



ORCHIDS TRAIL IN THAILAND

From November 14th to 22th 2024
Trail of 100km or 50km - 4stages
(open to hikers)



Some countries more than other give the desire to escape. Thailand is part of these dream destinations. The 4 steps of 20 to 35km or 10 to 20km each, will allow you to compete in places as beautiful as different in Chiang Mai region, North of the country.

Here, we are far from Bangkok and its pollution. The air is more breathable, less touristic than the south. Beaches are replaced by five parallel chains from Northern Thailand : they are the foothills of Himalayas. Today, Chiang-Mai is the north tribes capital. Located at the gates of the "Golden Triangle", Chiang Mai has the reputation of being one of the most beautiful city in the country
On November 27 and 28, we will attend the celebration of Loy Kratong: unforgettable!

Price: 990€ (650€ for +1 - no running people) for registrations received before May 15. €1030 from May 15. 1070€ from July 1

The price include: Food (except the 3 nights at Chiang-Mai hotel) overnights, transfer, technical and medical assistance, repatriation's insurance

The price does not include the flight to Chiang Mai, personal expenses, cancellation insurance

7 extra days in Thailand

***Essential Running Equipment:** Backpack /rain clothes / Whistle / a « kamel back » / a cap or a hat / suncream

***ESSENTIAL DOCUMENTS:** A validated passport (for at least the next 6 months). If you are not part of the European community, please Verify the documents needed at the Norway Embassy of your country.

A medical certificate proving you are healthy to participate to this race (less than 3 months old) or a license.

Program 2024

Thursday November 14th Flight to Chiang Mai

Friday November 15th :

Reception of participants at the Chiang Mai hotel.

In the evening, participation in the Loy Krathong festival.

Overnight in Chiang Mai

Saturday 16th : Free day In the evening, participation in the Loy Krathong festival.

Overnight in Chiang Mai

Sunday November 17th: Transfer Chiang Dao Camp; bib distribution and instructions.

Monday November 18th : 1st stages - 23km or 12km.

Tuesday November 19th: 2nd stages 27km or 15km. Transfer Cocotier Resort Camp

Wednesday November 20th : 3rd stages 23km or 10km

Thursday November 21th: 4th stages 27km or 13km / awards evening.

Friday November 22th : Transfer to Chiang Mai airport or departure of the extension

THIS PROGRAMM IS GIVEN AS AN INDICATION AND CAN BE MODIFIED

7 extra Tuesday 22th to 29th November

790€: *This price includes* all transfers; overnight stays with breakfasts, visits; 2 dinners.

This price does not include : midday and evening meals (except 3 dinners paid by the organization), personal expenses, drinks.

ORCHIDS TRAIL 2024 - SUBSCRIPTION

☐

RUNNER

☐

HIKER

☐

no running people

☐

7 extra days November Tuesday 29th November to December 6th
(790€)

LAST NAME : _____

FIRST NAME : _____

ADDRESS : (Zip Code, City, Country) _____

BIRTH DATE: _____

GENDER: ☐ (M) ☐ (F) T-Shirt ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

NATIONALITY: _____ WORK: _____

E-mail Address: _____

Phone Number: _____

Every Subscription must come with a 250 €uros check (+1/150€) for the 6 extra days add 50 €

For transfers: Name of Bank: La Banque Postale / Account holder: Raids et Aventure / IBAN : FR98 2004 1010 1240 9942 5M03 356 / BIC : P S S T F R P P S C E

Raids & Aventure Paul Vilcot ; 29 domaine de Château Gaillard

94700 Maisons Alfort / France Tel : +33 6 80 45 32 74

www.raids-aventure.com / raids.aventure@outlook.fr

www.facebook.com/pg/RaidsetAventure / www.instagram.com/raids_aventure

RULES

- 01 / the "Orchids Trail" is a race organized by "Raids & adventure" association. This trail is a free pace race. It is open to anyone starting 18 years old
- 02 / A medical certificate proving you are healthy to compete (less than 3 months old) or a license is required. The certificate shall be delivered not later than the eve of the race. If not delivered: you won't be able to compete.
- 03 / Each contestant will receive two bibs. They must be worn before and behind in a visible way. It is forbidden to cover a bib
- 04 / Classification: General men & Women
- 05 / Supplies (food & drink) are provided every 8 to 10 km. Each competitor is free to bring the amount of water and food he considers necessary
- 06 / Doctors will be entitled to put out race a competitor they consider unfit to continue on a medical perspective. Their decision will be final.
- 07 / Every step of the race will be marked: It is imperative to follow the signposting. If a competitor gets lost, he will not held the organization responsible and his time will not be changed. In case of dispute, refer to section 8 of this regulation
- 08 / Any claim shall be presented to the Director of the race.
- 09 / The organization cannot be held responsible for problems related to the weather.
- 10 / For certain steps in the mountains and depending on the weather, the organization may impose to carry a small backpack, with clothes, for security reasons. Each competitor must bring a small bag backpack.
- 11 / Photos & videos: Photos will be proposed to each participant. Competitors will be able to use photos for their sponsors or newspapers if they quote the association and the photographer. All participants agree that the association "Raids & adventure" can use their name and individual or collective image for promotion and information concerning Raids & adventure
- 12 / Competitors commit to comply with these regulations by the mere fact of their inclusion.