

## The Great Yeti Run & Quest

**Dates:** 6–12 May 2026 (7 Nights / 8 Days) **Eligibility:** Bhutanese citizens & foreign nationals working in Bhutan **Pickup & Drop Point:** Changlimithang Stadium Parking, Thimphu

A journey of endurance, heritage, and myth — blending the thrill of the Yeti Run with the cultural immersion of the Yeti Quest.

### Day 1 – 6 May: Thimphu → Bumthang

- Distance: ~270 km | 8–9 hrs
- Altitude: 2,334 m → 2,600 m
- Meals: Breakfast, Lunch, Dinner
- Highlights: Dochula Pass, Trongsa Dzong, Bumthang Valley temples



### Day 2 – 7 May: Bumthang → Sakten

- Distance: ~200 km | 7–8 hrs
- Altitude: 2,600 m → 3,000 m
- Meals: Breakfast, Lunch, Dinner
- Highlights: Ura Valley, Mongar & Trashigang valleys, arrival in Sakten



### **Day 3 – 8 May: Yeti Quest Festival & Bib Collection**

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

#### **Morning Program (Festival Opening):**

- 09:30 AM – Guests seated
- 10:00 AM – Arrival of Chief Guest, Chidrel 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* (Abi Maymay Cham) & inauguration of Signature Portrait Park

#### **Afternoon Program (Festival + Runner Activities):**

- Bib & T-shirt collection at Saktien Community Hall
- Cultural immersion: traditional Brokpa marriage ceremony, Yitpa making, Kesangpa trekking, Brokpa cuisine & Yeti wine tastings
- Evening: “Nga Lung la mi Bab” performance, karaoke under the stars

**Note:** All runners are invited to join the Yeti Quest Festival alongside bib collection.



#### **Day 4 – 9 May: The Yeti Run & Festival**

- Route: 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
- 06:00–09:30 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

**Note:** After completing their race, all runners rejoin the Yeti Quest Festival for cultural programs and bonfire storytelling.



### Day 5 – 10 May: Sakten Festival Extension

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

#### Day Program:

- Morning:
  - Guided village walks through Brokpa hamlets
  - Demonstrations of yak-herding and weaving traditions
- Afternoon:
  - Interactive workshops: Brokpa costume dressing, Yitpa preparation
  - Local food & wine tasting sessions
- Evening:
  - Highland music concert featuring Brokpa folk instruments
  - Bonfire gathering with legends of the Yeti retold by village elders

**Note:** This additional day allows runners and guests to rest, recover, and immerse themselves deeper into Brokpa heritage.



## Day 6 – 11 May: Sakten → Bumthang

- Distance: ~200 km | 7–8 hrs
- Altitude: 3,000 m → 2,600 m
- Meals: Breakfast, Lunch, Dinner
- Highlights: Scenic valleys, rivers, handicraft stopovers, eastern Bhutanese cuisine



## Day 7 – 12 May: Bumthang → Thimphu (Tour Ends)

- Distance: ~270 km | 8–9 hrs
- Altitude: 2,600 m → 2,334 m
- Meals: Breakfast, Lunch
- Highlights: Trongsa Dzong revisit, Dochula Pass views, farewell dinner in Thimphu



### 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 & cultural programs
- Local guide services

### Not Included:

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