



5 Night Marathon Tour from Beijing

TOUR

April 6 – 11/12, 2017
5 nights in the DPRK + 1 on the train

OVERVIEW

The perfect tour for everyone wanting to run in the Pyongyang Marathon and also see a bit more of the country.

Once again, Koryo Tours is excited to offer the chance for amateur runners to take part in the Pyongyang Marathon 2017!

This race can be run either as a full marathon or as a half marathon. There is also a 10km race.

Hundreds of local runners take part as well as some elite foreign runners. Anyone taking part in this tour who wants to watch the marathon instead of take part in it is more than welcome to do so. There will be local football matches taking place in Kim Il Sung stadium after the start of the race, you can be there for this too!

As well as the Pyongyang Marathon and a comprehensive city tour of Pyongyang, this tour will get you outside the capital and down to the DMZ, where North and South Korea continue their decades-old face-off. You'll also visit the lively town of Pyongsong, where you can jump in on an English Language class at Kim Jong Suk Middle School and see a performance by talented young pupils at Pyongsong Conservatory of Performing Arts.

HIGHLIGHTS

- PYONGYANG MARATHON!
- Pyongyang City Tour
- Kaesong / DMZ Tour
- Pyongsong

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.

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DAILY ITINERARY

APRIL 5 – WEDNESDAY (BRIEFING DAY)

AM

- *Recommended latest arrival in Beijing.*

PM

- **Time TBC: Our group assembles for a pre-tour group briefing at the Koryo Tours office in Beijing.** 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. *Please be punctual - you can come early, pay any outstanding tour fees and browse our collection of Korean art.*

Overnight: *Hotel in Beijing not included in the tour. Contact us for recommendations near our office!*

APRIL 6 – THURSDAY (ARRIVAL IN PYONGYANG)

AM

- **Free bus** from the Koryo Tours office to Beijing Capital Airport Terminal 2. *Exact time TBC at the pre-tour briefing. Alternatively meet the group at the Air Koryo check-in counter.*

PM

- Flight departure from Beijing on **Air Koryo flight JS252** at 2pm. *A 1.5 hour flight with basic lunch (no vegetarian option).*
- **Arrival to Pyongyang's Sunan International Airport (FNJ)** at TBC time. DPRK immigration and customs, meet your Korean guides, and transfer to the city.
- **Arch of Triumph** - A massive archway made for the 70th anniversary of the birth of President Kim Il Sung in 1982 and commemorating the liberation of Korea from Japanese colonial rule in 1945. Larger than its counterpart in Paris.
- **Mansudae Fountain Park** -The historic centre of Pyongyang popular with local citizens after school and one weekends. Flanked by examples of ancient and modern architecture from different eras.

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- **Mansudae Grand Monument** - Enormous bronze statues of President Kim Il Sung and Leader Kim Jong Il overlooking the centre of Pyongyang. A presentation of flowers and bow by the group is customary here. See the nearby **Chollima Monument** of a mythical horse said to be able to run a 'thousand *li* (400 km or 250 miles)'. The Chollima was symbol of the movement to rebuild the country following the devastation of the Korean War and today has come to represent speed and quality.

OVERNIGHT

Yanggakdo International Hotel, Pyongyang - home away from home for most (but not all!) foreign visitors to Pyongyang, this 47-story hotel is located on an island in the middle of the Taedong River and offers great views of the city. Comfortable rooms and comprehensive leisure facilities: swimming pool, spa, billiards, bowling, gift shops, tea houses, beer brewed on-site, and a Chinese-run casino.

APRIL 7 – FRIDAY (KAESONG CITY & DMZ TOUR)

AM

- Drive 160 km south the 'Reunification Highway' to **Kaesong**, historic capital of the Koryo Dynasty (918-1392) and today located near the Korean Demilitarised Zone. *2.5 hour drive*.
- **Panmunjom Armistice Village and DMZ** - The site of the signing of the 1953 armistice that ended the Korean War and demarcation line between north and south. On some days it is possible to visit the hut straddling the line, where negotiations between both sides once took place. Here we will be accompanied by military guides from the Korean People's Army.
- **Kaesong Koryo Museum** - Once the Songgyung Academy, a Confucian school, and now a museum on the Koryo Dynasty exhibiting historical objects, statues, pagodas, and porcelain from that era. A UNESCO World Heritage Site.
- **Kaesong Korean Stamp Exhibition Hall** - Store selling stamps, postcards, local *ginseng*, souvenirs, art, and more! One of the best postcard collections in the country and friendly staff.
- **Traditional Royal Korean Lunch (*pangsanggi*)** - A meal made of 12 dishes served in brass bowls fit for the kings of old. The more dishes, the more distinguished the guest! Traditional Korean 'sweet meat soup' is an option here (*5 EUR*).

PM

- Drive back to Pyongyang. *2.5 hours*.

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- **Golden Lane 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 airgun shooting range (*approximately 6 EUR per 20 round cartridge*) and some of the best coffee in Pyongyang.

OVERNIGHT

Yanggakdo International Hotel, Pyongyang.

APRIL 8 – SATURDAY (PYONGSONG CITY TOUR)

AM

- Drive north to **Pyongsong**, a satellite city of Pyongyang and centre of scientific research. *A 45 minute to 1 hour drive.*
- **Pyongsong Arts School** - local school focusing on talents in the performing and visual arts, see an excellent performance here.
- **Kim Jong Suk Higher Middle School** - One of the DPRK's top middle schools for gifted students, tourists are encouraged to help teach an English class!

PM

- **Paeksong Revolutionary Site** - Location of Kim Il Sung University during the Korean war. Tour the old classrooms and hear about how students lived during the war.
- Drive back to Pyongyang. *45 minutes to an hour*
- **Maeri Shooting Range** - Shoot at targets with low caliber sports pistols and rifles in the facility that trained Olympic medalists. Pay by the bullet (*0.50 -1 EUR*) depending on the type of gun and target.
- **Optional screening of *Comrade Kim Goes Flying***, a DPRK film about a young rural coal miner, Kim Yong Mi, who dreams of becoming a trapeze artist at the Pyongyang Circus. Her plans are complicated by the arrogant trapeze star Pak Jang Phil who believes miners belong underground and not in the air. North Korea's first "girl power" movie about a young woman achieving her dreams. Produced and directed by a British, Belgian, and Korean team. The film is 78 minutes long and will be shown at the **Pyongyang International House of Cinema**, a short distance from our hotel. (100 RMB entry fee). A Koryo Tours Exclusive!

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OVERNIGHT

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APRIL 9 – SUNDAY (PYONGYANG MARATHON)

The big event! The Pyongyang Marathon!

AM

- **The 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 or 10km 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. The route for 2017 is a first for this race, and takes in more parts of the city than ever before. 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.

PM

- **Walk in the city centre** – After lunch and a rest at the hotel, we'll continue the tour with a walk in the city centre to cool down.
- **Local Beer Bar** - Relax at a local bar to wrap up an exciting day.

OVERNIGHT

Yanggakdo International Hotel, Pyongyang.

APRIL 10 – MONDAY (PYONGYANG CITY TOUR)

AM

- **Mangyongdae Native House** - Birthplace and childhood home of President Kim Il Sung. A traditional Korean house in what is today a quiet suburban park.
- **Tower of the Juche Idea** - The tallest stone monument in the world and dedicated to the DPRK's guiding philosophy. Take the elevator to the top (5 *EUR ticket*) for a panoramic view of Pyongyang.

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- **Monument to the Party Foundation** – Iconic stone hammer, sickle, writing brush representing the workers, farmers, and intellectuals which make up the Worker's Party of Korea.
- **Kim Il Sung Square** - Pyongyang's central square lined with government ministries, museum and The Grand People's Study House.
- **Foreign Languages Bookshop** - Store selling Korean publications translated into English, German, French, Russian, Chinese, Spanish, and Arabic.

PM

- **Pyongyang Metro Tour** - One of the deepest metro systems in the world with artwork reflecting the name of each station. Ride six stations on the Chollima Line.
- **Victorious Fatherland Liberation War Museum** - World-class museum exhibiting the DPRK perspective of the Korean War with artifacts, documents, photos, and lifelike dioramas. The exterior grounds house the **War Victory Monument** and captured equipment from the US military, including the **USS Pueblo**. Central to understanding the country today.
- **Taedonggang Bar No. 3** - Upscale bar across the street from the Tower of the Juche Idea. There are a variety of beers on tap produced at Pyongyang's Taedonggang Brewery outside of town (2-2.5 EUR per glass).
- Farewell group dinner at South Pyongyang's famous **Duck Barbecue Restaurant**, where you can grill your own meats. The site of many teary eyed farewells.

OVERNIGHT

Yanggakdo International Hotel, Pyongyang.

APRIL 11 – TUESDAY (DEPARTURE DAY)

*Departure Day from Pyongyang and Return to Beijing by flight or train. Please indicate your preferred exit method upon booking**

AM

- Flight departure from Pyongyang on **Air Koryo Flight JS151** with scheduled arrival at Beijing Capital Airport (PEK) Terminal 2 at 10am. *Please note there is a 50 EUR surcharge for flight return.*

OR

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- Train departure by **local train to the Korean-Chinese border** at 10:10, transfer in **Dandong** and onward travel to Beijing with scheduled arrival to **Beijing Station** on Wednesday April 12th at 08:30. *We typically book soft sleeper (four beds per cabin) for the return journey. Please note that in some rare instances, soft sleeper tickets may sell out and we will book hard sleeper (six beds per cabin) instead.*

End of Tour



TOUR PACKAGE

INCLUDED

- Flight Beijing - Pyongyang
- Train Pyongyang - Beijing
- All meals on the tour (apart from on the train back to Beijing)
- Hotel accommodation in the DPRK
- A Koryo Tours tour leader, two local Korean guides, and a driver per group
- All transportation in the DPRK

NOT INCLUDED

- Marathon race fees – 50 EUR for the 10km race; 70 EUR for the half marathon; 100 EUR for the full marathon
- DPRK visa fee
- Optional flight back to Beijing at end of the tour
- 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
- SINUIJU EXTENSION: RMB 50 for the bus across the bridge to Dandong to be paid on the spot to the local guides

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ADDITIONAL NOTES

- 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.