

university or the Rama IX park on Chotana Rd. To run with the local chapters of the Hash House Harriers contact the Hash House Pub 200.E9 (Mun Muang Rd. Soi 2, Tel: 206822 Hrs. 09:00-02:00).

Horse Racing

H107 KM.5 after Lanna Gardens — west turn through arch 400 m. Saturday afternoons see Map 6 detail p.74) The army run racetrack offers legal betting, but the punters seem more interesting than the horses.

Horse Riding

The Lanna Sports Club (Riding Centre Tel: (0) 5321 7956), and the Chiang Mai Sports Club (see opposite) offer riding facilities, as does The Royal Thai Army Pack Squadron 80.B2 (H107 west side just before KM.12. Mon-Fri after 16:00; Sat-Sun all day. Needs Thai speaker.)

Mountain Bicycling

A club organises events from Thaphae Gate at 07:00 on Sunday mornings. Learn more from <www.chiangmaicycling.com>

Click and Travel 158/60 Chiang Mai- Hod Rd. T. Paded CM 50100. Tel: (0) 5320 1194. Fax: (0) 5328 1554 <www.ClickandTravelOnline.com> offers tours in the valley on good mountain bikes. Contact Travel (see 'rafting' below) arranges longer tours in season and rents out quality bikes.

Velocity (next to Novotel 169.C7 Hrs. 10:00-21:00 Tel: (0) 5341 0665 E-m: velocity@thaimail.com) rents quality bicycles. Lung Gaew Mountain Bike & Mr. Mechanic 200.E9 (both Mun Muang Soi 5) rent cheaper machines. Top Gear (Chiang Moi Rd tel: (0) 5323 3450), and Chaitawat (75/4 Ratchaphina Rd. Tel (0) 5327 9890) sell bicycles.

Rafting

Contact Travel/Thai Adventure Rafting 163.X3 73/7 Charoen Prathet Rd. CM. 50100. Tel: (0) 5327 7178, Fax: (0) 5327 9505. Pai Office (0) 5369 9111. E-mail: info@activethailand.com <www.ActiveThailand.com>

Professionally run day trips to Mae Taeng and very good overnight trips from Pai to Mae Hong Son.

Mae Sot Conservation Tour also organises raft trips on the River Mae Chaem (listing p. 199).

Shooting

3rd Dev. Battalion Range 80.C2 (H107 KM8) 09:00-18:00 Tel: (0) 5321 1828

.22-.45 calibre 30 shots 1700 Bt.

Snooker

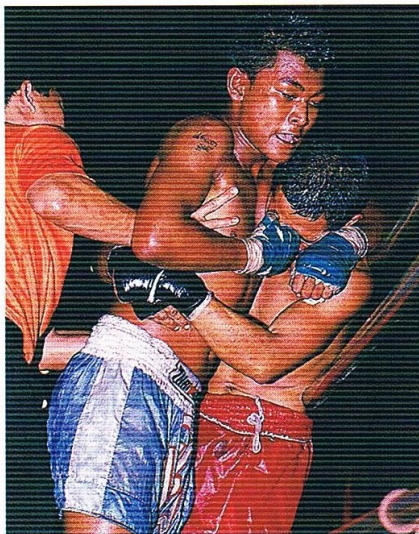
The Thaphae Place Hotel and the Kum Kaew Snooker Club (Ratwithi Rd. near the prison) have good tables for the game James Wattana popularised in Thailand.

Speedway/karting

Chiang Mai Speedway. 80.E2. 254 Mu 11, Chiang Mai-Hod Rd. H108 KM.12. Riding Hrs. 10:00-19:00. Bt. 150 for 10 min. Tel: (0) 5343 0059-60.) Beat the lap-record and celebrate at the Turkey & Steak House.

Swimming & Tennis

Several hotels including the Amari Rincome (90 Bt.), Diamond Riverside (100 Bt.), Prince Hotel (40 Bt.), Top North Guest House (50 Bt.) offer swimming/tennis to non-residents. The Chiang Mai Land Sports Club 203.H9 (hrs 09.30-21:00 Tel. (0) 5327 2821) offers swimming, tennis & aerobics to non-members. Anantasiri 168.B6 (06:00-21:00 Tel: (0) 5322 2210) offers tennis only.

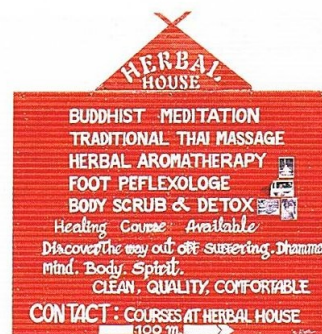


Breaking a clinch at a Thai-Myanmar bare hands' boxing tournament held at the Winter Fair in the mid 90's.

Thai Kick Boxing

Boxing bouts for tourists are put on at Chiang Mai's entertainment (barber) centres, but to see professional bouts, go to the Kawila Boxing Stadium (Kawila camp 169.E11 Every Friday 19:30hrs-24:00. Tickets 300 Bt. Tel: (0) 5320 1899 ext 101).

To seriously study the art, take a training course at Lanna Muay Thai (64/1 Soi 1, Chang Khian, Huai Kaew Rd., C.M. 50300. Tel: (0) 5389 2102) <www.lannamuaythai.com>



Pai style

Traditional Massage

Nuat Phen Boran (นวดแผนโบราณ)

A full Thai massage usually takes two hours (100-300 Bt./hour). The masseurs appreciate tips as welcome additions to their percentage of the hourly rate you pay.

International Training Massage

169.C7 17/7 Morakot Rd. 10 day courses & longer start Mondays. Tel: (0) 5321 8632 see <www.infothai.com/itm/>

Let's Relax 163 W1&Y2

Chiang Inn Plaza & Chiang Mai Pavilion, Chang Khlan Rd. Hrs. 10:00-24:00. Prices from 100bt/15min arm massage to 600 Bt/165 mins of 'heavenly relax'.

Old Medicine Hospital 169.G6

78/1 Wualai Rd. Hrs. 08:30-17:00. Long-established school offers traditional massage at 100 Bt./hour and 10 day courses twice a month. Tel: (0) 5327 5085 (E5) E-mail: thaimassageschool@hotmail.com

Suan Samoonphrai 169.C10

8 Wang Sing Kham Rd. Hrs. 08:00-22:00. Tel: (0) 5325 2716, (0)5323 2664. An original location for massage.

Thai Massage Conservation Club

168.C6 9 Ratchadamri Rd, Chang Phuak. Hrs. 08:30-09:00. Tel: (0) 5340 6017. Masseurs trained by the Thailand Caulfield Foundation for the Blind also work at several other downtown parlours.

Wang Come Massage 168.C5

301/2 Nimmanhaemin Rd. Hrs. 09:00-10:30. (G2) Tel: (0) 5322 2770.

The Diamond Riverside, the Pornping Tower and the Lotus Pang Suan Kaew are some of the hotels offering a massage service to non-resident customers.