



## Pyongyang Marathon – 2 Night Tour

### TOUR

April 8<sup>th</sup> – 10<sup>th</sup> 2023

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 2023

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.

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## DAILY ITINERARY

### APRIL 7 - FRIDAY

#### Briefing Day and Train Departure Day

**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 - SATURDAY

*Arrival day in Pyongyang*

#### AM

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- **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

- 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 9 - SUNDAY**

*The big event! The Pyongyang Marathon 2023!*

#### AM

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- **[The 2023 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 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.

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- **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.

#### APRIL 10 - 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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