



Pyongyang Marathon – Budget 4 Night Tour

TOUR

April 6th – 10th 2023

4 nights in North Korea + Beijing-Pyongyang travel time

OVERVIEW

The cheapest 4 night/5 day Pyongyang Marathon tour available, this is the only North Korea budget tour that has you running in the Pyongyang Marathon, exploring the sights of Pyongyang, AND driving down to Kaesong for a visit to the DMZ.

In Pyongyang, we will take a tour of all of the must-sees, such as the [Pyongyang Metro](#), the [Victorious Fatherland Liberation War Museum](#), and the [Mansudae Grand Monument](#), the statues of the DPRK Leadership.

You will then head down to the historic city of [Kaesong](#) where you will visit Panmunjom and experience the infamous [DMZ](#) border that separates North and South Korea.

► **Pyongyang Marathon 2023**

Koryo Tours are the official partners of the Pyongyang Marathon.

The 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 5 - WEDNESDAY

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 to suit each of the transport entry & exit options. Please read below for further information.

AM

- **10:00 | Train from Beijing Departure** - your briefing will be held at this time in Beijing

PM

- **14:00 / 16:00 / 18:00 | Flight from Beijing 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 travelers departing from Beijing** will depart 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.
- **18:00 | Train from Dandong Departure** - your briefing will be held in Dandong at this time (*exact location subject to final confirmation*)

Overnight | *Hotel in Beijing/Dandong not included in the tour.*

APRIL 6 - THURSDAY

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 7 - FRIDAY

Historic Kaesong and the DMZ

AM

- [Kaesong](#) | Drive 160 km south the 'Reunification Highway' to the historic capital of the Koryo Dynasty (918-1392) and today located near the Korean Demilitarized Zone. *3-hour drive.*
- [Panmunjom Armistice Village and DMZ](#) | The site of the signing of the 1953 armistice that ended the Korean War and the demarcation line between north and south. On some days it is possible to visit the hut

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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).

PM

- [Sariwon Folk Village and City View](#) | Drive back to Pyongyang via the city of Sariwon and its 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 | Sosan Hotel, Pyongyang

APRIL 8 - 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 9 - SUNDAY

The big event! The Pyongyang Marathon 2023!

AM

- [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 sight seeing in Pyongyang
- [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](#) | We'll also see the statue of 'Chollima' 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.
- [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.

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- **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

APRIL 10 - 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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