner at restaurant The House.

Overnight in Chiang Mai.

Day 7 Friday 21/03/25 - CHIANG MAI

(B/L/D)

Breakfast at hotel.

In the morning, depart to **Elephant Camp Maesa** for a 1h30 elephant care program: care, bathing and feeding elephants.

Then, visit the Giraffe or Padong Women's Village.

Continue to visit an **Orchid Garden** where more than 150 species of orchids surprise with their size, diversity and beauty.

Lunch at the Orchid farm

In the afternoon, **visit the Doi Intanon Royal Project**, one of the many projects initiated by the King dedicated to familiarize the mountains tribes with new agricultural techniques. Finally, stop in a village home of the **Karen tribe**, one of the few ethnic groups in the country to practice Christianity.

Race 6: 18km Doi Inthanon - Walkers 10 km

Transfer for dinner at local restaurant.

Overnight in Chiang Mai.



Day 8 Saturday 22/03/25 - CHIANG MAI / PHUKET

(B/L/D)

Breakfast at hotel.

Depart by **tuk tuk** to visit **Wat Phra Singh temple** built by King Pha Yu to honor relics of his father King Kam Fu Kinh. The temple is also the repository of one of the finest copies of sacred texts in the region.

Lunch at local restaurant in Chiang Mai.

Transfer to Chiang Mai airport for the flight to Phuket.

CNX - HKT PG248 (14H35 - 16H40)

Upon arrival, welcome by your French speaking guide in Phuket and transfer to your selected hotel by private vehicle.

Dinner at hotel

Overnight in Phuket.

Day 9 Sunday 23/03/25 - PHUKET

(B/L/D)

After breakfast, final in a beach.

Race 7: 15km Phuket (runners) - Walking 10km

Comeback to the hotel and **lunch at hotel.**

Free time in the afternoon.

Evening party and result announcement. The awarding of trophies.

Overnight in Phuket.

Day 10 Monday 24/03/25 - PHUKET / BANGKOK / / (Destination depending on your country of origin) (B)

Breakfast at the hotel.

Free time at leisure to enjoy the beach and waiting for your departure flight.

Transfer to the airport by yourself.

Note: Rooms to check-out at 12H00

End of our services

Accommodation selected: DBL/TWN/SGL

City	Hotel OR Similar	Category	Room category	Status
Bangkok	Ibis Riverside Bangkok Hotel	***	Standrad	
Ayutthaya	Kantary Hotel	**	Standard	
Chiang Mai	Ban Thai village		Superior	
Chiang Rai	The Legend Chiang Rai boutique	****	Superior	
Phuket	Ibis Patong Phuket	***	Standard	

** Note: The star rating featured in this table is the official one, issued by the local tourism administration.*

Price per person :

BASE	Price per person in double/twin, minimum 60pax	Supplement single
Price per person, package Thailand 10 days / 9 nights, flight Chiang Mai - Phuket included	2,289 EUR/person	350 EUR/person

Enrolment will not be definitive until the full amount of the registration fee has been paid to S.D.P.O. in accordance with the terms of payment set out below:

- 1st instalment of €500 on registration + €50 administration fee, i.e. €55
- second instalment of €600 by 1 October 2024
- third instalment of €600 by 5 January 2025
- balance of €589 no later than 5 February 2025

Payment can be made by cheque made payable to S.D.P.O, (for France) or by credit card via the SDPO payment platform according to the above schedule.

For any payment by bank transfer outside France, please note that in accordance with article 4, the price of the race will be increased by €80*.

*This sum corresponds to bank charges

Our prices include:

- Accommodation in one double and one twin room at hotel selected.
- Transfer by **private** air-conditioned vehicle as per program, [except for days at leisure](#).
- **French** speaking guide for each area as per program, [except for days at leisure](#).
- Entry fees for all sightseeing as mentioned on the program.
- 2 complimentary bottles of drinking water (50cl) per person and per day.
- Meals as mentioned on the program: (B) for breakfast, (L) for lunch or (D) for dinner, **no drinks**.
- Government taxes currently in force (VAT...).
- **The flight Chiang Mai - Phuket**

Our prices do not include:

- Visa authorization letter.
- **International flights and domestic flights not mentioned.**
- Insurances.
- Drinks, tips, personal expenses and all services not clearly mentioned.
- **The transfer from airport to hotel on Day 1, the transfer from hotel to airport on Day 10**
- **The flight Phuket - Bangkok**

Notes:

- Offer subject to availability.
- Make sure that visa expiration date of clients is 6 months or more after the entry date into each country, otherwise entry will be denied.
- Standard check-in is at 2pm. Standard check out is 12 noon (Except mentioned otherwise)
- Program is subject to change without prior notice due to airlines unexpected changes of schedule or flight cancellations.
- We reserve the right to adjust the prices at any time in the event of an increase of the fuel surcharge applied by airlines companies or any other transport companies.

