



## The Real Runners Tour from Shanghai

### TOUR

April 5 – 8, 2018  
2.5 nights in the DPRK

### OVERVIEW

For the dedicated runners - get your PB in PY!

This tour departing from Shanghai is ideal for the real runners among you who are looking to join the Pyongyang Marathon without many additional sightseeing activities. By joining this tour you will find enough time to relax, get some last training runs and enough carbs before the race. The ideal weekend break for those wanting to tick another marathon off their list.

### HIGHLIGHTS

- PYONGYANG MARATHON!
- Time for Training Runs and Relaxation in Pyongyang's Water park
- Pyongyang City Highlights

*Please note that the itinerary may differ slightly to what is below but your tour leader will do their best to ensure that as much is covered as possible and will also add in extras when there is time such as a visit to a local bar or a funfair. We visit the DPRK regularly and know all the best places to go to make your trip even more unique. We will make the most of your time in the DPRK to guarantee the experience of a lifetime.*

**The Experts in Travel to Rather Unusual Destinations.**

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27 Bei Sanlitun Nan, Chaoyang District, 100027, Beijing, China

## DAILY ITINERARY

### APRIL 5 – THURSDAY (BRIEFING & DEPARTURE DAY)

#### PM

- **Meet your Koryo Tours tour guide and fellow travelers at Shanghai Pudong Airport for a pre-tour briefing and check-in (Air Koryo check-in desk in Terminal 1 @ 21:00) for your late night flight to Pyongyang.** This briefing will last approximately one hour and designed so that you will get the most out of your tour. It will cover travel etiquette, safety, and practicalities for travel in the DPRK. Have your last minute questions answered and meet your fellow travelers.

### APRIL 6 – FRIDAY (ARRIVAL IN PYONGYANG)

#### AM

**Early morning arrival at Sunan Airport, Pyongyang and transfer to hotel for breakfast**

- **Group run on Sports Street** - easy training run along the capital's Sports Street which is dedicated to sports - you'll be passing various gymnasiums and you might even see Korean runners training for the race (*optional - you may also stay in the hotel*).
- **Back to the hotel for showers and lunch**

#### PM

- **Pyongyang Metro Tour** - One of the deepest metro systems in the world with stunning artwork reflecting the name of each station. Ride six stations on the Chollima Line.
- **Golden Lanes Bowling Centre** - Where Pyongyang locals go for their ten-pin fix (*2.5 EUR per person per game*). Also has billiards and arcade games. Non-bowlers can head next door to the **Kumrung Leisure Centre** for an air gun shooting range (*approximately 6 EUR per 20 round cartridge*) and some of the best coffee in Pyongyang.
- **Dinner and back to the hotel for an early night**

#### OVERNIGHT

**The Sosan Hotel** - A sports-themed hotel located in West Pyongyang's Sports Village. Sport shop, bookstore, numerous bars, spa and small gym. Renovated in 2015.

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## APRIL 7 – SATURDAY (PYONGYANG CITY TOUR)

### AM

- **Sleep in and short, easy training run on Sports Street (optional)**
- **Mansudae Fountain Park** - The historic centre of Pyongyang popular with local citizens after school and on weekends. Flanked by examples of ancient, socialist, and modern architecture.
- **Mansudae Grand Monument** - Enormous bronze statues of President Kim Il Sung and Leader Kim Jong Il overlooking downtown Pyongyang. A presentation of flowers and bow by the group is customary here (5 EUR). Here we will also see the **Chollima Monument**, or 'thousand *ri* (400 km or 250 mile) horse' - a symbol of speed - commemorating the quick rebuilding of the country in the 1950's following the Korean War.
- **Kim Il Sung Square** - Pyongyang's central square lined with government ministries, museums, and The Grand People's Study House.
- **Foreign Languages Bookshop** - Store selling Korean publications translated into English, German, French, Russian, Chinese, and Spanish. Also pick up DVDs, postcards, and small works of art.

### PM

- **Munsu Water Park** - We'll relax in the indoor water park with water slides, lap pools, and hot tubs. Bar, coffee shop, and shops for non-swimmers (*Entry fee 2 EUR; swimming fee- 10 EUR with suit rental; tennis- 5 EUR*).
- **Pizza Restaurant** - Dinner at one of Pyongyang's Italian eateries (there are three). *Spaghetti and Pizza available, dishes range between 5-12 EUR each.*

### OVERNIGHT

Sosan Hotel, Pyongyang.

## APRIL 8 – SUNDAY (PYONGYANG MARATHON)

*The big event! The Pyongyang Marathon 2018!*

### AM

- **The 2018 Pyongyang Marathon** – this is your chance to run the streets of Pyongyang in the DPRK's largest annual sports event!

Join the Full Marathon, Half Marathon, 10km or 5km race — all of which follow a return course that starts and ends in Kim Il Sung Stadium in front of a 50-000-strong capacity crowd of local Koreans.

The full route, which has been certified by the IAAF, leads right through the city centre, past a number of iconic landmarks, and then out into Pyongyang's less urban districts. Don't miss this incredible opportunity to see more of the capital and interact with people along the course. Prizes are available for the winners of each race.

- **Shower, resting time and lunch** - After the ending ceremony of the marathon we'll be heading back to the hotel to recharge, shower and rest

### PM

- **Ryugyong Health Complex** - Opened in 2012 and comprising an indoor ice-skating rink, various gymnasias and saunas, restaurants, riverside seating, and an outdoor roller-skating area (very popular with local kids on weekends and holidays) we'll visit for some post-marathon leisure time.
- **Mansugyo Beer Bar** - A local beer bar serving seven types of local beer (0.50 -1 EUR per beer). Popular with locals after work and on weekend - we'll have some well-deserved local brew here!

### *Departure*

After our farewell dinner we'll head to Pyongyang airport for our **flight back to Shanghai Pudong Airport** with scheduled departure at 9:40pm and arrival in Shanghai at 11:30pm.

### End of Tour

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## TOUR PACKAGE

### INCLUDED

- Return Flight Shanghai (Pudong) – Pyongyang – Shanghai (Pudong)
- All meals on the tour
- Hotel accommodation
- A Koryo Tours tour leader, two local Korean guides, and a driver per group
- All transportation in the DPRK

### NOT INCLUDED

- Marathon race fees - to be paid in cash (clean USD notes only) before the race in Pyongyang, amounts are 5 km or 10 km: \$70 USD / Half Marathon: \$100 USD / Full Marathon: \$150 USD
- DPRK visa fee
- Optional single room supplement
- Tips for the local Korean guides and driver
- Optional activities such as the lift up the Juche Tower (5 EUR) or a visit to the funfair (approx. 2 EUR entrance fee per person)
- Entry tickets for special events if applicable – for example Pyongyang Circus (approx. 20 EUR per person)
- Meals include a complimentary beer and water, but you will need to purchase extra drinks if needed
- Spending money for souvenirs

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## ADDITIONAL NOTES

- Groups will be in the experienced hands of two or three local Korean guides. Furthermore, for groups of 10 or more, a member of the Koryo Tours team will accompany the trip.
- Please note that when on tour your day-to-day itinerary may differ to what is advertised above. Your tour leader will ensure, however, that everything available at the time is covered, and replacement options are provided where needed. We will also add in extras when there is time (such as a visit to a local bar or amusement park).
- We visit the DPRK regularly so know all the best places to go, and how to make the most of your days there to guarantee the experience of a lifetime.
- After the tour, we will send out a list of all participants' emails so you can keep in touch, swap photos etc. If you do not wish to be on this list then please let us know.

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