



6 Night Marathon Tour from Beijing

TOUR

April 7 – 13/14, 2017
6 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 spend one night in beautiful Mt Myohyang, visiting the International Friendship Exhibition.

HIGHLIGHTS

- PYONGYANG MARATHON!
- Pyongyang City Tour
- Kaesong / DMZ Tour
- Mt Myohyang

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 6 – THURSDAY (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 7 – FRIDAY (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 12:00pm. *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.

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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 8 – SATURDAY (PYONGYANG CITY TOUR)

AM

- **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.
- **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.
- **City Tram Ride** – A ride through Pyongyang on one of city's trams from Kwangbok Street.

PM

- **Grand People's Study House** - Huge national library and public university housed a large neo-traditional Korean building overlooking Kim Il Sung Square and the downtown Pyongyang.
- **Kwangbok Supermarket** - Large department store selling Korean-made and foreign goods. Here it is possible to exchange foreign currency for Korean *won* to shop with the locals.
- **Future Street**- Walk in the newly built residential district for scientists and academics to view its unique modern architecture.
- **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

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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.

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 (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

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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

- **Tomb of King Kongmin**- Tomb of the 31st king of the Koryo Dynasty, a talented statesman and prolific painter, and his Mongolian wife set at the end of a picturesque valley. A UNESCO World Heritage Site.
- 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 2.5 hour drive.*
- **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.

OVERNIGHT

Yanggakdo International Hotel, Pyongyang.

APRIL 11 – TUESDAY (PYONGYANG CITY TOUR)

AM

- **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**

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Monument and captured equipment from the US military, including the **USS Pueblo**. Central to understanding the country today.

PM

- **Drive to Mt Myohyang** (*approx. 3 hours drive north of Pyongyang*)
- **Manpok Valley Walk** - A gentle stroll passing waterfalls, interesting rocks, lovely wooded areas and viewing points.

OVERNIGHT

Chongchon Hotel, Mt Myohyang - Basic but clean hotel at Mt. Myohyang. Book and souvenir shop, billiards, ping-pong, and karaoke.

APRIL 12 – WEDNESDAY (MT MYOHYANG)

AM

- **International Friendship Exhibition** - A subterranean exhibition hall displaying gifts of all kinds given to the DPRK leaders by foreign states, leaders, and organizations. The exhibition is a fascinating look into material culture in the second half of the 20th century. Highlights include a plane given by the Soviet Union, basketball signed by Michael Jordan from the US State Department, and vodka given by Dennis Rodman. The visit takes most of the morning.
- **Pohyon Buddhist Temple** - A peaceful temple dating back to 1042 with stone pagoda and repository of a print blocks and historic text of the *Tripitaka Koreana*, Buddhist scriptures first produced to invoke divine assistance from foreign invasion during the Koryo Dynasty.

PM

- **Drive back to Pyongyang via Ryongmun Caves** - A subterranean complex of limestone caves and grottoes. Led by an experienced local guide, you will see weirdly (and suggestively) shaped rocks and stalactites/stalagmites and hear a wealth of stories and legends about each - some not appropriate for young audiences.
- **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*).
- **Duck Barbecue Restaurant** - South Pyongyang's famous grilled duck restaurant that has seen many teary-eyed farewells.

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OVERNIGHT

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APRIL 13 – THURSDAY (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 JS 251** at 10:00 with scheduled arrival at Beijing Capital Airport (PEK) Terminal 2 at 11:30. *Please note there is a 50 EUR surcharge for flight return.*

OR

- Train departure by **international sleeper train to Beijing** at 10:10 with scheduled arrival to **Beijing Station** on Friday April 14 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

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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.

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