

APRIL 10 - APRIL 17/18 2020

## Pyongyang Marathon | 7 Night Tour from Beijing

7 nights in North Korea + Beijing-Pyongyang travel  
Run the Pyongyang Marathon, visit the DMZ and join in on the celebrations  
for the Day of the Sun! \*\*\*Super Early Bird Discount Pricing!\*\*\*

From 1,394 EUR per person

### Overall

Super Early bird pricing promotion period ends on at midnight Beijing time on the 31st August, 2019. Book and pay your deposit by this date to secure your discount! The regular cost for this tour is 1,549 EUR per person.

Visit North Korea from Beijing for the Pyongyang Marathon, one of the most unique marathon races around.

Taking part in the Pyongyang Marathon, you'll be competing alongside local Korean marathon runners, and celebrating with them as you cross the finish line together. Running through the city is one of the best ways to explore the fascinating and unique capital, Pyongyang.

For the more adventurous traveler, this 7-night tour not only takes you around Pyongyang city, but also gets you to the lively city of Pyongsong and to Nampo on the west coast.

We complete this tour with a trip down south as we head to Kaesong and the DMZ area.

And for all the serious runners out there, the Pyongyang Marathon is an IAAF Bronze Label Road Race with AIMS Certification. Come back with the most unique running shirt, finisher's medal and race certificate around.

This tour will have you in Pyongyang on April 15 for one of the country's biggest celebrations – the Day of the Sun, or the birthday of eternal President Kim Il Sung. Join in with the locals as they celebrate and enjoy their day off! Mass Celebrations and evening fireworks can also be expected on this day; be part of it all with Koryo Tours!

### Highlights

- 2020 PYONGYANG MARATHON!
- Day of the Sun Celebrations!
- The DMZ & Historic Kaesong
- Coastal Nampo
- Pyongsong and in depth Pyongyang

### Itinerary

#### Briefing Day – April 9 | Thursday

\*Pre-Tour Briefing | We require all travellers 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 travellers, 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.

Briefings for those departing by train, expected time is 10:00 am (to be confirmed)

PM

Briefings for those departing by flight, expected times are 2 pm, 4 pm and 6 pm (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.



### **Day 1 – April 10 | Friday Arrival Day in Pyongyang**

AM

Train transfer at Dandong Station from overnight sleeper train to the Dandong-Pyongyang local train. Our local representative in Dandong will assist with the transfer. Train crosses the China-North Korea border followed by North Korean customs and immigration.

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 1.5-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.

Train arrival to Pyongyang Railway Station expected at 6:45 pm.

An approx. 5-hour long train journey will take you through the Korean countryside to Pyongyang Railway Station with expected arrival at 6:45 pm, where you will meet your guides and then transfer to your hotel for check-in & dinner.

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.

## **Day 2 - April 11 | Saturday**

### **Pyongyang**

AM

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.

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).

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.

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.

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.

## **Day 3 – April 12 | Sunday**

### **The big event! The Pyongyang Marathon 2020!**

AM

The 2020 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.

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. Prizes are available for the winners of each race.

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.

Munsu Water Park | We'll take a break at this outdoor and indoor water park with water slides, lap pools, and hot tubs. Bar, coffee shop, and shops for non-swimmers (Entry fee 2 EUR; swimming fee- 10 EUR with suit rental; tennis- 5 EUR).

Local Beer Bar | Relax at one of Pyongyang's local bars to wrap up an exciting day.

Overnight | Yanggakdo Hotel, Pyongyang.

**Day 4 – April 13 | Monday**

**Nampo & Pyongsong**

AM

Drive west along the 'Youth Hero Highway' to Nampo, the port city of Pyongyang on the Taedong River estuary. A 45 minute to 1-hour drive.

Chongsam-ri Co-operative Farm | The DPRK's most famous and iconic model farm. Visited hundreds of times by Kim Il Sung, the place where the 'Chongsam-ri Method' was developed (they will explain on-site). See how the farming system works, visit a farmhouse, the local shop, kindergarten and see the fields and greenhouses.

Local Factory | Nampo is a major industrial area of the DPRK, we'll visit one of the local factories to see and learn more about the industrial side of the country. We will visit either a glass factory, mineral water bottling plant or if we're lucky the famous Chollima Steelworks. Please note that factory visits may depend on on-site activities/conditions.

West Sea Barrage | An 8 km concrete, steel, and earthen barrage constructed between the Taedong River estuary and the West Sea for land reclamation, irrigation, flood prevention, and power generation. It also acts as a ship lock and fish ladder. One of the DPRK's greatest engineering feats.

Lunch at a local restaurant in Nampo

PM

Return to Pyongyang, A 45 minute to 1-hour drive.

Mangyongdae Native House | Birthplace of and childhood home of President Kim Il Sung. A traditional Korean house in a park-like setting.

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.

Drive to Pyongsong. A 45 minute to 1-hour drive.

Overnight: Jangsusan Hotel, Pyongsong | The only hotel in Pyongsong open for tourists and one of the most fun in the whole country! Basic facilities with fairly reliable electricity and hot water. One of the best bartenders in the country mans the bar. Billiards, karaoke, hairdresser, and outdoor eateries in summer.



**Day 5 – April 14 | Tuesday**

**Pyongsong**

AM

Pyongsong City Square | Central square of Pyongsong City with statues of the DPRK leadership and flanked by the provincial revolutionary museum. Presentation of flowers customary.

Tok Song Primary School | The area's top primary school for gifted students. Tour the school's classrooms & facilities, watch music & dance performances by the students, and test your ping pong skills against them in the gymnasium.

Konji-ri Revolutionary Site | Location of the headquarters of the Korean People's Army & home of Kim Il Sung during the Korean War. Tour the renovated buildings and learn about life there during the war.

Return to Pyongyang, A 45 minute to 1-hour drive.

PM

Grand People's Study House | Huge national library and public university housed in a large neo-traditional Korean building overlooking Kim Il Sung Square and the downtown Pyongyang.

Pyongyang Schoolchildren's Palace | Tour of one of Pyongyang's centres of extracurricular excellence with study rooms for fine arts, dance, sports, and music, then watch a spectacular performance put on by the students.

Duck Barbecue Restaurant | South Pyongyang's famous grilled duck restaurant.

Overnight | Yanggakdo Hotel, Pyongyang.

### Day 6 – April 15 | Wednesday

**The Day of the Sun, one of the DPRK's largest holidays. April 15, 2020, is the 108th anniversary of President Kim Il Sung's birthday.**

AM

Kumsusan Palace of the Sun | Mausoleum of the DPRK leadership where President Kim Il Sung and Leader Kim Jong Il lie in state and the most solemn location on the itinerary. Please note formal dress is required. Men require collared shirt with tie, dark non-jean pants, and dark shoes. Women require covered shoulders, knee-length dress or pants, and closed toed shoes. The visit will take most of the morning and visitors are asked to bow a number of times inside. This is a state-administered site and visits are subject to local conditions. Cancellations are rare but possible.

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' -a symbol of speed- commemorating the quick rebuilding of the country in the 1950s following the Korean War.

PM

Moranbong Park | We'll take a stroll and have picnic lunch in Pyongyang's central park popular with locals for picnics, dances, and sports. The park is filled with historic pavilions, walls, and monuments- modern and ancient, a few of which are among the traditional 'Eight Great Sights of Pyongyang'.

Kimilsungia and Kimjongillia Flower Exhibition | Exhibit of the two flowers named after the DPRK's leaders and held on the occasion of their respective birthday anniversaries in February and April. See organizations and groups from across society compete to put on the best floral display.

Artistic Performance | Expect to see a performance on the day, while the type of performance is to be confirmed we have been able to see circus, musical and other performances on this day, typically 20-50 EUR per person depending on nature of performance.

Mass Dance | Large student organised dances held around Pyongyang on major holidays (weather dependent). Join in the fun!

Fireworks over the Taedong River | watch with thousands of locals in Kim Il Sung Square as this holiday comes to an end. Wonderful mingling opportunities in a festive atmosphere

Overnight | Yanggakdo Hotel, Pyongyang.

## **Day 7 – April 16 | Thursday**

### **Kaesong and the DMZ**

AM

Drive south along the 'Reunification Highway' to Kaesong, 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 consisting 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 also an option here (+5 EUR).

PM

Drive back to Pyongyang via 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 Koreas, north and south. Also known as the 'Arch of Reunification'.

Overnight | Yanggakdo Hotel, Pyongyang.

## **Day 8 – April 18 | Friday**

### **Departure Day from Pyongyang and Return to Beijing by flight or train. Please indicate your preferred exit method upon booking\***

AM

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

OR

Train departure by local train to the Korean-Chinese border at 10:25, transfer in Dandong and onward travel to Beijing with scheduled arrival to Beijing Station on Saturday, April 18th at 08:30 am. For this tour the default option is hard sleeper (six beds per berth).

### **End of Tour**

#### **Extras**

Pyongyang Marathon — official race entry The Mangyongdae Prize International Marathon is now open to foreign amateur runners. You can run the 5k, 10k, Half or Full Marathon. All four take place on the same day in April, and follow the same course, which is fully recognised by the International Association of Athletics Federations. We are the EXCLUSIVE travel partner for foreign amateurs. Don't miss out on this rare opportunity to become one of the few people in the world to have run the Pyongyang Marathon. We'll see you at the start line!

Pyongyang Marathon - running shirt size Koryo Tours will provide free running shirts to everyone signed up for a Koryo Tours Pyongyang Marathon Trip. Male shirts are a regular fit, while female shirts are a slim fit. Please pay attention to the sizes as they are smaller than western shirt sizes.

**Transport | Train and Flights to North Korea (High-season)** This tour travels between Beijing-Pyongyang by train each way in a hard-sleeper carriage (6 bunks per compartment). The train journey takes 24 hours with a transfer at the city of Dandong. One-way or round-trip flights are also available. The flight takes around 90 minutes. For an extra 265 EUR you can upgrade to a one-way flight. A round-trip ticket costs an additional 435 EUR. We recommend flight entry with a train return for the best overall experience on your trip.

**Visit the DPRK border town of Sinuiju** If you're heading back to Beijing by train this option lets you get off for an overnight in Dongrim before the next day's tour of Sinuiju — the border city with China. Spend an extra 24 hours in the DPRK seeing the sites of North Pyongan province. You will then continue on through to Beijing.

**Visit Dandong — the Chinese gateway to the DPRK** Instead of immediately returning to Beijing when your tour ends you can take some extra time to visit this fascinating border city, which directly faces the DPRK town of Sinuiju, but lies on the Chinese side of the Yalu River. We offer both one-night and two-night fully guided extensions that take in all the sights of Dandong, with a special North Korea theme.

**Upgrade to your own room** All hotel rooms on our all-inclusive group tours feature twin beds, and will be shared. If you'd like a room to yourself then you can upgrade for an extra 40 EUR per night.

**Insurance (7 to 9 nights)** We're unable to take you on one of our tours if you do not have medical insurance that covers the destination in question. Issues of isolation and infrastructure where we go mean it would be irresponsible of us to do so. We can provide this if you do not have it — or you can use your own.

### ***What is / is not included?***

#### **INCLUDED**

- Train Beijing – Pyongyang with transfer at Dandong
- Train Pyongyang – Beijing with transfer at Dandong
- All meals on the tour apart from the meals on the train between Beijing-Pyongyang
- Hotel accommodation in the DPRK
- A Koryo Tours tour leader, two local Korean guides, and a driver per group
- All transportation in the DPRK
- Official running shirt, finisher's medal and race certificate

#### **NOT INCLUDED**

- Marathon race fees - to be paid in cash (clean USD notes only) before the race in Pyongyang, amounts are 5 km: \$50 USD / 10 km: \$70 USD / Half Marathon: \$100 USD / Full Marathon: \$150 USD
- North Korean (DPRK) visa fee 50 EUR
- Optional Air Koryo flights (one-way: 239 EUR; return: 439 EUR)
- Optional single room supplement of 40 EUR per night
- Tips for the local Korean guides + driver (approx 10-15 EUR per day)
- Optional activities such as the lift up the Juche Tower (5 EUR) or a visit to the funfair (approx. 2 EUR entrance fee per person)
- Entry tickets for special events if applicable – for example Pyongyang Circus (approx. 20 EUR per person)
- Meals include a complimentary beer and water, but you will need to purchase extra drinks if needed
- Spending money for souvenirs
- SINUIJU EXTENSION: RMB 50 for the bus across the bridge to Dandong to be paid on the spot to the local guides

### **Notes**

*Groups will be in the experienced hands of two or three local Korean guides. Furthermore, for groups of 10 or more, a member of the Koryo Tours team will accompany the trip.*

*Please note that when on tour your day-to-day itinerary may differ slightly to what is advertised above. Your tour leader will ensure, however, that everything available at the time is covered, and replacement options are provided where needed. We will also add in extras when there is time (such as a visit to a local bar or amusement park). We visit the DPRK regularly so know all the best places to go, and how to make the most of your days there to guarantee the experience of a lifetime. After the tour, we will send out a list of all participants' emails, so you can keep in touch, swap photos etc. If you do not wish to be on this list then please let us know.*

### **Visa Information**

*We arrange your North Korean visa as part of your tour package [+50 EUR]. However, given the tour starts and finishes in China you may also need to consider entry and exit procedures in China for your trip. This can be obtained at a Chinese embassy abroad. We recommend obtaining at least a double-entry Chinese visa for your trip.*

*Over 50 nationalities can obtain a visa-waiver for up to 144 hours when in transit through Beijing Capital Airport (PEK) using direct international flights. Most other nationalities can transit for up to 24 hours. If you don't want to visit China as part of your trip, this could be the easiest option for you. It is not possible to obtain a transit-waiver when using a train for entry or exit from China.*

*Please be sure to check your visa status for travel through China while planning your trip. We may be able to assist with Chinese visas. We can also provide documentation in support of visa applications upon payment of a tour deposit.*