



## Pyongyang Marathon – 3 Night Tour

### TOUR

April 8<sup>th</sup> – 11<sup>th</sup> 2023

3 nights in North Korea + Beijing-Pyongyang travel time

### OVERVIEW

Join Koryo tours for 3 nights in North Korea as we run the [Pyongyang Marathon](#), and have a city tour of Pyongyang - North Korea's unique capital.

This race can be run either as a full marathon distance or as a half marathon, and there are also 10km and 5km races. Whether you can run the full marathon distance or not, this is an event not to be missed out on.

In addition to the foreign amateur runners, hundreds of local runners and elite foreign runners will be participating as well.

You'll then get to enjoy a comprehensive tour of Pyongyang city including its famous [Pyongyang Metro](#), visit the [Kwangbok Department Store](#) to shop like a local and tour the famous [Victorious Fatherland Liberation War Museum](#) featuring the captured spy ship - the USS Pueblo.

### ► 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 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.

## 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 in Pyongyang.
- [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, 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.*

**Overnight** | Yanggakdo International Hotel, Pyongyang.

**APRIL 10 - MONDAY**

*Pyongyang City Tour*

## AM

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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 and childhood home of President Kim Il Sung. A traditional Korean house in what is today a quiet suburban park.
- [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.

## PM

- [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](#) | '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.
- [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.

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- [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 11 - TUESDAY

*Departure Day from Pyongyang and Return to Beijing by flight or train.*

For those opting to fly out, flight departure from Pyongyang on **Air Koryo flight JS151** with a expected arrival at Beijing Capital Airport (PEK) Terminal 2 at 10:00 am

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 Wednesday April 14th at 08:30. *For this tour the default option is hard sleeper (six beds per berth).*

**End of Tour.**

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