

Yeti Run & Yeti Quest festival – Cultural & Adventure Journey

Dates: 30 April – 12 May 2026 (13 Days / 12 Nights) **Eligibility:** International tourists **Pickup:** Paro International Airport **Drop-off:** Guwahati International Airport

Tour Highlights

- **Majestic Landscapes:** Tiger's Nest, Dochula Pass, Phobjikha Valley, eastern highlands.
- **Culture & Spirituality:** Dzongs, blessing ceremonies, yak-bell rituals, Buddhist heritage.
- **Textile Traditions:** Brokpaw weaving, yak-hair garments, dyeing & spinning workshops.
- **Flora & Fauna:** Rhododendron forests, alpine flowers, black-necked cranes, yaks.
- **Nomadic Life & Yeti Legend:** Brokpavillages, bonfire storytelling, Yeti Run adventure.

Detailed Itinerary

Day 1 – 30 April: Arrival in Paro

- Arrival at Paro International Airport
- Sightseeing: Rinpung Dzong, Ta Dzong (National Museum), evening stroll in Paro town
- Altitude: 2,200 m
- Overnight: Hotel in Paro



Day 2 – 1 May: Paro → Thimphu

- Morning hike: Taktsang Monastery (Tiger's Nest), altitude 3,120 m
- Afternoon drive: Paro → Thimphu (65 km | 1.5 hrs)
- Evening stroll in Thimphu city
- Altitude: 2,350 m
- Overnight: Hotel in Thimphu



Day 3 – 2 May: Thimphu Sightseeing

- Morning hike: Cheri Monastery (2–3 hrs, altitude 2,800 m)
- Afternoon sightseeing: Buddha Dordenma, Memorial Chorten, Tashichho Dzong
- Overnight: Hotel in Thimphu



Day 4 – 3 May: Thimphu → Punakha

- Drive: 75 km | 2.5 hrs via Dochula Pass (3,100 m)
- Sightseeing: Dochula Pass, Punakha Dzong, suspension bridge
- Altitude: 1,200 m
- Overnight: Hotel in Punakha



Day 5 – 4 May: Punakha → Bumthang

- Drive: 250 km | 8–9 hrs
- Sightseeing en route: Phobjikha Valley, Trongsa Dzong
- Altitude: 2,600 m
- Overnight: Hotel in Bumthang



Day 6 – 5 May: Bumthang Sightseeing

- Highlights: Jakar Dzong, Kurje Lhakhang, Tamshing Monastery, handicraft shops
- Overnight: Hotel in Bumthang



Day 7 – 6 May: Bumthang → Mongar

- Drive: ~200 km | 7–8 hrs
- Altitude: 2,600 m → 1,600 m
- Sightseeing: Ura Valley, terraced fields, mountain passes
- Overnight: Hotel in Mongar



Day 8 – 7 May: Mongar → Merak

- Drive: 150 km | 6–7 hrs
- Altitude: 1,600 m → 3,500 m
- Arrival at Merak village
- Overnight: Guesthouse in Merak



Day 9 – 8 May: Merak → Sakten (Yeti Quest Festival Opening & Bib Collection)

- Drive: Short transfer to Sakten (3,000 m)
- **Morning Festival Program:**
 - 09:30 AM – Guests seated
 - 10:00 AM – Chief Guest arrival, Chipdrel procession & Marchang offering
 - 10:30 AM – Inauguration of the Great Yeti Quest (balloon release)
 - 11:00 AM – Kengcham at Naktsang courtyard
 - 11:30 AM – Cultural programs
 - 12:00 PM – *Aypa Mypa Cham* & inauguration of Signature Portrait Park
- **Afternoon:**
 - Bib & T-shirt collection at Sakten Community Hall
 - Cultural immersion: Brokpa marriage ceremony, Yitpa making, Kesangpa trekking, Brokpa cuisine & Yeti wine tastings
- **Evening:** “Nga Lung la mi Bab” performance, karaoke under the stars
- **Overnight:** Guesthouse in Sakten



Day 10 – 9 May: Yeti Run Main Event + Festival

- Route: Merak (3,500 m) → Sakten (3,000 m)

- **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
 - 06:00–09:30 AM – Flag-offs for all race categories
 - 11:00 AM – Cultural showcases: weaving, yak-herding, folk dances
 - 12:30 PM – Community lunch with nomadic cuisine
 - 02:00 PM – Finish line celebrations
 - 03:00 PM – Medal & prize ceremony
 - 04:00 PM – Closing chants & farewell speeches
 - 05:00 PM – Highland bonfire, storytelling by elders, group photo
 - 06:00 PM – Legends of the Yeti under the stars
- Overnight: Guesthouse in Sakten



Day 11 – 10 May: Sakten Festival Extension (Full Day Program)

- **Morning:**
 - Sacred Highland Walkthrough Brokpa hamlets, prayer-flag sites, and yak pastures
 - Nomadic life demonstrations: yak-herding, butter-churning, weaving
 - Textile heritage showcase: Brokpa women's yak-hair garments & dyeing techniques
- **Afternoon:**
 - Interactive workshops: Brokpa costume dressing, Yitpa preparation
 - Culinary quest: tasting Brokpa cuisine & Yeti wine
 - Cultural exchange: dialogue circles with elders on folklore & spirituality
- **Evening:**
 - Highland music concert with folk instruments
 - Bonfire gathering: legends of the Yeti retold by elders
 - Community celebration: shared feast & farewell blessings
- Overnight: Guesthouse in Sakten



Day 12 – 11 May: Sakten → Trashigang

- Drive: 150 km | 6–7 hrs
- Altitude: 3,000 m → 1,200 m
- Sightseeing: Trashigang Dzong, local market
- Overnight: Hotel in Trashigang



Day 13 – 12 May: Trashigang → Samdrup Jongkhar → Guwahati

- Drive: 250 km | 8–9 hrs
- Drop-off: Guwahati International Airport for onward flight

Package Cost

- **Tour Price:** USD\$2,800 per person (13 days / 12 nights)
- **Basis:** Minimum group size of 10 participants

Package Inclusions

- Sustainable Development Fee (SDF) & Visa fee
- Accommodation (twin/triple sharing)
- All meals (Breakfast, Lunch, Dinner)
- Private transportation throughout the tour

- Sightseeing & cultural programs as per itinerary
- Services of an experienced local guide
- Marathon registration fees

Exclusions:

- International flight cost
- Monument entry fees
- Personal expenses, insurance, additional flights
- Tips for guide, driver, helpers

