



NORTH KOREA TOUR

11 DAYS / 10 NIGHTS (Itinerary 5)

For more information please check: northkorea@bodyandsoulinternational.com



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Day 1 PYONGYANG - Arrival

Upon arrival at Pyongyang airport, our guide will welcome you and transfer you to the city where you check-in at your hotel and attend a Circus performance.

Dinner and overnight at Yanggakdo Hotel.

Overnight in Pyongyang.



Day 2 PYONGYANG (B/L/D)

After breakfast, spend a full day touring Pyongyang city – named after its flat land and situated in the low land area in the Northwest of the Korean Peninsula. Today, you will visit the main attractions of this long history city.

Start your tour with Kim II Sung Square, which is a granite platform located in the hearth of the city. It has been the venues of many political functions, demonstrations of armed forces, military parades, not to mention the mass meeting in celebration of victory in the Fatherland Liberation War in 1953.



Then observe the impressive Mansudae Fountain Park consisting of 80 kinds of fountains in different shapes, followed by the Mansudae Grand Monuments which stands on Mansu Hill and show the whole course of the glorious Korean revolution led by President Kim II Sung in an artistically way.

End the morning with the Arch of Triumph and the 150-metre high Juche Tower where a high-speed lift can carry you on top to enjoy a general view of the city.

Relaxing lunch on boat Pyongyang No 1 on Taedong River.

In the afternoon, visit of Mangyongdae Native House where President Kim II Sung was born and spent his childhood. The surrounding area is very scenic. The next stop is Mansudae Art Studio, a comprehensive art works complex which has created a large number of monumental works of the city.



Have a look at the city's metro and proceed to the Revolutionary Martyr's Cemetery on Mt Taesong – an honorary place of anti-Japanese Guerrillas who devoted their lives in the struggle for the liberation of the Fatherland. Don't miss also the Kwangbop Buddhist Temple, one of the biggest temples among 10 temples in Mt. Taesong and which was burnt down by bombings during the Fatherland Liberation War and then rebuilt.

Dinner at National Restaurant.

Overnight in Pyongyang.

Day 3 PYONGYANG (B/L/D)

After breakfast, start the day with the visit of the Korean Central History Museum which houses the remains and relics representing the long history from the primitive society to modern times. Then, proceed to Pyongyang Bell which weights some 13,513 kilograms ! It was used to prohibit traffic of people at night and to inform the population of great events of the country. Your sightseeing tour continues with Pyongyang Pavilion, a masterpiece of architecture which commands an outstanding view. End the morning with Moran Hill Park – known as the garden of Pyongyang.



Have lunch at TV Tower Restaurant – situated at 150-metre high from where you can enjoy panoramic views over Pyongyang.

In the afternoon, visit the Korean Revolution Museum which shows the whole course of the Korean revolution and which is the largest museum in Korea. It is followed by the Three-Revolution Exhibition displaying the achievements made by Koreans in the fields of ideological, technical and cultural revolution.

Dinner at Lotus Restaurant.

Overnight in Pyongyang.

Day 4 PYONGYANG / WONSAN / SIJUNG (B/L/D)

After breakfast, drive by bus to Wonsan – an international tourist resort - through a scenic road across the mountains (3 ½ hours) and stopping en-route to visit the Tomb of King Tongmyong, the founder king of Koguryo Dynasty who had established Koguryo Dynasty in 227 BC.

Have lunch in a fishfarm.

In the afternoon, visit the area including Ulrim Waterfall and enjoy a Wonsan city tour including Songdowon International Schoolchildren's Camp together with the modern Wonsan port. The beautiful Sijung Lake awaits you for some relaxing time. It is registered as a state natural monument.



Overnight in Sijung at Sijung Hotel.

Day 5 SIJUNG / WONSAN / PYONGYANG (B/L/D)

After breakfast, start the day with the visit of Sokwang Buddhist Temple, followed by the Chonsam Cooperative Farm Village, including the interesting meeting with a local family.

Lunch at the local restaurant Kalmaegi before going back to Pyongyang.

Dinner and overnight at Yanggakdo Hotel.

Overnight in Pyongyang.

Day 6 PYONGYANG / MT MYOHYANG (B/L/D)

Breakfast at the hotel. Today, the sightseeing starts with the Great Fatherland Liberation War Museum. The museum exhibits the historical materials covering from the period of the anti-Japanese revolutionary struggle to that victory in the Fatherland Liberation War. Continue with the Korean Feature Film Studio which has produced hundreds of film.

Lunch at a local restaurant.



In the afternoon, visit the Koryo Medical Centre Hospital – a hospital and academy dedicated to treat and research for traditional medical treatment, followed by the Mangyongdae Schoolchildren's Palace, an extracurricular educational institution for the schoolchildren in Pyongyang and built thanks to President Kim II Sung and General Kim Jong II who have regarded children as the kings of the country. Then, a bus will drive you to Mt Myohyang (1 ½ hour), the most celebrated mountain with picturesque valleys and waterfalls.

Overnight in Mt Myohyang at Hyangsan Hotel – located in the mountains.

Day 7 MT MYOHYANG / PYONGYANG / NAMPO (B/L/D)

Breakfast at the hotel. Visit Mt Myohyang main attractions such as the International Friendship Exhibition – displaying the gifts presented to President Kim II Sung and General Kim Jong II by foreign political, public, economic and military personages. Have a look also at the Pohyon Buddhist Temple – one of the 5 large temples of Korea built in 1042 during the Koryo Dynasty. Admire the beautiful surrounding natural scenery.



Lunch at Hyangsan hotel before proceeding to Nampo via Pyongyang.

Check-in at Ryonggang Hotspa Hotel – where you will enjoy a deserved private in-room hotspa for some rest.

Overnight in Nampo.

Day 8 NAMPO / KAESONG (B/L/D)

After breakfast, visit Nampo – a modern international city port at the mouth of the River Taedong.



Begin the day with the visit of the impressive 8-kilometre long West Sea Barrage.

Mt Kuwol – which means Mt September - will be your next stop. It is one of the 5 celebrated mountains of Korea and named after its extremely beautiful tint during September.

Continue to Woljong Buddhist Temple – built in 846 against the Asa Peak during the Koguryo dynasty.

Have a picnic lunch in Mt Mt Kuwol before taking a scenic road to Kaesong for some 2 hours along the countryside.

In the evening, enjoy local delicacies for dinner at Pansanggi Restaurant.

Overnight in Kaesong at Folkcustoms Hotel.

Day 9 KAESONG / PYONGYANG (B/L/D)

After breakfast, enjoy a city tour. You will pass through Panmunjom on the DMZ – where the Armistice talks began, then have a look at Koryo History Museum.

Lunch at Tong II National Restaurant or Panmunjom Restaurant.

In the afternoon, visit the Tomb of King Kongmin, who was the 31st king of Koryo and who built his and the Queen mausoleums by mobilizing people, or visit the Tomb of King Wanggon – the founder king of Koryo, the first unified state of Korea.





Before driving back to Pyongyang, you will stop at the Concrete Wall, built by US and south sides in the southern area along the 240-kilometre long Military Demarcation Line (MDL) running across the Korean peninsula.
Dinner at Yanggakdo Hotel.
Overnight in Pyongyang.

Day 10 PYONGYANG (B/L/D)

After breakfast, begin this new day in Pyongyang with the Tomb of King Dangoon, the founder King of Korean Nation 5'000 years ago, followed by the Grand People's Study House which is the city library and the largest in the country.
Have lunch at a local restaurant.
Enjoy some shopping in the afternoon and attend an art performance.
In the evening, farewell dinner at National Restaurant.
Overnight in Pyongyang.



Day 11 PYONGYANG - Departure (B--)

After breakfast, free time until your transfer to the airport for your departure flight.



End of our services.