HIGHLIGHTS OF NORTH KOREA TOUR

06 days / 05 nights

Highlights

Pyongyang - Kaesong (DMZ) - Mount Myohyang - Pyongsong

BRIEF PROGRAM

DAY	DATE	ITINERARY	HOTEL	MEALS
1	TBA	Pyongyang Arrival	Yanggakdo Hotel	D
2	TBA	Pyongyang City Tour	Yanggakdo Hotel	B, L, D
3	TBA	Pyongyang – Kaesong DMZ – Pyongyang	Yanggakdo Hotel	B, L, D
4	TBA	Pyongsong – Mount Myohyang	Chongchon Hotel	B, L, D
5	TBA	Mount Myohyang – Pyongyang	Yanggakdo Hotel	B, L, D
6	TBA	Pyongyang Departure	Kumgangsan Hotel	B, L

DAY 01
BEIJING – FY TO PYONGYANG

Meet our guide at the Beijing Airport then receive the North Korean Visa and flight ticket for your North Korea Tour Packages. Then attend a pre-tour briefing that covers regulations, etiquette, safety, and practicalities while travelling in North Korea. Please be punctual for the briefing. A proper briefing is an essential part of travel to North Korea. After that, we will provide you with assistance with the boarding the plane to Pyongyang. Your North Korea Travel has already begun.

Arrive into Pyongyang, you will be met by our Asia Senses Korean tour guides with a warm welcome, then transferred to the city. En route to the hotel, our guides will point out the Arch of Triumph, the world's largest triumphal arch.

Head over to the **Mansudae Grand Monument**, an important site famous for its large, bronze statues of President Kim Il Sung and Chairman Kim Jong Il. It is customary to bow and lay flowers here. Stroll through the **Mansudae Fountain Park**, a serene meeting spot for students and an often used backdrop for wedding photos.

Optional: If the time and local condition permit, have an optional visit to the Kaeson Youth Amusement Park where the thrillseekers among us can brave the rides with Pyongyang locals on a night out. Entrance and rides, approximately 1-3 Euros each.

Enjoy our welcome dinner at the local restaurant then overnight at the hotel! Overnight in Pyongyang.

- **Hotel:** Yanggakdo Hotel
- **Meal:** Dinner
- **Flight:** JS156 (14:10-16:20)

DAY 02
PYONGYANG CITY TOUR

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+84 865 815 200

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If you day coincides Thursday or Sunday, start your North Korea tour this morning with a visit to the Kumsusan Palace of the Sun, the grand mausoleum where the late leaders lie in state and the most solemn location on the itinerary. Please note formal dress is required. Men are required collared shirt with tie, dark non-jean pants, and dark shoes. Women required covered shoulders, knee-length dress or pants, and closed toed shoes.

Note: The Palace is open on Thursday and Sunday; and closed during May - June period.

Afterwards, take a walk in the **Kim Il Sung Square**, the 3rd largest public square in the world and home to many of the North Korean military parades broadcasted internationally during important holiday events.

Stroll in relaxed manner through the city to the **Foreign Languages Bookshop** which provides the best chance in the DPRK to pick up postcards, publications, posters and other trinkets that make perfect souvenirs.

Then visit the **Grand People's Study House**, an extensive library used to further education and the heart of study on the national Juche ideology. The viewing deck here provides a great photo opportunity of the Kim Il Sung Square and Taedong River!

After lunch, we will visit the **Mangyongdae Native House**, the birthplace and childhood home of President Kim Il Sung, a traditional Korean house in a beautiful natural surroundings. We will then head deep underground to take a 5-stop ride on the **Pyongyang Metro**, the deepest metro in the world with stunning artwork reflecting the name of each station. Ride six stations on the Chollima Line.

We'll then learn about the DPRK's defining ideology, the Juche philosophy, on a visit to the iconic **Tower of Juche Idea**. For those who wish to take the lift 150-meters to the top, you'll enjoy the best views in Pyongyang city. (Optional; elevator ticket is 5 EUR).

We will also have a photo stop at the massive **Monument to Party Founding**, built to commemorate the 50th anniversary of the foundation of the Workers' Party of Korea, featuring the hammer, sickle, writing brush which represent the workers, farmers, and intellectuals.

Afterwards, pay a visit to either **Golden Lane Bowling** or **Meari Shooting Range** and then follow up with a casual evening walk on the new Ryomyong Street, home to Pyongyang's most extravagant apartment complexes and opened in just April 2017 to international media attention.

For dinner, we will have Korean Bibimbap and get the chance to taste local Korean draft beers at the Taedonggang Microbrewery.

Overnight at hotel in Pyongyang.

- **Hotel:** Yanggakdo Hotel
- **Meal:** Breakfast, Lunch, Dinner

DAY 03
PYONGYANG – KAESONG – PYONGYANG

In the morning, enjoy a 2.5 hour drive south along the 'Reunification Highway' to the **historic city of Kaesong** then will head for the DMZ where we'll hear from our guides a perspective of the Korean War that often gets discredited or unheard. Your North Korea tour package is not complete without a visit to this historic place.

At the DMZ, explore **Panmunjom Armistice Village**, shake hands at the exact place that the Armistice Agreement was signed between UN forces and the DPRK in 1953, and wave hello to the South at the blue houses in the Joint Security Area. Here we will be accompanied by military guides from the Korean People's Army.

Afterwards, we will head to the **Koryo History Museum** or Kaesong Koryo Museum, a UNESCO World Heritage site, to learn about the Koryo Dynasty (where the name Korea originates). You'll also have a chance to pick from the most varied range of stamps, postcards, local ginseng, souvenirs, art, and more in the country at the **Koryo Stamp Shop**.

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For lunch, enjoy **Pansanggi**, a historic Kaesong cuisine traditionally served for royalty. It is made of 12 dishes served in brass bowls fit for the kings of old. The more dishes, the more distinguished the guest! Afterwards, stop at the original **Sonjuk Bridge**, a UNESCO site.

On our return to Pyongyang, we will visit the newly renovated **Victorious Fatherland Liberation War Museum** and the **USS Pueblo** in its new spot (the "American Spy Ship" captured in 1968).

We will then enjoy dinner at a local Korean BBQ restaurant, a favorite among locals where we will cook our own meats at the table!

Overnight at hotel in Pyongyang.

- **Hotel:** Yanggakdo Hotel
- **Meal:** Breakfast, Lunch, Dinner

DAY 04
PYONGYANG – PYONGSONG – MOUNT MYOHYANG

In any trip to North Korea, the majority of time will be in Pyongyang. However, today we pay a visit to the satellite cities of the capital.

Begin the day with the visit to the **Mansudae Art Studio**, the most prestigious fine arts studio and gallery in North Korea. This studio is the only one given permission to depict the Great Leaders in monuments, murals and mosaics. We recommend getting the ink block paintings here.

Depart to the mining **city of Pyongsong**. This satellite city of Pyongyang was opened for the foreign visitors in 2013. Visit the **Pyongsong Central Square** where houses a giant bronze statue of a young Kim Il Sung and a history museum with the party symbol in between the slogan "One United People's Heart", followed by the **Paeksongri Revolutionary Site** where the Kim Il Sung University was moved to in the Korean War.

After lunch, stop at the **Pyongsong Number 1 High School**, Kim Jong Suk high school. The school's headmaster will show us around the school where we will be able to join in a lesson and interact in English with the students as there tend to be extra lessons on Saturdays. If the time permits, we will visit the **Paeksong Food Factory** or **Taedonggang Textile Factory**, a rare chance to see a DPRK factory.

Continue to the picturesque **Mt. Myohyang** (Myohyangsan). This will be a 1.5 hour drive filled with beautiful scenery, providing a great look at what life is like outside of the capital. Check-in hotel then spend time for refreshment.

Overnight in Mount Myohyang (Myohyangsan).

- **Hotel:** Chongchon Hotel Mount Myohyang
- **Meal:** Breakfast, Lunch, Dinner

DAY 05
MOUNT KUMGANG – PYONGYANG

After breakfast, we will visit the **International Friendship Exhibition**, a massive complex containing the gifts given to the Great Leaders by foreign dignitaries over the years, displayed proudly in over 150 rooms. There's even a basketball signed by Michael Jordan presented by former U.S. Secretary of State Madeleine Albright. Take the elevator to the top floor and enjoy the mountain view and fresh air while sipping organic mountain root tea.

We will then visit the ancient **Buddhist Pohyon Temple**, founded under the Koryo Dynasty and remains populated by practicing Korean Buddhist monks.

After lunch, we will hike the **Manphok Valley trail**. This area is popular with picnicking locals and filled with dense forest, waterfalls and temples with great views (bring comfortable shoes; all hiking is optional and at your own pace). There will be plenty of opportunities for photos here!

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Return to the capital and visit **Kwangbok Supermarket**, a five-story department complex filled with local and imported product and the only place in Pyongyang where foreigners are able to exchange and use the local North Korean Won.

If your energy allows, visit **Science and Technology Centre**, a newly built atom-shaped educational facility, library, computer lab, and exhibition of the latest developments in science and technology for students of all ages, educators, and researchers alike.

For farewell dinner, we will visit South Pyongyang's famous **Duck Barbecue Restaurant**, where you can grill your own meats or have **Jeongol**, a Korean-style hotpot at a local restaurant.

Overnight at hotel in Pyongyang.

- **Hotel:** Yanggakdo Hotel
- **Meal:** Breakfast, Lunch, Dinner

DAY 06
PYONGYANG DEPARTURE

The Highlights of North Korea Tour wraps up today. Please confirm your preferred exit option upon booking:

Option 1: Train Pyongyang - Shenyang (NO SURCHARGE)
Train departure at 10:25 with scheduled arrival in Dandong on the DPRK-China border the same day at 17:30. After that, our representative will help you with the bullet train to Shenyang. End of our services.

Option 2: Train Pyongyang - Beijing (NO SURCHARGE)
Train departure by international sleeper train to Beijing with scheduled arrival at 10:10 to Beijing Station. End of our services.

Option 3: Flight out (SURCHARGE of USD 60)
You will be transferred by our guides and driver to Pyongyang Sunan International Ariport to catch the flight back to your preferred destination.

- Beijing: Monday, Tuesday, Thursday, Friday and Saturday (JS151 08:25 - 09:55)
- Shenyang: Wednesday and Saturday (JS155 12:00 -12:10)
- Shanghai: Sunday and Thursday (JS157 22:10 - 23:30)
- Guangzhou: Saturday and Wednesday (JS157 22:30 - 00:00)
- Vladivostok: Monday and Friday (JS271 08:30 - 11:00)

- **Hotel:** Not included
- **Meal:** Breakfast

Price (US$)	Group
Adult	

What's included:

- North Korean Visa
- Train Beijing - Pyongyang and Dandong - Pyongyang
- Flight Pyongyang - Beijing
- 05 night accommodation in North Korea
- All meals on the tour
- A complimentary beer and water for each meals
- Transportation in North Korea
- Two local English Speaking Korean guides

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- FREE bottled drinking water
- FREE transfer from hotel in Pyongyang to airport

Not included in the price:

- Chinese Visas
- Surcharge for the flight on departure day from Pyongyang
- Other (domestic and international) flights not mentioned in the program
- Optional single room supplement (35 EUR or 44 USD per night)
- Tips for the local Korean guides and driver (please budget 10 USD per day per traveler)
- Travel and medical insurances
- Beer at microbreweries (1-3 USD per draft)
- Extra drinks if needed
- Personal expenses (laundry, telephone, etc.) and souvenirs
- Hotel accommodations before and after DPRK tour
- Elevator to the top of the Juche Tower, 5 EUR or 6 USD
- Elevator to the top of the Arch of Triumph, 5 EUR or 6 USD
- Flowers to be laid at the Mansudae Grand Monument, 3-5 EUR or 4-6 USD
- Pyongyang circus (if playing): 20 EUR or 25 USD
- Kaeson Amusement park entrance and rides, approximately 1-3 EUR or 2-4 USD each
- Optional activities such as a visit to the funfair (approx. 2 EUR or 3 USD per person)

Travel insurance

You must be comprehensively insured as a condition of travelling with Asia Senses Travel & Tours. Insurance should include cover for personal accident and medical expenses, evacuation and repatriation, baggage loss, and cancellation or curtailment of your holiday. Your booking will not be confirmed if you cannot confirm possession of appropriate insurance, and our ground operations have the right to prevent you from travelling in the event that you cannot present your insurance details at the start of the tour.

Sexual exploitation

Asia Senses customers should be well known that commercial, sexual or any other form of exploitation and harassment, particularly of children and adolescents are not allowed or tolerated.

Environmental Conservation and Sustainability

- Please say no to exotic foods that threaten wildlife and endangered species, and whenever possible choose organically farmed food.
- Please say no to products made from endangered plants or animals, such as ivory, tortoise shells, and wild animal skins.
- Please turn off your air conditioner, fans, lights and other electrical appliances when you leave your hotel room or guesthouse.
- When visiting coral reefs, please do not touch live coral or take home sea life.
- Please be conscious about how much trash you are creating and practice the 3 R's: Reduce, Reuse, And Recycle.
- Please travel keeping in mind the slogan 'leave no trace'. Keep to designated trails when out walking and be diligent when cleaning up after yourself and your group at rest stops and camp sites.

Cultural Preservation and Respect

- Try to learn about the local culture before you travel and be willing to try alternative options.
- Please learn some of the local language(s). Even the basics such as 'hello', 'good bye' and 'thank you' are highly appreciated!
- Please respect the cultural differences between yourself and your hosts. Make every effort to appreciate what is different.

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- Please be careful when showing affection in public. It is best to limit affection to holding hands – especially in rural areas.
- Please avoid patting or touching people on their heads, it is the symbolic high point in Asia.
- Be aware of the importance of the ancestral shrines in South East Asia countries. Avoid backing up to, pointing your feet at, or changing your clothes in front of any temple, shrine or alter.

Ethical Travel

- By using locally produced goods and services you contribute financially to the community you are visiting and help turn tourism to the country's benefit.
- Please drink and eat local food when you can.
- Use local transport and support local shops.
- Please try to avoid paying for simple acts of kindness in cash – for example, being given directions – a simple 'thank you' and a handshake will do.
- Hire a local guide when visiting protected areas or historical sites. This way you will contribute to the local economy, and learn more about the area.
- Giving money away to both children and adults promotes a begging mentality and culture.
- Please avoid giving children money or gifts. It is better to pay for a postcard, map or shoeshine.
- Giving chocolate or sweets is a bad idea, as many people do not have access to dentists and knowledge of dental hygiene is poor.
- Please support local initiatives and community based projects whenever possible. A simple acknowledgment of a job well done makes all the difference

TRAVEL GUIDES BEFORE YOU GO

Travel Requirements and Visas

American and Western tourists need DPRK visas to before boarding the airplane or train in China to enter the country. These should be obtained at least a month in advance of your trip, and using our connections, we will provide you with and process your visa paperwork with the DPRK government.

Travelers transiting to the DPRK through the Beijing airport are no longer required to obtain a Chinese visa thanks to a new rule allowing travelers passing through Beijing to other destinations to stay in Beijing for up to three days without obtaining one. A direct-transit visa exemption also applies to a number of other Chinese airports for a period of 24 hours, as long as you can provide your final destination ticket as proof of your travel plans. If you plan to spend more time in China, you will need to obtain a Chinese tourist visa from a Chinese embassy or consulate in your country, or online at http://www.china-embassy.org/.

Money

DPRK's currency is called the Won. There are 100 chon in 1 won. There are different currencies in use: one type of Won exists for DPRK citizens, which tourists are forbidden to use, one type of Won exists for visitors from capitalist and Western countries, and one type of Won exists for visitors from communist, formerly-communist, and friendly nations. Euro are commonly accepted and preferred for use by tourists, and US dollars are sometimes, but not always, accepted in tourist shops, venues, and hotels.

Food

As a foreign visitor to the DPRK, you will always be well fed. Food in the DPRK is pretty basic, ranging from an egg sop with bread to white rice (bab) with veggies and meat, potato (gamja) and egg (dalya)-based soups (gug), stews (jigae), casseroles (jeon-gul), and salads (saengchae).

Chicken and fish are the most common meats, and neither pork nor beef are common. Duck is most commonly used in Korean barbecues, cooked over a tray of coals in the middle of your table (always a fun experience). You will find that your set dinners consist of multiple courses of small plates and rice or noodles signifies the end of the meal.

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Festivals and Holidays
The most important holiday in the DPRK each year is the Day of the Sun, marking the birthday of the country's founder, Kim Il Sung, every April 15th. Koreans celebrate by making pilgrimages to sites that have connections to Kim, including his supposed birthplace Mangyongdae in Pyongyang. The most important observances take place in the capital, including large group homages at the Kumsusan Mausoleum and the Mansu Hill Monument.

Similarly, Koreans celebrate the birthday of Kim's son, the late leader Kim Jong Il, every February 16 during the Day of the Shining Star. On October 10, the nation celebrates Party Foundation Day, which commemorates the establishment of the Workers Party of Korea, and on September 9, the people mark Foundation Day, with public dancing, artistic displays, and political speeches.

Health and Medical
Medical facilities in the country are very basic, particularly in the rural areas, and offer only minimum care. Clinical hygiene is poor, and anesthetics are rare. Electricity supply to hospitals in the capital can be intermittent. You should make an extra effort to avoid serious injury while in the DPRK, and we require that you obtain evacuation insurance before you travel. Every hotel has a doctor on site, and some tourist sites may have modest medical facilities. Tourists will be taken to the Pyongyang International Friendship Hospital. Take with you any medication you need or think you may need.

Safety
Crime against tourists visiting the DPRK is essentially unheard of. Because of the closed, tightly-controlled nature of guided tour groups, it is very unlikely there would ever be a chance for you to fall victim to someone who's not a part of your group. Though exceedingly rare, some petty theft may occur from hotels, so be sure to keep your passport, cash, and any valuables on your person or in safe keeping at all times. Travelers' cheques in Euros are a safe way to handle money, but you will also need to bring plenty of cash. Also make sure that you have some valid form of identification on your person at all times.

LGBTQ Travel
While not illegal, homosexuality is not existent in North Korea. However, LGBT travelers are allowed and are not treated any differently from other travelers. They are welcomed in the DPRK as most other travelers.

Solo Female Travel
The DPRK is generally a safe destination for female travelers and in fact, gender equality is fairly high here due to the socialist system of values. Our female CEO has traveled extensively throughout the country with no issues relating to her gender. It is always wise to dress modestly, especially at some sites and memorials dedicated to the leaders and especially in situations where you are uncertain of local customs.

Disabled Travel
Many historical sites and tourist areas in the DPRK do not have elevators or handicapped access. Most hotels within Pyongyang will have an elevator or escalator but may not beyond the capital, Pyongyang. Visitors to historic sites and other outdoor attractions should expect stairs and, in some cases, challenging terrain.

RULES
Please be aware that whilst we do the utmost for our tourists you are under very strict regulations as to what you can and cannot do and this is not negotiable. For example; you are not free to wander around on your own, there are photographic restrictions and video cameras are generally prohibited. The main problem is with journalists who have tried to enter the DPRK with us but without informing us of their status. This has led to two serious instances which has got our guides into trouble. WE CANNOT TAKE JOURNALISTS INTO THE DPRK. We therefore ask all journalists to notify us of their position so we can suggest other alternatives.

It is therefore only advisable visiting the DPRK if you can tolerate the following points:

1) In the DPRK you will be under close scrutiny from the guides and security. Use of cameras causes the majority of problems. You can only take a photograph of what the guides allow. The public are obliged to report all photography. Taking photos of soldiers, at check points, poverty, sneaked photos and close ups of people without their express permission will cause serious problems. Photography when being driven around is also restricted. Even what we would interpret as 'day to day' harmless scenes may cause problems. It is too easy to get carried away and think that it is not causing offence or would not put the guides in danger. This is not the case and therefore we ask our tourists to take a very responsible attitude even though it may mean missing the photographic opportunity. If the group gets the confidence of the guides you will have amazing opportunities for photography and you will miss out on very little. DPRK regulations state that you cannot take a lens over 150 mm into the country.

2) Leaving the hotel without the guides or the guides' express permission is not possible. If you are feeling the need for 'a breath of air' then a casual stroll along the river is possible but only if accompanied with a guide. It is possible to stroll in the grounds of the hotel but please ask the guide and do not take your camera.

3) We are 'invited' to the DPRK and therefore we ask our tourists to respect the Koreans and their vision of the Great Leader

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- this involves bowing at the 20 metre statue on Mansudae and on various other occasions. Chewing gum, eating sweets and wearing scruffy clothing in places of Korean national importance (such as Mansudae statue to Kim Il Sung, the Friendship Exhibition and Manyongdae birthplace of Kim Il Sung) will offend guides.

In all these instances it is the guides that get into trouble and not you. If you are happy just to be taken around the 'system' with all the diatribe and trimmings, then you will have the most amazing experience. If any of the above poses a problem it is advisable not to visit the DPRK as we have too many experiences of seeing guides put in serious trouble by tourists who are not aware of their actions.

JOURNALISTS AND PHOTOGRAPHERS (PROFESSIONAL AND SEMI-PROFESSIONAL)

The laws of DPRK prohibit journalists and photographers (full or part-time) from travelling on tourist visas. We do not make the laws in DPRK but our work is subject to them, if a journalist/photographer poses as a tourist and manages to join one of our tours then we will be put out of business and the position of our Korean colleague/guides will be compromised.

We ask journalists/photographers to please respect our position and DO NOT APPLY for a visa with Asia Senses Travel. We are happy to assist journalists/photographers with any information that they may require and we can contact you when the rules are relaxed or opportunities appear.

DON'T

1. Don't call the country North Korea. Referring to the nation as the Democratic People's Republic of Korea, or DPRK, will help to keep you out of trouble.
2. Don't expect privacy. Travel to the country is only possible as part of a tightly controlled guided tour, and tour guides are with you every second you're there. Really, though. Every second.
3. Don't go off on your own. You are not permitted to go anywhere without an escort. You must not leave your hotel. You must not use the public transportation system. You should not even attempt to stray a few feet from the group to get a closer look at something.
4. Don't speak negatively about the country, its people, or its leaders. Disrespecting the DPRK government is considered a major offence and has landed tourists in hot water, such as being sentenced to hard labor. In fact, travelers in North Korea are expected to praise every stop and landmark. Some may even be required to present flowers to or bow in front of statues of the regime's past and present leaders. When in doubt, take Thumper's advice: "If you can't say something nice, don't say nothing at all."
5. Don't pack a lot. If you want to avoid a more-rigorous-than-usual screening process at the border, then consider packing light.
6. Don't discuss or practice your religious beliefs. DPRK is an atheist state that restricts public religion. Participating in unsanctioned religious activities such as publicly praying or toting around a Bible is a sure-fire way to get arrested, detained, or expelled from the state.
1. Don't take the wrong pictures. The regime is famously paranoid about keeping its internal affairs secret, so even seemingly innocuous photos — such as of people strolling down a sidewalk — could cause an issue. Travelers are instructed to avoid photographing scenes of poverty and construction sites. Should they want to snap a shot of a statue, they must capture the whole body in the frame, as no close-ups of the head are allowed.
7. Don't break the rules. Breaking a rule of the tour will not only put your life in danger, but will also put your guide at risk. He or she will face imprisonment and even torture for assisting your attempts at alleged espionage. Follow the lead of the guides, and do not take the rules lightly. If you are not willing to accept extreme limitations on your whereabouts and behavior, DPRK is probably not the right travel destination for you.
8. Don't bring books, magazines, and CDs if the content is considered inappropriate, such as things with the national emblems of South Korea and the United States.
9. Don't give inappropriate comments to the national leaders or the economic and political situation of North Korea.

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