

# Yeti Run – Race Day Program (9 May 2026)

## Early Morning

- **05:30 AM – Gathering & Blessing Ceremony**  
Traditional highland prayers and yak-bell rituals to invoke protection and strength.
- **06:00 AM – Flag-off: Migoi Life Quest (18 km)**  
Starting at Merak village, runners embark on the legendary trek to Sakteng.

## Morning

- **07:30 AM – Flag-off: Yak Echo Trail (9 km)**  
Loop run around Sakteng village, guided by the sound of yak bells.
- **08:30 AM – Flag-off: Nomad Spirit Run (5 km)**  
Family-friendly run through village trails, open to all ages.
- **09:30 AM – Flag-off: Highland Harmony Walk (1.5 km)**  
Gentle eco-run promoting sustainability and harmony with nature.

## Midday

- **11:00 AM – Cultural Showcases Begin**
  - Nomadic weaving demonstrations (brocade textiles)
  - Yak-herding displays and storytelling sessions
  - Folk dances and songs celebrating the *migoi* legend
- **12:30 PM – Community Lunch**  
Traditional nomadic cuisine served to runners, families, and visitors.

## Afternoon

- **02:00 PM – Finish Line Celebrations**  
Arrival of Migoi Life Quest runners at Sakteng village.  
Cultural performances greet participants at the finish line.
- **03:00 PM – Medal & Prize Ceremony**  
Distribution of medals, T-shirts, and awards for all categories.  
Special recognition for international participants and family groups.

## Evening

- **05:00 PM – Closing Ceremony**
  - Nomadic chants and blessings
  - Farewell speeches by organizers
  - Group photo with runners, families, and tourists
- **06:00 PM – Highland Bonfire & Storytelling**  
Final gathering around a bonfire with legends of the yeti shared by elders.

