



LSTK2D_ Lisu & Lahu Trekking 2 Days / 1 Night

Day 01 LISU LODGE – LAHU OUTPOST (L, D)

10h00: Arrive at the Lisu Lodge. A traditional welcome drink will be served.

Then, drive by local open-air truck to the area near Pha Mieng. Start walking along the jungle trails to the remote village of Hmong Pha Mieng (1h30). Meet the inhabitants of this small hill tribe village in the jungle.

Enjoy a picnic lunch in the forest.

After lunch, you will walk to the top of the mountain (1h30) where the Red Lahu Village of Pha Daeng is located. Continue walking along a mountain ridge to the Lahu village of Kup Kap (1h00), from where you have a spectacular view overlooking the Mae Taeng district and Chiang Mai town glittering at night in the distance. Beyond the mountain peaks to the west lies Myanmar (Burma).

Dinner and overnight at **Lahu Outpost**, modeled on a typical Lahu house. Basic amenities are provided: mattress, pillow, bed linen, blankets, towels, mosquito nets, etc. Two Western-style toilets and a communal shower are provided.

Day 02 LAHU OUTPOST - LISU LODGE (B, L)

After an early breakfast, we go on a one and a half hour walk down a steep jungle path passing by the Huay Sadharn Waterfall. Transfer by local truck to the Rafting Station. Enjoy rafting down the river for about 45 minutes. Return to Lisu Lodge by local truck with stop en route at **Tea plantation** - Stop off to relax and enjoy a magnificent landscape at our tea plantation where you will be led by an experienced guide who will introduce you to the process of growing and harvesting tea as well as vegetation propagation to produce tea seedlings at the nursery, whilst teaching you how to pluck tea leaves and enjoy a cup of fresh-roasted tea. Enjoy a delicious picnic lunch.

Upon arrival, a welcome drink will be served.

Guided by a Lisu villager, walk from Ton Lung temple to visit the herbal garden. Then continue through the village with a stop for a cup of tea at the village shaman's house. Chat with the Lisu shaman and learn about his life, beliefs, curing rites and Lisu traditions.

Enjoy your visit to:

Rice paddies - Walk with our guide through rice paddies where we work together with the villagers to grow rice without the use of pesticide and insecticide. Besides strolling through the green or the golden carpet of the paddy fields, depending on the season, you will learn and participate in the various stages of rice cultivation in northern Thai style.

Himmapaan nursery - Learn about the flora of northern Thailand and how we restore the forest ecosystem at a tree nursery of the Himmapaan Foundation whose goal is to support and implement environmental and social projects by working with local communities in areas affected by tourism.

Vegetable garden - Visit the vegetable garden where we produce organic fertilizer from leftover organic waste and grow a variety of vegetables and fruits that are used in several dishes served at Lisu Lodge.

“End of Program”

PRICE INCLUDES:

- Tour and join-in activities: Rafting (1 rubber boat = 4-5 persons) and activities mentioned in the program.
- English-speaking guide during visit.
- Accommodation in non air-conditioned room at Lahu Outpost based on half twin-bedded room.
- Meals as specified.
- Baggage handling.
- Local open-air truck for the activity.

PRICE EXCLUDES:

- Transfer from Chiang Mai airport or hotel to Lisu Lodge and return
- All airfares as well as airports taxes.
- Other meals and services than those mentioned.
- Personal expenses such as drinks, laundry, telephone, etc.

REMARKS:

- Guests should be healthy and in good physical condition.
- Weather conditions can impose changes in the program or the cancellation of activities.
- Guests need to bring a copy of their passport & Thai visa page with stamp into Thailand.

VALIDITY: 01 November 2016 – 31 October 2017

NOTE: we reserve the right to revise the tariffs depending on the evolution of the fuel price.