



## MALISA X MAHASAMUT TRAILS 2026

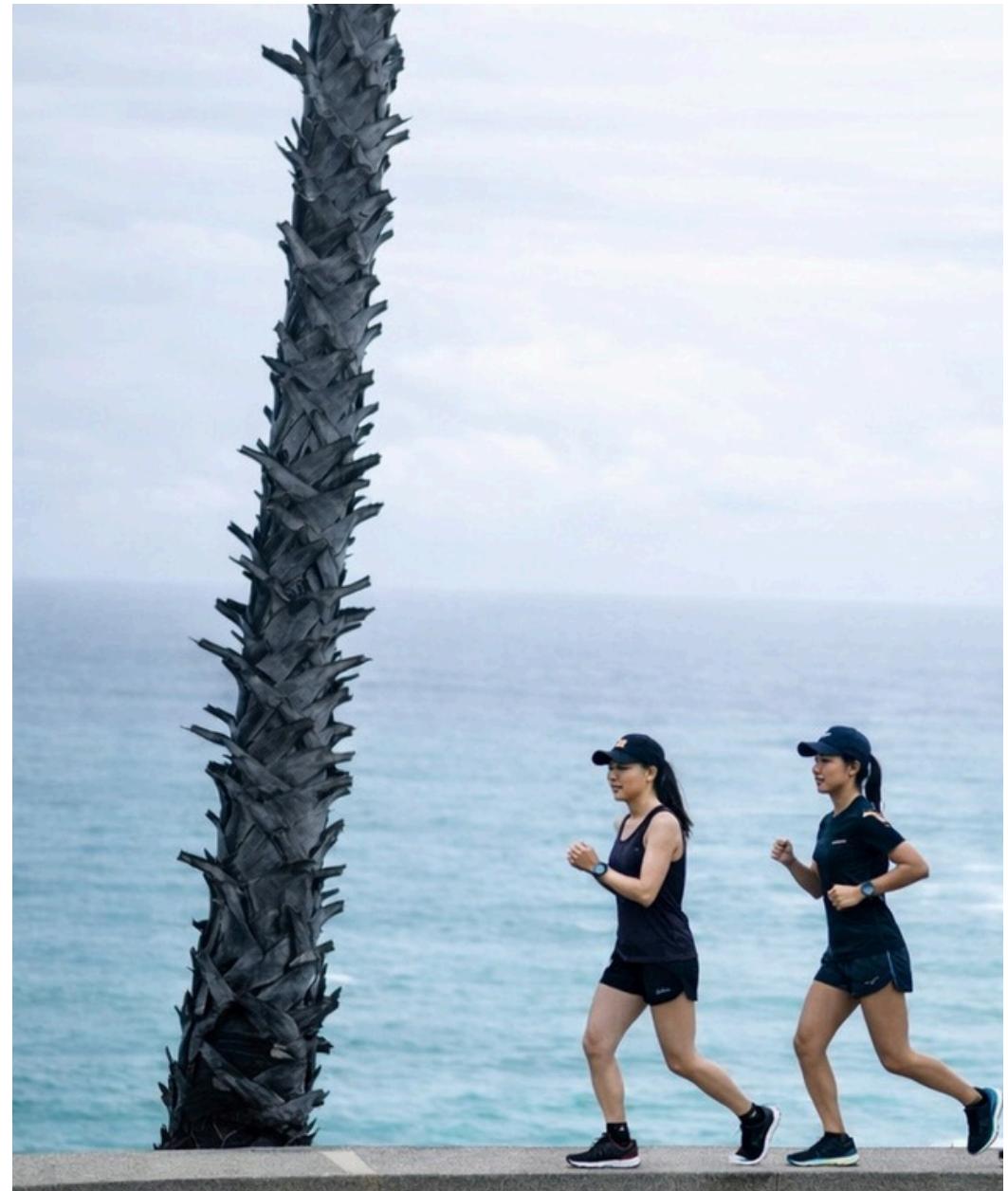
3 Days 2 Nights

15-17 May, 2026

## MALISA X MAHASAMUT TRAILS

MALISA X MAHASAMUT TRAILS 2026 Curated in collaboration with Mahasamut Trails, this experience positions movement as a form of exploration and well-being, while supporting sustainable, health-focused tourism in Phuket. Malisa x Mahasamut Trails 2026 redefines the trail journey as not only a physical challenge, but a thoughtful encounter with landscape, community, and the island's enduring natural beauty.

Trail running in Phuket has emerged as a powerful way to reimagine the island beyond its familiar beaches, revealing elevated viewpoints, hidden shores, and community forests that reflect the island's natural and cultural diversity. The Mahasamut trail route weaves through some of Phuket's most striking yet understated landscapes — from Black Rock View Point and Nai Harn Beach to Windmill View Point, Yanui Beach, Promthep Cape, Laem Krathing, Nui Beach, Kata Community Forest, Three Bays View Point, and local rubber plantations — forming a continuous narrative of sea, forest, and local life.





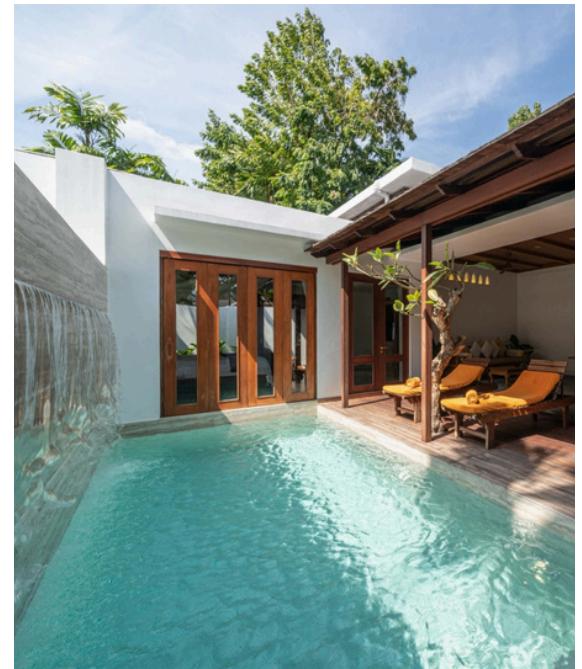
#### MAHASAMUT TRAILS

MAHASAMUT TRAIL creates a meaningful connection between movement and nature, rooted in Phuket's dramatic coastal and forest landscapes. The trail experience invites participants to explore iconic areas such as Black Rock, Laem Krathing, and Promthep Cape, reimagining the island beyond conventional tourism. By combining adventure sport with mindful exploration, Mahasamut Trail supports sustainable tourism, strengthens Phuket's identity as a sports and wellness destination, and contributes positively to local communities and the natural environment.



#### PHUKET ISLAND

Phuket is one of Thailand's most iconic island destinations, celebrated for its stunning beaches, rich cultural heritage, and relaxed tropical lifestyle. From crystal-clear waters and lush landscapes to vibrant local communities and timeless charm, Phuket offers an inspiring blend of natural beauty, tradition, and effortless island elegance.



#### MALISA VILLA SUITES

Malisa Villa Suites derives its name from the delicate, sweet scented white flower "Jasmine" or "Mali" in Thai.

Mali is a symbol of longing, love, good wishes, and loyalty to the family. The scent of Mali also has an entrancing ability to uplift the spirits and bring a sense of peace and calmness.

Malisa Villa Suites is committed to follow sustainable hotel practices to make our world cleaner, greener, and safer.

## ITINERARY

### DAY 1

- Check-in
- Race bibs, Mahasamut Trails 2026 souvenir gear and Malisa souvenir prepared by the Malisa team.



### DAY 2

- Tuk-tuk transfer to the Mahasamut Trails starting point with a light breakfast set.
- After the race, hotel transfer back to the villa and group ice bath recovery.



### DAY 3

- Breakfast at Nanta restaurant
- Check-out

## DAY ONE

### Arrival at Malisa Villa Suites

12:00 – 14:00 hrs.

Check in

Your journey begins with a warm, personalized check-in at Malisa Villa Suites. Your race bibs, Mahasamut Trail 2026 souvenir gear, and exclusive Malisa souvenirs will be prepared in your room, leaving you free to relax and unwind before your trail adventure begins.





## DAY TWO

05:30 AM

Leaving from the hotel by Malisa tuk-tuk to the trail running location

A calm early-morning departure designed for a smooth and effortless start.

Enjoy a mini take-away breakfast prepared by the Malisa team, perfect for fueling up on the way before immersing yourself in the trail running experience surrounded by nature.

06:00 AM

Registration & Mandatory Gear Check

Trail runners will undergo a mandatory equipment check to ensure safety and race readiness.

06:30 AM – 16:30 PM

Trail Running Race

From Black Rock View Point and Nai Harn Beach to Windmill View Point, Yanui Beach, Promthep Cape, Laem Krathing, Nui Beach, Kata Community Forest, Three Bays View Point, and local rubber plantations—forming a continuous narrative of sea, forest, and local life.

16:30 PM

Return to Malisa Villa Suites

Enjoy a comfortable transfer back to the hotel, allowing time to relax and unwind after a long and rewarding day of trail running.

17:00 PM

Group Ice Bath Session

A guided group ice bath experience designed to support muscle recovery, reduce fatigue, and promote relaxation after a full day of trail running, helping the body reset and recharge for the evening.

## DAY THREE

07:00 – 12:00 hrs.

**Breakfast at Nanta Restaurant or In villa breakfast**

Enjoy a leisurely breakfast at Nanta Restaurant or in the comfort and privacy of your villa, with freshly prepared dishes served at your preferred time.

12:00 hrs.

**Check out**

Prepare for a seamless and hassle-free check-out process, as our dedicated staff ensures that your departure is as smooth as your arrival.





MALISA VILLA SUITES

Instagram: @malisavillasuites  
Tiktok : @malisavillasuites  
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## MORE INFORMATION

### MAHASAMUT TRAIL 2026

#### COURSE OVERVIEW

Your adventure unfolds with an exciting glimpse of the Mahasamut Trail 2026 course map. The 24.80 km route begins and ends at Nai Harn, Phuket, guiding runners through a dynamic mix of public roads, sandy beaches, cross-country paths, lush forest trails, and challenging technical sections.

With a total elevation gain of 1,265 meters, the course passes key aid stations at Baan Chivit (A1), Karon Viewpoint (A2), and Laem Krating (A3), ensuring support along the journey. This thoughtfully designed mountain-level trail promises breathtaking coastal views, demanding climbs, and an unforgettable race-day experience starting at 6:00 am.





## RACE INFORMATION MAHASAMUT TRAIL 2026

## RACE OVERVIEW

Your preparation continues with a comprehensive overview of the Mahasamut Trail 2026 race details. The 24.80 km course features 1,265 meters of elevation gain, guiding runners across diverse terrain including asphalt roads, sandy beaches, cross-country paths, technical sections, and predominantly lush trail and forest routes.

The journey begins at Nai Harn Beach and progresses through three key aid stations: A1 – Baan Chivit (7.60 km), A2 – Karon Viewpoint (13.00 km), and A3 – Laem Krating (20.00 km), each fully equipped with essential support facilities. Cut-off times are carefully set to ensure runner safety, with the final finish cut-off at 16:00 hrs.

With detailed elevation profiles and terrain breakdown provided, this race information equips you with everything needed to strategize, pace yourself, and confidently embrace the challenges ahead.