



Pyongyang Marathon Short Tour from Shanghai

TOUR

April 8th – 13th 2022

2.5 nights in North Korea + Shanghai-Pyongyang travel time

OVERVIEW

Visit North Korea from Shanghai for the [Pyongyang Marathon](#), one of the most unique marathons in the world!

This long weekend adventure packs in the main North Korea attractions with one of the liveliest events of the year. It may be quick, so brace yourself for an action-packed, comprehensive tour. We won't leave without visiting Pyongyang's highlights including; the [Pyongyang Metro](#), one of the deepest subway systems in the world, the [Mansudae Grand Monument](#), the massive bronze statues of the DPRK leadership in downtown, and the [Victorious Fatherland Liberation War Museum](#), the country's museum to the Korean War and where you can climb aboard the captured US spy ship the USS Pueblo.

This tour will even get you down to historic [Kaseong](#), capital of the medieval Koryo Dynasty, for a tour of the [DMZ](#) featuring Panmunjom and the Joint Security Area.

► **Pyongyang Marathon 2022**

Koryo Tours are the official partners of the Pyongyang Marathon.

The marathon is a World Athletics' Bronze Label Road Race, and also has AIMS Certification. Join the race and receive the most unique finisher's medal, running shirt, and race certificates available.

Even if you're not a serious runner, the Pyongyang Marathon is an event like no other. It starts and ends in Kim Il Sung Stadium - a stadium filled with over 50,000 North Koreans cheering you on as you finish your race. It's an experience like no other.

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The Experts in Travel to Rather Unusual Destinations.
info@koryotours.com | +86 10 6416 7544 | www.koryotours.com
27 Bei Sanlitun Nan, Chaoyang District, 100027, Beijing, China



DAILY ITINERARY

APRIL 7 - THURSDAY

Briefing 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 @ 18:30) for your late night flight to Pyongyang. This briefing will last approximately one hour and is 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 8 – FRIDAY

Arrival day in Pyongyang - Kaesong and DMZ Tour

AM

Very early morning arrival into [Pyongyang Sunan Airport](#), and then transfer to the hotel for check in, a short sleep and breakfast

- [Kaesong](#) | Drive 160 km south the '[Reunification Highway](#)' to the historic capital of the Koryo Dynasty (918-1392) and today located near the Korean Demilitarized 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 the 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.

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- [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

- Return to Pyongyang (2.5 / 3 hours)
- [Monument to the Three Charters of Reunification](#) | A large stone archway over the highway memorializing joint agreements between north and south.
- **City Walk** | Optional activity for those feeling energetic or keen to explore Pyongyang more we'll have a walk through Pyongyang from the hotel to Kim Il Sung Square and finishing at the Taedong River. For those who would prefer to rest you can relax at the hotel. Dinner will be at the hotel tonight.

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 9 – SATURDAY

Pyongyang City Tour

AM

- **Early Morning Run in Pyongyang** | Your chance for a pre-marathon run in Pyongyang! You will have to be up early for this, a good opportunity to give yourself some preparation for the following day's big event. *Optional activity, for those that don't participate you can enjoy a sleep in.*
- [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 dress code (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'

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-a symbol of speed- commemorating the quick rebuilding of the country in the 1950s 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.

PM

- [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.
- [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](#) | 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 artefacts, 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.
- [Yanggakdo International Cinema](#) | Optional screening of *Run and Run*. A DPRK film about marathon runner Yong Ho who faces the physical and mental struggles of marathon participation. After both his father and work unit manager tell him to stop running, he becomes more determined to achieve his marathon dream (*80 RMB*

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entry fee paid on the spot). A Koryo Tours exclusive and sure to provide you with motivation ahead of the big event!

Overnight | Koryo Hotel, Pyongyang.

APRIL 10 – SUNDAY

The big event! The Pyongyang Marathon 2022!

AM

- **[The 2022 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. ([runner's guide to Kim Il Sung Stadium](#))

The full route, which has been certified by both World Athletics 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 ending ceremony of the marathon, we'll be heading back to the hotel to recharge, shower and rest.
- **City Walk** | 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.
- **[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.
- **Beer Bar** | Visit 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 19:55 with arrival in Shanghai at 21:35 (subject to change).

End of Tour.

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