

Yeti Run Bhutan – 6Day Cultural & Adventure Itinerary

Event Dates: 7–12 May 2026 **Eligibility:** Indian nationality **Entry/Exit Point:** Guwahati Airport via Samdrup Jongkhar

Day 1 – 7 May: Guwahati → Samdrup Jongkhar

- **Distance:** ~110 km | 3–4 hrs
- **Altitude:** ~55 m → 250 m
- **Meals:** Lunch, Dinner
- **Highlights:**
 - Cross the IndoBhutan border at Samdrup Jongkhar
 - Explore local markets and temples in the gateway town
- **Overnight:** Hotel in Samdrup Jongkhar



Day 2 – 8 May: Samdrup Jongkhar → Sakten (Yeti Quest Festival Opening)

- **Distance:** ~250 km | 9–10 hrs
- **Altitude:** 250 m → 3,000 m
- **Meals:** Breakfast, Lunch, Dinner
- **Sightseeing En Route:**
 - Deothang & Khaling: Scenic hill climbs and weaving centers
 - Trashigang Town: Eastern Bhutan's cultural hub
- **Arrival in Sakten:** Brokpa village surrounded by alpine meadows and rhododendron forests

Festival Program (Afternoon & Evening):

- Bib & Tshirt 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 3 – 9 May: Yeti Run Main Event + 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 yakbell rituals
- 06:00–09:30 AM – Flagoffs for all race categories
- 11:00 AM – Cultural showcases: weaving, yakherding, folk dances
- 12:30 PM – Community lunch with nomadic cuisine
- 02:00 PM – Finish line celebrations
- 03:00 PM – Medal & prize ceremony
- 05:00 PM – Closing ceremony with chants & farewell speeches
- 06:00 PM – Highland bonfire & storytelling by village elders

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

- **Overnight:** Guesthouse in Sakten



Day 4 – 10 May: Sakten Festival Extension (Full Day Program)

- **Meals:** Breakfast, Lunch, Dinner

Morning:

- Sacred Highland Walk through Brokpa hamlets, prayerflag sites, and yak pastures
- Nomadic life demonstrations: yakherding, butterchurning, weaving
- Textile heritage showcase: Brokpa women's yakhair 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 5 – 11 May: Saktien → Trashigang

- **Distance:** ~65 km | 3–4 hrs
- **Altitude:** 3,000 m → 1,500 m
- **Meals:** Breakfast, Lunch, Dinner
- **Highlights:**
 - Scenic descent through highland trails
 - Visit Trashigang Dzong and riverside viewpoints
- **Overnight:** Hotel in Trashigang



Day 6 – 12 May: Trashigang → Samdrup Jongkhar → Guwahati Airport

- **Distance:** ~360 km | 10–11 hrs
- **Altitude:** 1,500 m → 55 m
- **Meals:** Breakfast, Lunch
- **Highlights:**
 - Drive through lush valleys and hill passes
 - Border exit at Samdrup Jongkhar
 - Transfer to Guwahati Airport for onward travel



Package Cost

- **6 nights × Rs. 5,100 = Rs. 30,600 per person** (*Excludes marathon registration fees and personal expenses*)

Package Inclusions

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

Not Included:

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