

YETI RUN 5-DAY ITINERARY

ND



Day 1: Guwahati → Samdrup Jongkhar

7 May

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



Day 2: Samdrup Jongkhar → Sakten

8 May

- Distance: ~250 km | Travel Time: 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



Day 3: 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
- 06:00–09:30 AM: Flag-offs for all race categories
- 11:00 AM: Cultural showcases: weaving, yak-herding, folk dances
- 12:30 PM: Community lunch
- 02:00 PM: Finish line celebrations
- 03:00 PM: Medal & prize ceremony
- 05:00 PM: Closing ceremony
- 06:00 PM: Highland bonfire & storytelling

Day 4: Sakten → Trashigang

10 May

- Distance: ~65 km | Travel Time: 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 stay in Trashigang



Day 5: Trashigang → Samdrup Jongkhar → Guwahati Airport

11 May

- Distance: ~360 km | Travel Time: 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

- 5 nights × Rs. 5,100 = Rs. 25,500 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