



3 Night Pyongyang Marathon Tour from Beijing

TOUR

April 6 – 9, 2019
3 nights in the DPRK + Beijing-Pyongyang travel time

OVERVIEW

Run the Pyongyang Marathon and see the sights of the city!

Koryo Tours is excited to offer the chance for amateur runners to take part in the Pyongyang Marathon 2019! This race can be run either as a full marathon or as a half marathon, and there are also 10km and 5km races. In addition to the foreign amateur runners, hundreds of local runners and some elite foreign runners will be participating as well.

In addition to the marathon, you'll also get to see the highlights of Pyongyang city including its famous metro system, visit a supermarket to shop like a local and tour the famous Victorious Fatherland Liberation War Museum featuring the captured spy ship – the USS Pueblo.

HIGHLIGHTS

- 2019 PYONGYANG MARATHON!
- Tour the Victorious Fatherland Liberation War Museum featuring the USS Pueblo
- Ride on Pyongyang's Metro System
- Visit a local department store and shop like a local

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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TRANSPORT OPTIONS

Please read the following for important information about your transport options for this tour, and how each one relates to the visa requirements for China. The default option is round-trip train travel from Beijing to Pyongyang, and back again. Flight upgrades are available. See below for more details.

Option 1 // Round-trip train (Beijing-Pyongyang-Beijing): A 24-hour train journey each way in hard-sleeper class (six bunks per berth) with a transfer in Dandong, China. The train arrives in Pyongyang approximately three hours after the flight so train arrivals will miss one or two activities in the city. This option is for those travelling on a budget with time to spare (and train enthusiasts, of course). [+0 EUR]

Option 2 // Flight departure (Beijing-Pyongyang // 90 minutes) + train return (Pyongyang-Beijing // 24 hours): In our view, this is the most comprehensive way to visit the DPRK. We highly recommend this option: it maximizes your time and sightseeing opportunities; lets you experience both Air Koryo and the international train; plus allows you to start the trip rested, while taking the leisurely route home. [+199 EUR]

Option 3 // Train departure (Beijing-Pyongyang // 24 hours) + flight return (Pyongyang-Beijing // 90 minutes): An alternative to Option 2. This option is ideal for those wishing to take the train one-way of the journey, but need to transit through Beijing by flight on their return. Please note the train arrives in Pyongyang approximately three hours after the flight so train arrivals will miss one or two activities in the city. [+199 EUR]

Option 4 // Round-trip flight (Beijing-Pyongyang-Beijing): Choosing the round-trip flight option gets you between Beijing and Pyongyang in 1.5 hours (each way), and lets you experience the infamous Air Koryo 'burger' twice! For many nationalities, this also allows for the possibility of transiting in Beijing, rather than having to get a Chinese visa (please see below). This option is for those with little time to spare, travellers wanting simply to transit through China, or aviation enthusiasts. [+299 EUR]

VISA INFORMATION

We arrange your North Korean visa as part of your tour package [+50 EUR]. However, given the tour starts and finishes in China you may also need to consider entry and exit procedures in China for your trip. This can be obtained at a Chinese embassy abroad. We recommend obtaining at least a double-entry Chinese visa for your trip.

Over 50 nationalities can obtain a visa-waiver for up to 144 hours when in transit through Beijing Capital Airport (PEK) using direct international flights. Most other nationalities can transit for up to 24 hours. If you don't want to visit China as part of your trip, this could be the easiest option for you. It is not possible to obtain a transit-waiver when using a train for entry or exit from China.

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Please be sure to check your visa status for travel through China while planning your trip. We are unable to arrange Chinese visas, but can provide documentation in support of visa applications upon payment of a tour deposit.

DAILY ITINERARY

APRIL 5 – FRIDAY (BRIEFING DAY)

***Pre-Tour Briefing** // We require all travellers to attend a pre-tour briefing that covers regulations, etiquette, safety, and practicalities for travel in North Korea. The briefing lasts approximately one hour followed by a question and answer session. Please be punctual for the briefing. You can come early, meet your fellow travellers, pay any outstanding tour fees and browse our collection of Korean art. A proper briefing is an essential part of travel to North Korea.

For Pyongyang Marathon tours, we will hold several briefings - in the morning for those departing by train in the afternoon, and in the afternoon for those departing by flight the next day.

AM

- Recommended latest arrival in Beijing.
- Briefings for those departing by train (exact times TBC)

PM

- Briefings for those departing by flight (exact times TBC)
- **17:00 // Train travellers depart Beijing Station** by domestic sleeper train to Dandong, the Chinese city on the border with the DPRK. Please arrange independent travel to the train station and arrive at least an hour and a half early for the train departure.

Overnight // Hotel in Beijing not included in the tour for those taking the flight the next day. Contact us for recommendations near our office! Those travelling by train will spend the night on the train.

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APRIL 6 – 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 JS152** at 1:05 am. *A 2 hour flight with basic lunch.*
- **Arrival to Pyongyang's Sunan International Airport (FNJ)** expected at 4:05pm. 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.
- **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.
- **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 and beer brewed on-site.

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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 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.

PM

- **Shower, resting time and lunch //** After the marathon's closing ceremony, we'll be heading back to the hotel to recharge, shower and rest before heading out for a relaxing afternoon in Pyongyang.
- **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.
- **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*).
- **Local Beer Bar //** Relax at one of Pyongyang's local bars to wrap up an exciting day.

Overnight: Yanggakdo International Hotel, Pyongyang.

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APRIL 8 – 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.
- **Mansudae Fountain Park //** The historic center of Pyongyang popular with local citizens after school and on weekends. Flanked by examples of ancient and modern architecture from different eras.
- **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.
- **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.

PM

- **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.
- **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.
- **Kwangbok Department Store //** Opportunity to use Korean currency and shop with the citizens of Pyongyang! Try the snack stand on the first floor for some of Pyongyang’s best local eats.

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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 9 – TUESDAY (DEPARTURE DAY)

Departure Day from Pyongyang and Return to Beijing by flight or train.

AM

- Flight departure from Pyongyang on **Air Koryo Flight JS151** with a scheduled arrival at Beijing Capital Airport (PEK) Terminal 2 at 9:50 am.

OR

- Train departure by **local train to the Korean-Chinese border** at 10:25, transfer in **Dandong** and onward travel to Beijing with scheduled arrival to **Beijing Station** on Wednesday April 10th at 08:30. *For this tour the default option is hard sleeper (six beds per berth).*

End of Tour.

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TOUR PACKAGE

INCLUDED

- Train Beijing – Pyongyang with transfer at Dandong
- Train Pyongyang – Beijing with transfer at Dandong
- All meals on the tour (these will be at local restaurants or in the hotel)
- Hotel accommodation in the DPRK
- A Koryo Tours tour leader, two local Korean guides, and a driver per group
- All transportation in the 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
- Optional Air Koryo flights (one-way or return)
- Tips for the local Korean guides and driver (approx 30-45 EUR total)
- 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

- 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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