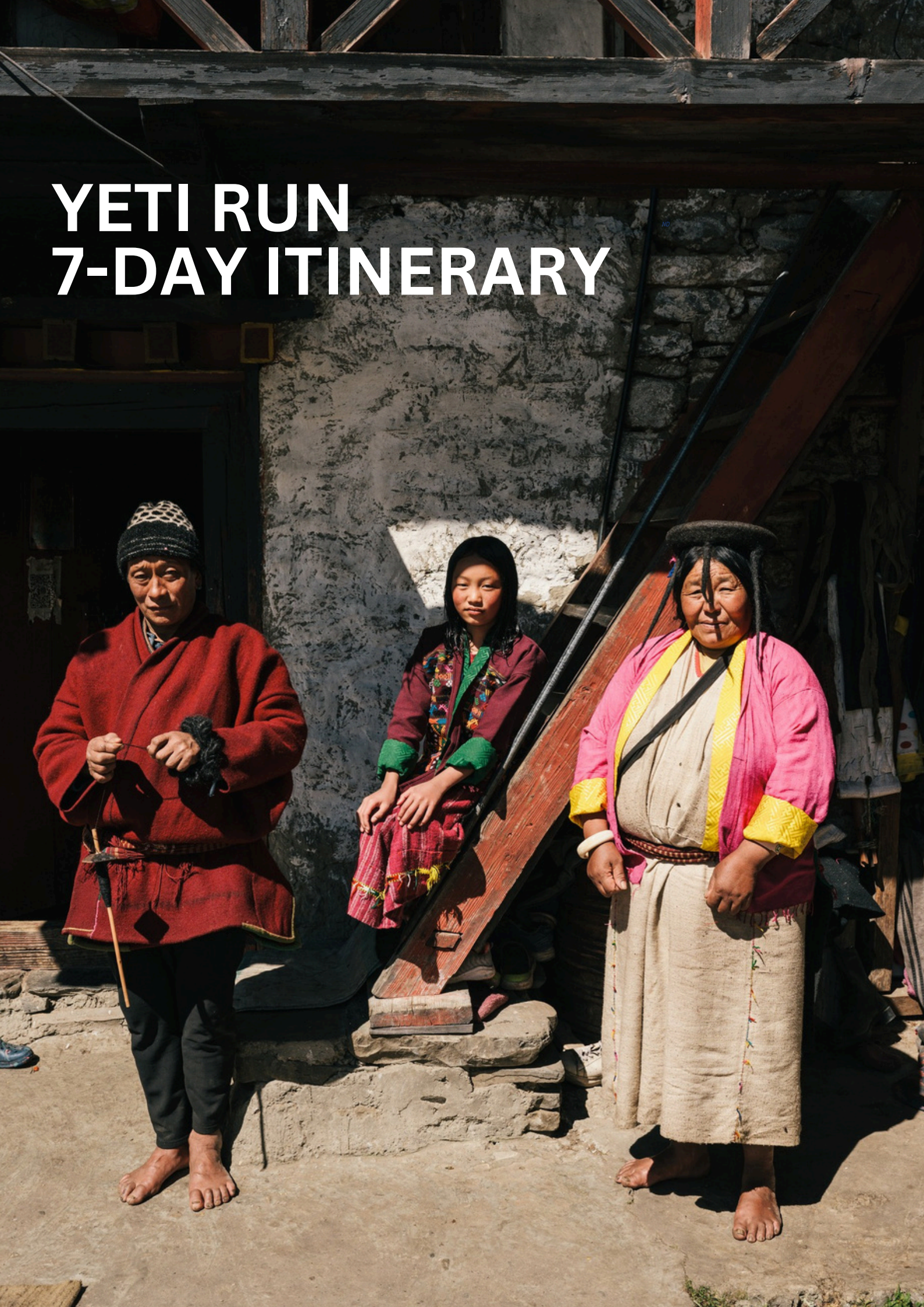


YETI RUN 7-DAY ITINERARY



Day 1: Thimphu → Bumthang

6 May

- Distance: ~270 km | Travel Time: 8–9 hrs
- Altitude: 2,334 m → 2,600 m
- Meals: Breakfast, Lunch, Dinner
- Sightseeing Highlights:
- Dochula Pass (3,100 m): 108 chortens and panoramic Himalayan views
- Wangdue & Trongsa: Visit Bhutan's largest fortress-monastery, Trongsa Dzong

Bumthang Valley: Explore Jakar Dzong, Jambay Lhakhang, and sacred temples



Day 2: Bumthang → Sakten

7 May

- Distance: ~200 km | Travel Time: 7–8 hrs
- Altitude: 2,600 m → 3,000 m
- Meals: Breakfast, Lunch, Dinner
- Sightseeing Highlights:
- Ura Valley: Traditional hamlets and terraced fields
- Mongar & Trashigang: Scenic drive through eastern Bhutan's lush valleys

Sakten Arrival: Brokpa village surrounded by rhododendron forests and alpine meadows



Day 3: Yeti Quest & Bib Collection

8 May

- Location: Sakten Village | Altitude: 3,000 m
- Meals: Breakfast, Lunch, Dinner

Activities:

- Cultural showcase: Brokpa songs, dances, and weaving traditions
- Bib & T-shirt collection at Sakten Community Hall
- Orientation and storytelling about the migoi (Bhutan's legendary yeti)



Day 4: Yeti Run Main Event

9 May

- Location: Merak (3,500 m) → Sakten (3,000 m)
- Meals: Breakfast, Lunch, Dinner

Race Categories:

- Migoi Life Quest – 18 km
- Yak Echo Trail – 9 km
- Nomad Spirit Run – 5 km
- Highland Harmony Walk – 1.5 km



Race Day Program:

- 05:30 AM: Blessing Ceremony with yak-bell rituals
- 06:00 AM – 09:30 AM: Flag-offs for all race categories
- 11:00 AM: Cultural showcases: weaving, yak-herding, folk dances
- 12:30 PM: Community lunch with traditional nomadic cuisine
- 02:00 PM: Finish line celebrations
- 03:00 PM: Medal & prize ceremony
- 04:00 PM: Closing ceremony with chants and farewell speeches
- 05:00 PM: Highland bonfire & storytelling by village elders
- 05:00 PM: Closing ceremony with group photo
- 06:00 PM: Bonfire gathering with legends of the yeti

Day 6: Sakten → Bumthang

10 May

- Distance: ~200 km | Travel Time: 7–8 hrs
- Altitude: 3,000 m → 2,600 m
- Meals: Breakfast, Lunch, Dinner
- Sightseeing Highlights:
- Scenic valleys, rivers, and forested landscapes
- Stopovers for local handicrafts and eastern Bhutanese cuisine



Day 7: Bumthang → Thimphu (Tour Ends)

11 May

- Distance: ~270 km | Travel Time: 8–9 hrs
- Altitude: 2,600 m → 2,334 m
- Drop Point: Changlimithang Stadium Parking, Thimphu
- Meals: Breakfast, Lunch

Sightseeing Highlights:

- Revisit Trongsa Dzong
- Final views from Dochula Pass
- Arrival in Thimphu for farewell dinner



Package Cost

- 7 nights × Nu. 3,900 = Nu. 27,300 per person
- (Marathon registration fees not included)

Package Inclusions

- Accommodation (twin/triple sharing)
- All meals (B/L/D)
- Private transportation
- Sightseeing and cultural programs
- Local guide services

Not Included

- Marathon registration fees
- Monument entry fees
- Personal expenses, insurance, flights