

PROGRAM YETI MARATHON NEPAL

DATE	Day	Yeti Marathon Full with Pisang Peak	Yeti Marathon Full	Yeti Marathon Half Marathon
15-oct	1	Arrival at Kathmandu 1,400 m Welcome by Makalu Adventure Member and direct transfer to Thamel Eco resort. City Tour and folk dinner. Bed & Breakfast	Arrival at Kathmandu 1,400 m Welcome by Makalu Adventure Member and direct transfer to Thamel Eco resort. City Tour and folk dinner. Bed & Breakfast	Arrival at Kathmandu 1,400 m Welcome by Makalu Adventure Member and direct transfer to Thamel Eco resort. City Tour and folk dinner. Bed & Breakfast
16-oct	2	Drive to Besishar 6/7. Overnight at Lodge. (Breakfast, Lunch, Dinner)	Drive to Besishar 6/7. Overnight at Lodge. (Breakfast, Lunch, Dinner)	Drive to Besishar 6/7. Overnight at Lodge. (Breakfast, Lunch, Dinner)

17-oct	3	<p>Drive by local jeep from Besisahar to Danaku (2,250m) overnight at Lodge.(Breakfast, Lunch, Dinner). Visit to spring waters in Jagat. 5kms training run and stretching session</p>	<p>Drive by local jeep from Besisahar to Danaku (2,250m) overnight at Lodge.(Breakfast, Lunch, Dinner). Visit to spring waters in Jagat. 5kms training run and stretching session</p>	<p>Drive by local jeep from Besisahar to Danaku (2,250m) overnight at Lodge.(Breakfast, Lunch, Dinner). Visit to spring waters in Jagat. 5kms training run and stretching session</p>
18-oct	4	<p>Drive by local jeep Danaku to Pisang (3,200m) – Stop for Lunch at Chame and overview the finish Point, then drive ahead to Piang for overnight at Lodge. (Breakfast, Lunch, Dinner). 5kms training run and stretching session.</p>	<p>Drive by local jeep Danaku to Pisang (3,200m) – Stop for Lunch at Chame and overview the finish Point, then drive ahead to Piang for overnight at Lodge. (Breakfast, Lunch, Dinner). 5kms training run and stretching session.</p>	<p>Drive by local jeep Danaku to Pisang (3,200m) – Stop for Lunch at Chame and overview the finish Point, then drive ahead to Piang for overnight at Lodge. (Breakfast, Lunch, Dinner). 5kms training run and stretching session.</p>

19-oct	5	Trek Pisang – Manang (3,540m) 5/6 hours. Overnight at Lodge.(Breakfast, Lunch, Dinner). Race circuit review	Trek Pisang – Manang (3,540m) 5/6 hours. Overnight at Lodge.(Breakfast, Lunch, Dinner). Race circuit review	Trek Pisang – Manang (3,540m) 5/6 hours. Overnight at Lodge.(Breakfast, Lunch, Dinner). Race circuit review
20-oct	6	Manang to Siri Karka (4550) 3/4 hrs. (Breakfast, Lunch, Dinner) Stretching session	Manang to Siri Karka (4550) 3/4 hrs. (Breakfast, Lunch, Dinner) Stretching session	Manang to Siri Karka (4550) 3/4 hrs. (Breakfast, Lunch, Dinner) Stretching session
21-oct	7	Sri Kharka to Tilicho Base Camp (4120) ¾ hrs	Sri Kharka to Tilicho Base Camp (4120) ¾ hrs	Sri Kharka to Tilicho Base Camp (4120) ¾ hrs
		(Breakfast, Lunch, Dinner) Stretching session	(Breakfast, Lunch, Dinner) Stretching session	(Breakfast, Lunch, Dinner) Stretching session

22-oct	8	Option: Visit Tilichi Lake and Back to Sri Kharka (6/7 Hrs)	Option: Visit Tilichi Lake and Back to Sri Kharka (6/7 Hrs)	Option: Visit Tilichi Lake and Back to Sri Kharka (6/7 Hrs)
		Option: Trek Back to Sri Kharka (2 Hrs)	Option: Trek Back to Sri Kharka (2 Hrs)	Option: Trek Back to Sri Kharka (2 Hrs)
23-oct	9	15 Minutes walk to the Stating Point.	15 Minutes walk to the Stating Point.	Drive to the Stating Point.
		Start FULL MARATHON from Sri Kharka Monastery (and finish at Chame (.....) overnight Lodge. (Breakfast, Lunch, Dinner)	Start FULL MARATHON from Sri Kharka Monastery (and finish at Chame (.....) overnight Lodge. (Breakfast, Lunch, Dinner)	Start FULL MARATHON from Sri Kharka Monastery (and finish at Chame (.....) overnight Lodge. (Breakfast, Lunch, Dinner)

24-oct	10	Drive to Pisang and Trek to Pisang Base Camp (4380m) – Equipment Training	Drive to from Chame to Kathmandu	Drive to from Chame to Kathmandu
25-oct	11	Base Camp to High Camp (5400m) – Rope Training	Transfer to airport or optional as per your preference	Transfer to airport or optional as per your preference
26-oct	12	Summit Pisang Peak (6,091m), Back to Base Camp.		
27-oct	13	Trek to Pisang – Drive to Besisahar		

28-oct	14	Early Morning Drive from Besisahar to Kathmandu		
29-oct	15	Transfer to airport or optional as per your preference		