



2 Night Budget Pyongyang Marathon Tour

TOUR

April 6 – 8, 2019
2 nights in the DPRK

OVERVIEW

This is the cheapest way to enter the Pyongyang Marathon starting and ending the tour in Dandong or Beijing by train!

This tour -- travelling in and out by train, from and to the Chinese border city of Dandong -- is the cheapest tour to get you into the Pyongyang Marathon, and ideal for those on a budget who are already in China and either can't commit to a longer tour, or are simply looking to add this event to their list of completed marathons. It is possible to upgrade this tour to a Beijing departure.

HIGHLIGHTS

- 2019 PYONGYANG MARATHON!
- Experience some of Pyongyang's key attractions
- Celebrate your run at a local beer 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.

TRANSPORT OPTIONS

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

Option 1 // Round-trip train from Dandong (Dandong-Pyongyang-Dandong): An approximate 7-hour train journey through rural North Korea. This is the default transport option departing from Dandong which requires you to make your own way to & from Dandong with the mandatory pre tour briefing being conducted in Dandong on the evening before departure. [+0 EUR]

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Option 2 // Round-trip train from Beijing (Beijing-Pyongyang-Beijing): A 23-hour train journey each way in hard-sleeper class (six bunks per berth) with a transfer in Dandong, China. This option is for those travelling on a budget with time to spare (and train enthusiasts, of course). This requires you to complete your pre-tour briefing in Beijing the morning before boarding the train. [+120 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 arrange a Chinese visa for your trip obtained at a Chinese diplomatic mission abroad. If you don't already hold a multi entry visa for China, you will need to obtain at least a double-entry Chinese visa for this trip.

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 (PRE-TOUR BRIEFING)

***Pre-Tour Briefing** // We require all travelers 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. A proper briefing is an essential part of travel to North Korea.

For Pyongyang Marathon tours, we will hold several briefings to suit each of the transport entry & exit options. Please read below for further information.

AM

- **For those departing from Beijing by train your briefing will be held in the morning on this day in Beijing (exact time TBC)**

PM

- **17:00 // Train travelers departing from Beijing** will depart 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.
- **For those departing from Dandong by train your briefing will be held in the late afternoon on this day in Dandong (exact time TBC)**

Overnight // Hotel in Beijing/Dandong not included in the tour.

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APRIL 6 – SATURDAY (ARRIVAL IN PYONGYANG)

AM

- **Dandong departure - meet your Koryo Tours tour guide and fellow travelers at Dandong Railway Station (exact time and place TBC) before getting on the train to Pyongyang.**
- After **crossing the border from Dandong to Sinuiju** by train, customs officials board the train for immigration and customs checks before the train continues its journey to Pyongyang.

PM

- An approx. 5-hour long train journey will take you through the Korean countryside to **Pyongyang Railway Station**, where you will meet your guides.
- **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** (100 RMB entry fee). A Koryo Tours Exclusive!

Overnight:

Sosan Hotel, Pyongyang // 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 – 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, 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.
- **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.
- **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.

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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 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.
- **Local Beer Bar** // Relax at one of Pyongyang's local bars to wrap up an exciting day.

Overnight: Sosan Hotel, Pyongyang

APRIL 8 – MONDAY (DEPARTURE DAY)

AM

- Train departure by **local train to the Korean-Chinese border** at 10:25 from Pyongyang Railway Station with arrival in **Dandong** (Liaoning Province, China) at approx. 5:30pm local time.
- **For those finishing the tour in Dandong** you can go on to explore this fascinating border city, the surrounding areas, or make your own way to Beijing or elsewhere in China.
- **For those finishing the tour in Beijing** you will transfer in **Dandong** for onward travel to Beijing with scheduled arrival to **Beijing Station** on Tuesday April 9th 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

- Return train journey: Dandong – Pyongyang / Pyongyang – Dandong
- All meals on the tour (except for on the train journey in and out)
- 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 registration 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 upgrade to Beijing-Pyongyang round-trip train ticket
- Tips for the local Korean guides and driver (20-30 EUR total per tourist, recommended)
- 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

- Our Koryo Budget Marathon Tours are capped at 30 people per group.
- Unless you hold a valid multi entry visa for China at the time of travel, you are required to organise for a double entry visa for China for this tour.
- 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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