



2 Night Marathon Tour from Beijing

TOUR

April 9th – 11th 2022

2 nights in North Korea + Beijing-Pyongyang travel time

OVERVIEW

This short weekend tour departing from Beijing is the shortest Pyongyang Marathon tour possible and is ideal for those who don't want to commit to longer tours.

It is particularly designed for those more serious runners looking to add the [Pyongyang Marathon](#) to your list and the North Korean travel veterans wanting to experience this very unique event starting & finishing in Kim Il Sung Stadium with tens-of-thousands of spectators.

You'll also get to see some of the sights of Pyongyang including the [Mansudae Grand Monument](#), the giant bronze statues of the DPRK leadership, the [Juche Tower](#), an iconic monument to the country's ideology, and [Kim Il Sung Square](#), the city's central square.

► **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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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 8 – FRIDAY

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 afternoon before the day of departure.

AM

- Recommended latest arrival in Beijing.

PM

- **Our group assembles for a mandatory pre-tour group briefing in Beijing in the afternoon - expected times are 2 pm, 4 pm and 6 pm (to be confirmed).** 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, the marathon, and practicalities for travel in the DPRK. Have your last minute questions answered and meet your fellow travellers. *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 9 – SATURDAY

Arrival day in Pyongyang

AM

- **Free bus** from the Koryo Tours office to Beijing Capital Airport Terminal 2. *Exact time to be confirmed at the pre-tour briefing. Alternatively, meet the group at the Air Koryo check-in counter.*

PM

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- 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.
- [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. The film will be shown at the **Pyongyang International House of Cinema** (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

[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.

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](#))

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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. Prizes are available for the winners of each race.

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 sightseeing in Pyongyang
- [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).*
- [Chollima Monument](#) | 'thousand ri (400 km or 250 mile) horse' -a symbol of speed-commemorating the quick rebuilding of the country in the 1950s following the Korean War.
- [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.
- [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.
- **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 | Yanggakdo International Hotel, Pyongyang.

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APRIL 11 – MONDAY

Departure day

Flight departure from Pyongyang on **Air Koryo** with a expected arrival at Beijing Capital Airport (PEK) Terminal 2 by midday.

End of Tour.

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