



2.5 Night Pyongyang Marathon Tour from Shanghai

TOUR

April 4 – 7, 2019
2.5 nights in the DPRK

OVERVIEW

A quick weekender from Shanghai to run in the Pyongyang Marathon!

This unique tour departing from Shanghai is ideal for those looking for a short weekend break to join the Pyongyang Marathon. We will also show you the highlights of Pyongyang city and get you down to the DMZ where North and South Korea continue their decades-old face-off.

HIGHLIGHTS

- 2019 PYONGYANG MARATHON!
- Historic Kaesong
- Panmunjom & the DMZ
- 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.

THIS DOCUMENT CANNOT BE TAKEN INTO KOREA

The Experts in Travel to Rather Unusual Destinations.
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27 Bei Sanlitun Nan, Chaoyang District, 100027, Beijing, China

DAILY ITINERARY

APRIL 4 – 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 5 – FRIDAY (ARRIVAL IN PYONGYANG, KAESONG & DMZ)

AM

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

- 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. *A 3 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).

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- Drive back to **Pyongyang** with a stop at the **Monument to the Three Charters of Reunification**, a large stone archway over the highway memorializing joint agreements between north and south. *A 3 hour drive*
- **Relaxing** time before dinner in the hotel

OVERNIGHT

Koryo Hotel, Pyongyang // Pyongyang's premier hotel, built in 1985, and located in the heart of downtown, near Pyongyang Station. The go-to for visiting delegations, both foreign and domestic. Shops, bookstore, cafes, a revolving restaurant, beer brewed on-site.

APRIL 6 – SATURDAY (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, 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). *Please note this is a government-administered sight and visits are subject to cancellation. Visits are optional and require a certain dresscode (close-toed shoes and covered legs and shoulders).* 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.
- **Tower of the Juche Idea** // Iconic tower dedicated to the DPRK's guiding philosophy on the Taedong River. Take the elevator to the top for great views of the city (*elevator ticket is 5 EUR*).
- **Party Foundation Monument** // Iconic structure featuring the hammer, sickle & writing brush which make up the emblem of the Worker's Party of Korea and represent workers, farmers, and intellectuals.
- **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.

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- **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.
- **Victorious Fatherland Liberation War Museum** // Tour this world-class museum led by a local museum guide. Renovated in 2012 and it exhibits the Korean War from the DPRK perspective containing artifacts, documents, photos, and lifelike dioramas. The exterior grounds house the War Victory Monument and displays of Korean People's Army Hero Equipment and captured equipment from the US military, including the USS Pueblo. Central to the understanding of the country today and highlight of the trip.
- **Kim Il Sung Stadium & Marathon Route Preview** // Visit the stadium where you will start and finish your race, and then drive the marathon route to familiarise yourself with the roads, turning points and toilet stops.
- **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).
- **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** (100 RMB entry fee paid on the spot). A Koryo Tours Exclusive!

Overnight: Koryo Hotel, Pyongyang.

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APRIL 7 – SUNDAY (PYONGYANG MARATHON)

The big event! The Pyongyang Marathon 2019!

AM

- **The 2019 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 both the IAAF and AIMS, leads right through the city center, 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

- **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.
- **City Walk and beer bar** // We'll be taking it easy this afternoon, going for a leisurely walk through Pyongyang City to take in some more of the capital's sights and visiting a local beer bar for a well-deserved locally brewed beer.

Departure

After our farewell dinner, we'll head to Pyongyang airport for our **flight back to Shanghai Pudong Airport** with a scheduled departure at 10:10 pm and arrival in Shanghai at 11:30 pm (subject to change).

End of Tour.

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TOUR PACKAGE

INCLUDED

- Return flight >> Shanghai (Pudong) -- Pyongyang -- Shanghai (Pudong)
- All meals on the tour
- Hotel accommodation in the DPRK
- A Koryo Tours tour leader, two local Korean guides and a driver (per group)
- All transportation in DPRK
- Official running shirt, finisher's medal and race certificate

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 (approx. 30 EUR total)
- The lift up the Juche Tower (optional activity at EUR 5)
- Entry tickets for special events if applicable – for example, a visit to the funfair
- Meals will have a complimentary beer (and water), but you will have to pay for extra drinks above those provided. If you are vegetarian or have special dietary requirements then please inform us beforehand
- Spending money for drinks and souvenirs

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ADDITIONAL NOTES

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- 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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