



## The Nick Butter Pyongyang Marathon Tour from Beijing

### TOUR

April 7 – 10, 2018  
3 nights in the DPRK

### OVERVIEW

Nick Butter is running a marathon in every country in the world — 196 marathons in 550 days. Join him on tour at the Pyongyang Marathon!

Between Jan 2018 and July 2019, Nick Butter is running a marathon in every country in the world. He'll be doing 196 marathons in 550 days — that's around one every single 68 hours for 18 months non-stop! During this time he will be hoping to break eight world records, and raise more than £250k for cancer research.

Koryo Tours is proud to be sponsoring the North Korean leg of his journey in April 2018, and excited to offer you this exclusive opportunity to be part of Nick's private group as he spends three nights in the DPRK, and runs the Pyongyang Marathon on Sun 8 April.

Please note that while Nick will be taking on the full marathon, this race can also be run as a half marathon, 10km, or 5km. Hundreds of local runners will be taking part — as well as some elite foreign runners.

As well as the Pyongyang Marathon, we will show you the highlights of Pyongyang city, including a visit to the famous Victorious Fatherland Liberation War Museum and the captured American spy ship, the USS Pueblo.

Nick will also have run marathons in more than 30 countries since the start of 2018 by the time he gets to Pyongyang so will be sure to have plenty of tales to share while on tour together!

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## HIGHLIGHTS

- RUN THE PYONGYANG MARATHON!
- Join Nick Butter on tour — and hear stories from his 18-month challenge to run 196 marathons while raising £250,000 for cancer research!
- See Pyongyang's best highlights
- Walk through Kim Il Sung Square
- Watch a North Korean film in the cinema
- Ride the Pyongyang Metro
- Visit a local school and talk to students
- Lunch at Okryugwan, the city's most famous restaurant
- Learn about the Korean viewpoint at the Liberation War Museum
- Celebrate a successful race with drinks at a local bar

*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.*

## DAILY ITINERARY

### APRIL 6 – FRIDAY (BRIEFING DAY)

#### AM

- *Recommended latest arrival in Beijing.*

#### PM

- **Our group assembles for a mandatory pre-tour group briefing in Beijing (several times will be offered and the exact location is TBC).** 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 7 – SATURDAY (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** at TBC time. *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.
- **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.
- **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!

### 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.

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## 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.

### PM

- **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.
- **Monument to the Party Foundation** — Iconic monument featuring a stone hammer, sickle, plus writing brush, and representing the workers, farmers, and intellectuals that make up the Workers' Party of Korea.
- **Munsu Water Park** — we'll take a break at this outdoor and indoor water park, complete with water slides, lap pools, and hot tubs. Bar, coffee shop, and retail options for non-swimmers.

### OVERNIGHT

Yanggakdo International Hotel, Pyongyang.

## APRIL 9 – MONDAY (PYONGYANG CITY TOUR)

### AM

- **Mansudae Fountain Park** — the historic centre of Pyongyang; popular with local citizens after school and on 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 downtown Pyongyang. A presentation of flowers (5 EUR) and bow by the group is customary here. *Please note that this is a government-administered site and visits are subject to cancellation. Visits are optional and require a certain dress code (close-toed shoes; covered legs and shoulders).* Here we will also see the Chollima Monument, or ‘thousand *ri* (400 km or 250 mile) horse’ — a symbol of national speed — commemorating the quick rebuilding of the country in the 1950s following the Korean War.
- **Visit to Pyongyang School** — Nick Butter has spoken to over 10,000 children at more than 50 schools during his previous projects and fundraisers. At his request we have arranged a special visit to a Pyongyang School where the group will be able to meet and talk to Korean students, and for Nick to provide some inspiration for them via his unique story.
- **Okryugwan** — we’ll then head to Pyongyang’s most famous restaurant for lunch. Okryugwan specialises in Pyongyang Cold Noodles, and is housed in a huge traditional building on the banks of the Taedong River.

## PM

- **Pyongyang Metro Tour** — One of the deepest metro systems in the world with intricate artwork reflecting the name of each station. Ride six stations on the Chollima Line.
- **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.
- **Victorious Fatherland Liberation War Museum** — World-class museum exhibiting the DPRK perspective on 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**. This place is central to understanding how the country is today.
- **Mansugyo Beer Bar** — A new standing bar serving seven types of beer (50 cents a pint). Popular with locals after work and on weekends!
- **Golden Lanes Bowling Centre** — Where Pyongyang locals go for their ten-pin fix. Also has billiards and arcade games. Non-bowlers can head next door to the Kumrung Leisure Centre for an airgun shooting range, and some of the best coffee in Pyongyang.

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- **Farewell dinner (Korean Barbecue)** — a trip to the Korean peninsula wouldn't be complete without a Korean barbecue. Enjoy this local speciality and celebrate a tour like no other, as we say our goodbyes, and wish Nick all the best for his next race — a 30-hour flight away in Ecuador!

## OVERNIGHT

Yanggakdo International Hotel, Pyongyang.

## APRIL 10 – TUESDAY (DEPARTURE DAY)

### AM

- Flight departure from Pyongyang on **Air Koryo Flight JS151** at 08:20 with scheduled arrival at Beijing Capital Airport (PEK) Terminal 2 at 10:00.

## End of Tour

## TOUR PACKAGE

### INCLUDED

- Return flight Beijing – Pyongyang / Pyongyang – Beijing
- All meals on the tour (these will be at local restaurants or in the hotel)
- 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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