

Itinerary - First International Red Panda Trail Race 2024

Please note: Program activities and schedules may need to change due to local circumstances. In the event of a change, your Trip Leader will alert you as quickly as possible. Thank you for your understanding.

September 15: Arrive in Kathmandu (1350 meters) and transfer to Hotel

We count only after this day

Day 1, September 16: Kathmandu Sightseeing tour

Meet with the tour guide in the morning and do a trip debriefing. After breakfast, a guided hike in [Shivapuri Narjun National Park](#) followed by lunch. Then do cultural sightseeing at either [Patan Durbar Square](#) or [Swayambhu Monkey Temple](#). Welcome dinner in the evening and overnight stay at a hotel in Kathmandu.

Day 2, September 17: Fly from Kathmandu to Bhadrapur and then drive to Ilam

Enjoy a 45-minute flight to Bhadrapur Airport (96 m), with spectacular views of the Himalayas (possibly Mount Everest and the Mahalangur Range). Then travel by road (approximately 4 hours) and drive through beautiful tea gardens and rural villages. Enjoy an overnight stay at a hotel in Ilam.

Day 3, September 18: Drive to Phungling Taplejung

After breakfast, leave Ilam and drive to Phidim, Panchthar, and have lunch there. Continue a 4-hour comfortable road ride to reach Phungling, Taplejung. It's a scenic drive through the beautiful green hills, dense forests, rivers, and Nepalese villages. Enjoy an overnight stay at a hotel in Phungling, Taplejung.

Day 4 & Day 5, September 19 & 20: Rest, acclimatize and practice Mock Race

Early morning, start a light 1-hour hike, accompanied by runners from [Mira Rai Initiative](#), to reach Himalayan Habre Center (near Deurali - the start point of the actual trail race).

Himalayan Habre Center is your night-stay place for the next three nights.

For two days, take a rest to acclimatize, relax, and participate in a mock race to get a feel for the trail and the altitude.

Day 6, September 21: Participate in the first International Red Panda Trail Race

Participate in the International Red Panda Trail Race. The trail will take you through stunning landscapes, challenging landscapes, forests, and breathtaking views of the Himalayas. Celebrate race completion and have a farewell dinner in the evening. Overnight stay at Himalayan Habre Center, Taplejung.

Day 7, September 22: Travel back to Kathmandu

Early morning drive to Bhadrapur Airport (9 hours) from Taplejung to Bhadrapur. Then take an evening flight to Kathmandu (45 minutes).