

# YETI RUN BHUTAN

12-Day Cultural & Adventure  
Itinerary



## Yeti Run Bhutan – Tour Highlights

### Majestic Mountains & Landscapes

- Journey across Bhutan’s dramatic valleys, alpine meadows, and highland passes.
- Iconic hikes to **Tiger’s Nest Monastery** and **Cheri Monastery**, with panoramic Himalayan views.
- Scenic drives through **Dochula Pass**, **Phobjikha Valley**, and the remote eastern highlands.

### Bhutanese Culture & Spirituality

- Explore ancient dzongs (fortresses) like **Punakha Dzong**, **Trongsa Dzong**, and **Trashigang Dzong**.
- Participate in blessing ceremonies, folk dances, and yak-bell rituals.
- Experience Buddhist heritage through monasteries, chortens, and prayer flags.

### Textile Traditions & Handicrafts

- Discover Bhutan’s vibrant weaving culture in Bumthang and Sakten.
- Witness Brokpa women’s unique textiles and yak-hair garments.
- Learn about traditional dyeing, spinning, and weaving techniques passed down generations.

### Flora & Fauna

- Encounter rhododendron forests, alpine flowers, and terraced fields.
- Spot black-necked cranes in Phobjikha Valley and yaks in the highlands.
- Immerse in pristine biodiversity across Bhutan’s eastern wilderness.

### Nomadic Life & Yeti Legend

- Stay in villages of the **Brokpa nomads**, guardians of ancient traditions.
- Share stories around bonfires, taste nomadic cuisine, and join community celebrations.
- Experience the **Yeti Run**, blending athletic adventure with folklore of the legendary *migoi*.

## Yeti Run Bhutan – 12-Day Cultural & Adventure Itinerary

**Event Dates:** 30 April – 11 May 2026 **Eligibility:** International tourists **Pickup:** Paro International Airport **Drop-off:** Guwahati International Airport

## Day 1 – 30 April: Arrival in Paro

- Arrival: Paro International Airport
- Sightseeing: Rinpung Dzong, Ta Dzong (National Museum), evening stroll in Paro town.
- Altitude: 2,200 m
- Drive Hours: Local sightseeing only
- Overnight: Hotel in Paro



## Day 2 – 1 May: Paro → Thimphu

- Morning Hike: Taktsang Monastery (Tiger's Nest) – 4–5 hrs hike, altitude 3,120 m.
- Afternoon Drive: Paro to Thimphu (65 km | 1.5 hrs).
- Sightseeing: 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 hike, altitude 2,800 m.
- Afternoon Sightseeing: Buddha Dordenma, Memorial Chorten, Tashichho Dzong.
- Drive Hours: Local sightseeing only
- 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 (108 chortens), Punakha Dzong, suspension bridge.
- Altitude: 1,200 m (Punakha valley)
- Overnight: Hotel in Punakha



## Day 5 – 4 May: Punakha → Bumthang

- Drive: 250 km | 8–9 hrs.
- Sightseeing En Route: Phobjikha Valley (2,900 m), Trongsa Dzong.
- Altitude: Bumthang valley at 2,600 m.
- Overnight: Hotel in Bumthang



## Day 6 – 5 May: Bumthang Sightseeing

- Highlights: Jakar Dzong, Kurje Lhakhang, Tamshing Monastery, handicraft shops.
- Altitude: 2,600 m
- Drive Hours: Local sightseeing only
- Overnight: Hotel in Bumthang



## Day 7 – 6 May: Bumthang → Mongar

- Drive: ~200 km | 7–8 hrs.
- Altitude: 2,600 m → 1,600 m.
- Sightseeing En Route: 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.
- Sightseeing: Scenic drive through eastern Bhutan valleys, arrival at Merak village.
- Overnight: Guesthouse in Merak



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

- Drive: Short transfer to Sakten (3,000 m).
- Activities:
  - Cultural showcase: Brokpa songs, dances, weaving traditions.
  - Bib & T-shirt collection at Sakten Community Hall.
  - Orientation and storytelling about the legendary migoi (yeti).
- Meals: Breakfast, Lunch, Dinner
- Overnight: Guesthouse in Sakten



## Day 10 – 9 May: Yeti Run Main Event

- 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 ceremony with chants & farewell speeches
  - 05:00 PM: Highland bonfire & storytelling by village elders
  - 06:00 PM: Bonfire gathering with legends of the yeti
- Overnight: Guesthouse in Sakten

## Day 11 – 10 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 12 – 11 May: Trashigang → Samdrup Jongkhar → Guwahati

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



## **Package Cost**

- **Tour Price:** USD \$2,680 per person (12 days)
- **Basis:** Price calculated on a minimum group size of **10 participants**

## **Package Inclusions**

- Sustainable Development Fee (SDF) & Visa fee
- Accommodation on twin/triple sharing basis
- All meals (Breakfast, Lunch, Dinner)
- Private transportation throughout the tour
- Sightseeing and cultural programs as per itinerary
- Services of an experienced local guide
- Marathon registration fees

## **Exclusions**

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