



## Budget 3 Night Marathon Tour from Beijing

### TOUR

April 8<sup>th</sup> – 11<sup>th</sup> 2022

3 nights in North Korea + Beijing-Pyongyang travel time

### OVERVIEW

For the budget-conscious, this tour will not only get you into the Pyongyang Marathon, but will also give you a comprehensive experience of Pyongyang including the [Pyongyang Metro](#), the [Victorious Fatherland Liberation War Museum](#), and the [Arch of Triumph](#).

This tour includes train transportation from the Chinese border city of Dandong, but can be upgraded to start and finish your tour in Beijing, the capital of China, by either overnight train or using the short flights from Beijing Capital Airport (PEK).

#### ► **Pyongyang Marathon 2022**

The Pyongyang 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.

[The Closest Experience to Being in the Olympics](#)

[What do North Koreans Think of the Pyongyang Marathon?](#)

[More on the Pyongyang Marathon](#)

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## DAILY ITINERARY

### APRIL 7 – THURSDAY

**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. You can come early, meet your fellow travelers, 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.
- **10:00 | Train Departure** - your briefing will be held at this time in Beijing

#### PM

- **14:00 / 16:00 / 18:00 | Flight Departure** - briefings will be held in the afternoon on this day in Beijing at these times, you only need to attend one briefing (*exact times offered to be confirmed*).
- **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.

### APRIL 8 – FRIDAY

*Arrival into Pyongyang*

#### AM

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- **Meet your Koryo Tours tour guide and fellow travellers 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.
- **Flight takers, there will be a 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 times are TBC and subject to change**. Currently expected to depart around midday/early afternoon. *A 2-hour flight with basic lunch.*
- **Arrival to Pyongyang's Sunan International Airport (FNJ)**. DPRK immigration and customs, meet your Korean guides and transfer to the city.
- An approx. 5-hour long train journey will take you through the Korean countryside to Pyongyang Railway Station with expected arrival at 18:45, where you will meet your guides and then transfer to your hotel for check-in & dinner.

#### Overnight

[Sosan Hotel, Pyongyang](#) | A sports-themed hotel located in West Pyongyang's Sports Village. Sports shop, bookstore, numerous bars, spa and small gym. Renovated in 2015.

#### 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.*
- **Mangyongdae Native House** | Birthplace and childhood home of President Kim Il Sung. A traditional Korean house in what is today a quiet suburban park.

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- [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.
- [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.
- [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.

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

**Overnight** | Sosan Hotel, Pyongyang

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**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 marathon's closing ceremony, we'll be heading back to the hotel to recharge, shower and rest before heading out for a relaxing afternoon of sight seeing in Pyongyang.
- **[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.
- **[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.
- **Local Beer Bar** | Relax at one of Pyongyang's local bars to wrap up an exciting day.
- **Pyongyang Marathon Banquet** | Dinner tonight will be at the annual Pyongyang Marathon Banquet. Celebrate your run and toast the marathon with your fellow runners, guides and local event organisers. *A casual affair, no dress code requirements.*

**Overnight** | Sosan Hotel, Pyongyang

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## APRIL 11 – MONDAY

### *Departure day*

- For those opting to fly out, flight departure from Pyongyang on **Air Koryo** with a expected arrival at Beijing Capital Airport (PEK) Terminal 2 by midday.
- **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. *Expected arrival into Dandong is approximately 16:23 local time.*
- **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 13th at 08:38. *For this tour the default option is hard sleeper (six beds per berth).*

### **End of Tour.**

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