

## TDH3 Making tracks to Mekong Indochina

Tuesday 12<sup>th</sup> & Wednesday 13<sup>th</sup> November 2019

### Itinerary and instructions

(Time is subject to change to suit the program if needed)

#### Monday 11 November 2019

14:00 - 16:30 Registration will be in the Ambassador Hotel (Sukhumvit Soi 11, Bangkok) Lobby, located near the Hotel Reception counter.

For those who would like to run with Bangkok Monday Hash, please sign in at the BMH3 desk at the same area.

The BMH3 run site is in Sukhumvit Soi 8 (opposite Sukhumvit Soi 11). Walk down the Soi for approx. 600 m. to the Rex Restaurant on the left (HHH sign). Run starts at 17:15.

#### Tuesday 12 November 2019

**Important Note :** It is recommended that you prepare and take a small bag for the day trip, containing your running gear, a change of clothes for after the run, and a towel. Ensure you have room for the freebies you receive at registration. There will not be an opportunity to open your big luggage at any time prior to boarding the train.

**09:00 - 9:30** Late Sign-in at the Ambassador Hotel Breakfast area, or call Malinee at 081-814 0410, or follow "TDH3 - Sign In" sign to the registration desk.

**09:30** Meet in front of the Hotel Lobby

**10:00** Departure by bus from Ambassador Hotel Bangkok-Sukhumvit 11, to Bang Pa-In Summer Palace to take in the sights of the sumptuous Palace and nearby architectural masterpieces. Bus numbers will be assigned at Registration to individual. (35 seats per bus) This is to ensure that we have enough space for your big luggage in and under the bus.

**11:00** Arrival at the Summer Palace. You will be free to wander around the Palace at your leisure but ensure you get back to the buses before 13.20

**13:30** Depart Bang Pa-In Palace for a **light lunch** approximately 15 - 20 minute away.

**14:30** Buses leave the lunch location for Wat Chai Watthanaram which is the start of our program in Ayutthaya's Historical Park. (1<sup>st</sup> Group photo will take place here).

**15:30** Depart Wat Chai Watthanaram

**16:00 Run Starts** Arrive at run site (2<sup>nd</sup> Group Photo will take place here) with a run start time of 16:15.

**17:30** All should arrive at the Circle location by this time. Beer, water, soft drinks and homemade snacks will be served at the Circle. Shower facilities will be available at the Circle site. (Quick showers please, there will be a queue!!)

**18:30** On On On **Dinner Cruise** on the Chao Phraya river commences.

**20:30** Leave the boat for a short walk to the train station. The buses with all your luggage will be ready at the train station, all have to take your own luggage from the buses to the train station platform. Ensure you remember your carriage and bunk number.

**21:00** Train departs for Chiang Mai. (Note: Our carriages are exclusively for the Hash are 2<sup>nd</sup> class air-conditioned sleeping cars. Bunk numbers will be assigned for all. Bunks will be ready when you board the train. For those who wish to party on, there is an Entertainment carriage open to all ---- Cool beer will be waiting !!!

**Note :** Please e-mail Malinee individually if you are vegetarian and mark "Meal" on the email's subject.

### Wednesday 13 November 2019

**06:30 - 8:00** A light Breakfast is served in the Entertainment car. Sandwiches, fruits, coffee and tea will be available.

**08:40:** Train arrives Chiang Mai. Your trip is completed once we arrived at Chiang Mai train Station.

**Remember !!** transfer to the Ambassador Hotel and from Chiang Mai Station to individual hotels **are NOT** part of this package.

**At Chiang Mai train station, taxis and songtaews (pick-ups with seats) are available outside the station. Remember to ask the cost to your accommodation before you get in. Songtaews normally charge B30 per person but you may have to wait till the car is full.**

## Do's & Don'ts

- Remember that although the Wats you visit are "ruins", **they are still religious sites**, and as such must be respected as such.
- Your freebies will include light weight pants and shirts, which you will be required to wear when entering any wats.
- You will visit Bang Pa In (Summer Palace), Wat Chai Watthanaram prior to the run, and during the run you will have an opportunity to enter Wat Pra Srisanphet, and Wat Maha Tat.
- For those who wish to enter Wat Pra Srisanphet, and Wat Maha Tat, there will be a Harriette/Harrier stationed at the ticket booth to the Wats, dressed in the freebie shirt and pants, who will give you an entrance ticket.
- Please don't spend too long in the wats as we have a schedule to keep to.
- Immediately on leaving Wat Maha Tat, head to the car park area, where another Harriett/Harrier will be waiting to guide you to Tuk Tuks, which when full (max 6 pax) will drive you to the Circle venue.
- Trail markings will in the main be in chalk and flour, but if rain is forecast we will sparingly use shredded paper. Checks will all be 360deg, being crosses. The on trail will be within 80m of the check.
- Run is completely flat, mainly on soft surface, suitable for runners and walkers alike. Sorry, no Zimmer frames!
- Do not climb or walk on the structures or walls of the ruins - stay on trail.
- Remember, **I repeat, we have a schedule to keep to, stick to the timings given above.**