



Pyongyang Marathon Tour from Shenyang

TOUR

April 9th – 13th 2022

4 nights in North Korea + Shenyang-Pyongyang travel time

OVERVIEW

This 4-night Pyongyang Marathon tour from [Shenyang](#) will give you an amazing, well-rounded experience of North Korea.

We'll start with running alongside local Korean athletes in the marathon as you power through streets lined with Koreans cheering you on. We will then take you on a comprehensive city tour throughout Pyongyang, including the [Pyongyang Metro](#), the [Victorious Fatherland Liberation War Museum](#) featuring the captured spy ship the USS Pueblo, and we will get to shop with the locals at [Kwangbok Supermarket](#) where you will have the chance to use local currency.

You will also get you down to historic [Kaesong](#) near the border with South Korea to visit Panmunjom and experience the [DMZ](#). [Shenyang](#) in North-East China is a great jump-off point to North Korea as it has a range of international flights connecting it to Germany, North America and many cities throughout Asia giving you many options with which to get there.

Shenyang even offers its own 144-hour visa-free transit program for over 50 nationalities making it all the more appealing and convenient.

► **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 9 –SATURDAY

Briefing and arrival into Pyongyang

AM

- **Meet your Koryo Tours tour leader and fellow travelers at [Shenyang Taoxian Airport \(SHE\)](#) at the Air Koryo check-in desk in Terminal 3 @ 11:00am for a pre-tour briefing and check-in.** 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.

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- Flight departure from Shenyang on **Air Koryo flight JS156 at 14:00**. A 1-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

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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!

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- **[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 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.

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- **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, 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.
- **[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.
- **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.*

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Overnight | Yanggakdo International Hotel, Pyongyang

APRIL 11 – MONDAY

Pyongyang City Tour

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- [National Gift Exhibition Hall](#) | One of North Korea's two gift exhibition halls, this one houses all of the gifts given to North Korea's leaders from Koreans in North Korea, South Korea and from all over the Korean Diaspora, including items gifted by many well known Koreans.
- [Mangyongdae Native House](#) | Birthplace of and childhood home of President Kim Il Sung. A traditional Korean house in a park-like setting.
- [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.

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- [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.
- [Mansudae Fountain Park](#) | The historic centre of Pyongyang popular with local citizens after school and on 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 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](#) | or '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.

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- [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.
- [Golden Lane Bowling Centre](#) | Where Pyongyang locals go for their ten-pin fix (2.5 EUR per person per game). Also has billiards and arcade games. Non-bowlers can head next door to the [Kumrung Leisure Centre](#) for an airgun shooting range (*approximately 6 EUR per 20 round cartridge*) and some of the best coffee in Pyongyang.

Overnight | Yanggakdo International Hotel, Pyongyang.

APRIL 12 – TUESDAY

Historic Kaesong and the DMZ Tour

AM

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

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- [Sariwon Folk Village and City View](#) | Mock-up of a traditional Korean town which includes a history museum, food street, and pavilions. There is a small tavern selling *Makkoli*, traditional rice wine. Climb a nearby hill for a view of Sariwon City and the surrounding plains.
- [Monument to the Three-Charters of the Reunification](#) | Iconic arch over the Pyongyang-Kaesong Highway dedicated to joint meeting between Koreans, north and south. Also known as the 'Arch of Reunification'.
- [Duck Barbecue Restaurant](#) | South Pyongyang's famous grilled duck restaurant.

Overnight | Yanggakdo International Hotel, Pyongyang.

APRIL 13 – WEDNESDAY

Departure Day from Pyongyang

Flight departure from Pyongyang on **Air Koryo flight JS155** with an expected arrival at Shenyang Taoxian Airport (SHE) Terminal 3 at 12:10 pm.

End of Tour.

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