

SOUTH KOREA 13 DAY TRAVEL ITINERARY

DAY 1 ARRIVE

Welcome to South Korea! Day 1 of your epic Korean journey launches with an exhilarating touchdown at the hostel in the vibrant heart of Seoul's most famous shopping district; Myeongdong. The minute you step outside, the pulse of this bustling city will draw you in, filling you with the spirit of adventure. Meet your crew for an orientation and then head out for your first Korean feast at the included welcome dinner with your new One Life family! After dinner we will take in the best views of the city lights by night at the top of Namsan Mountain.



Step Inn Myeongdong
(Multi-share)



Dinner



Welcome dinner,
Namsan Mountain by
night



N/A

DAY 2 MODERN SEOUL

After breakfast at the hostel, we make our way to the hip neighbourhood of Hapjeong where we will start our first activity of the day; Kpop dance! Learn from a professional dance instructor and choreographer before heading out to explore the shops of Hongdae. We will visit the HiKR to learn about the K Wave sweeping the world, and record our own Kpop dance video! The afternoon is yours to explore before we all head to vibrant Itaewon district for dinner and drinks.



Step Inn Myeongdong
(Multi-share)



Breakfast



Kpop dance class,
HiKR visit and video



N/A

DAY 3 THE DMZ

A day on our tour that you'll remember forever. Today you will be able to gaze into the Hermit Kingdom of North Korea when we take you to the remarkable Demilitarized Zone (DMZ). As you stand on the border of two worlds, you'll witness the stark contrast between North and South Korea. With our experienced guides, you'll explore the tunnels dug by North Korea into the south, hear the stories of the area, and even speak with a North Korean defector as part of a cultural exchange. We will arrive back in Seoul by around 4pm, just enough for everyone to freshen up before heading out for another amazing Korean dinner!



Step Inn
Myeongdong
(Multi-share)



Breakfast
& Lunch



DMZ visit, infiltration
tunnels visit, Q&A
session with North
Korean defector



N/A



DAY 4
TRADITIONAL SEOUL

Today is all about exploring the more traditional areas of Seoul to see another side of the city. Your adventure begins with the changing of the guard ceremony at the awe-inspiring Gyeongbokgung Palace. Truly a symbol of grandeur and history, where you'll explore ancient courtyards, majestic architecture, and serene gardens. You also have the chance to wear the traditional 'hanbok' while exploring the palace for that extra authentic feel! We will then walk through the perfectly preserved Hanok Village before heading to the bustling Insadong art street. Later in the evening your guide will take you on a street food tasting tour through the famous Gwangjang Market to sample the best street food in the city!

 Step Inn Myeongdong (Multi-share)

 Breakfast, Dinner


 Changing of the guard viewing, Gyeongbokgung Palace visit, Hanok Village visit, Insadong visit, Gwangjang Market food tour

 Hanbok rental, traditional lunch in the Hanok Village

DAY 5
TEMPLE TIME

Get ready to experience the serenity of a small, working temple nestled in the mountains outside Seoul. With beautifully decorated temples and shrines dotting the grounds, you will be transported to a world away from the noise and neon of the big city. You will be taking part in temple life including a singing bowl meditation session, evening bell tolling, and prayer chanting. You will also get the special opportunity to sit down with a monk for tea after your Buddhist dinner (eaten in reflective silence!) is served to ask those burning questions about life. This is your opportunity to reset and recharge before the next leg of your adventure.

 Geumsunsa Temple (Twin/Double)

 Breakfast & Dinner

 Singing bowl meditation session, evening & morning chanting, tea with a monk

 N/A

DAY 6 ON TO JEONJU

After morning chanting and another healthy Buddhist meal for breakfast, we will say goodbye to our little retreat in the mountains and make our way to the small city of Jeonju. Famous for its food, drink, and immaculately preserved traditional village area, we will head out to explore after checking in to our beautiful wooden Hanok guesthouse. Explore the afternoon at your leisure and join the rest of the group for a tasting session at the Hanok for one of the most famous things in Jeongju; a rice wine called Makgoli! You will learn about how it's made, and try a series of different types. For those who would like to continue, the group will head of Makgoli Alley to try some more plus eat your way through some 'anju' - special foods made to be eaten while enjoying a few drinks!



Laon Hanok Gguljam
(Twin share)



Breakfast



Hanok village walk,
makgoli tasting
session



Traditional bibimbap
lunch, Gyeongjeon
shrine, brewery visit,
makgoli alley

DAY 7 GYEONGJU

After we say goodbye to Jeonju, we'll jump on a bus to our next destination; the ancient capital of Gyeongju! Known as the "Museum Without Walls," this mesmerizing destination boasts an extraordinary collection of UNESCO World Heritage Sites, ancient temples, and royal tombs that whisper tales of a bygone era. After dropping our bags off and freshening up, we will jump on bikes to explore this magical town on 2 wheels. We'll visit tombs, burial mounds, historical sites, and some spectacular scenery. In the evening, we will make our way over to the Anapji Pond and gaze upon the mirrored reflections of the structures around the water.



Blue Boat Hostel
(Multi-share)



N/A



Guided bike tour,
historical sites visit,
Anapji Pond at night



N/A

DAY 8 GYEONGJU

We have another day of exploring Gyeongju today, so after breakfast we will make our way to one of the most important temples in the country; Bulguksa. Nestled amidst lush forests and scenic landscapes, this ancient temple is a true masterpiece of architecture, history, and tranquility. Next up, get ready to fight! After freshening up at the accommodation, we will visit a Dojang to learn the famous fighting art of Taekwondo. During your session, you'll learn the art of high-flying kicks, lightning-fast punches, and the precise movements from seasoned professionals. Join the rest of the group in the evening for testing out some of the bars and restaurants in the old town.



Blue Boat Hostel
(Multi-share)



N/A



Visit to Bulguksa Temple,
Taekwondo class



N/A

Today we head to Busan, a city on the water surrounded by beaches and mountains. After checking in right in the centre of downtown, we will check out the famous Jagalchi market and shopping districts before jumping on the Songdo cable car to get the best views over the water and city. The afternoon is yours to explore with visits to the Gamcheon Cultural Village or maybe bathing in the steaming water of a jjimjilbang (public bathhouse) as suggestions. Our final night will be spent in one of the famous karaoke rooms to sing the night away with the rest of your One Life family in one of the nightlife districts of the city.


DAY 9
BUSAN

-  **Toyoko Inn (Twin-share)**
-  **Breakfast**
-  **Market visit, Songdo cable car, karaoke room**
-  **Gamcheon Cultural Village, bathhouse**

Sadly it's time to say goodbye to your fellow travellers on the 10 day tour while the rest of the group will continue on to the famous volcanic island of Jeju! The morning is

DAY 10
TO JEJU

yours until we board our flight and arrive in Jeju by the early afternoon. After checking in, it's time to find a place to eat and get ready for the big days of exploring coming up!

-  **Shinshin Hotel (Twin/Double)**
-  **Breakfast**
-  **N/A**
-  **N/A**



You'll need a good breakfast this morning because we have an active day ahead! This morning we'll be boarding our private transport to take it straight to the

DAY 11
LAVA TUBES AND HIKES


spectacular Manjagul Lava Tubes. Carved by nature's handiwork over 200,000 years ago, these tubes stretch for over 7 kilometers, making them one of the longest lava tube systems in the world. After your subterranean exploration, it's time to visit the famous Seongsan Ilchulbong. Expect some brisk sea air, and unbeatable views! Before departing, we'll visit the strange volcanic rock formations of the Daepo Jusangjeolli Cliffs for epic photo opportunities. After lunch you'll have the option of visiting one of the beaches or waterfalls that Jeju is famous for before meeting at The Cliff for some sunset drinks overlooking the ocean. The perfect way to end the day!

-  **Shinshin Hotel (Twin/Double)**
-  **Breakfast**
-  **Lava tube visit, Seongsan Ilchilbong hike, Daepo Jusangjeolli rock formations visit**
-  **Beach visit, waterfall visit, sunset sailing**



DAY 12
THE BIG ONE

Today is the way we walk the incredible Olle Trail across sections of the island. Expect sweeping views of the ocean and fields, small villages, dramatic rock formations, and the most famous waterfall on Jeju. Jeongbang Waterfall is a 23 meter high waterfall which crashes down unto the rocks on the oceanfront and is pretty jaw-dropping. Explore at your own leisure with the rest of the One Life crew for the afternoon before a big farewell dinner to say goodbye to Jeju and to South Korea!

 **Shinshin Hotel (Twin/Double)**

 **Breakfast**

 **Olle Trail guided hike, Jeongbang Waterfall visit**

 **Beach visit, waterfall visit, Saeyongyo Bridge**

DAY 13
DEPART

It's time for us to bid farewell to this amazing country and its people. Have one last breakfast with your One Life family and it's time to head off.

 **N/A**

 **Breakfast**

 **N/A**

 **N/A**

SOUTH KOREA

ACCOMMODATION GUIDE

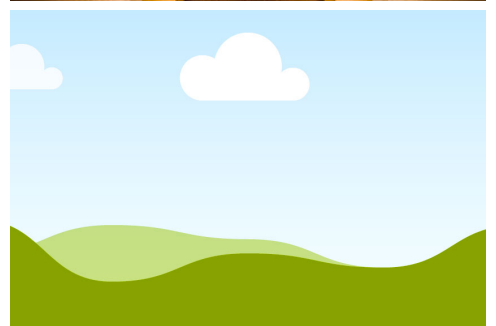
SEOUL - STEP INN MYEONGDONG*

Multi-share
*or similar



JEONJU - GEUMSUNSA TEMPLE*

Twin Rooms
*or similar



JEONJU - LAON HANOK GGULJAM*

Twin Rooms
*or similar



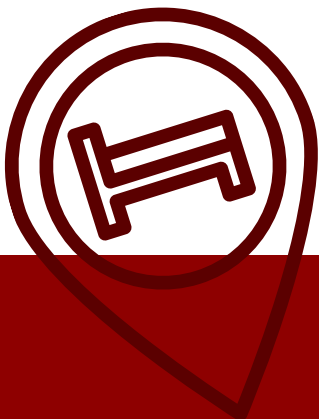
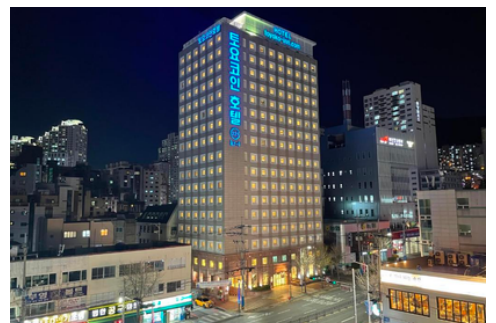
GYEONGJU - BLUE BOAT HOSTEL*

Multi-share Rooms
*or similar



BUSAN - TOYOKO INN*

Twin Rooms
*or similar

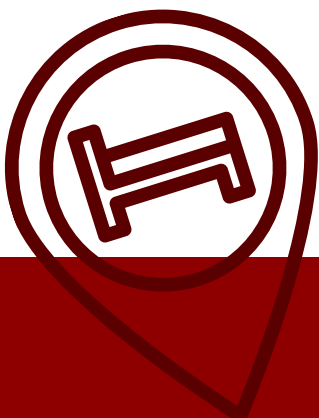
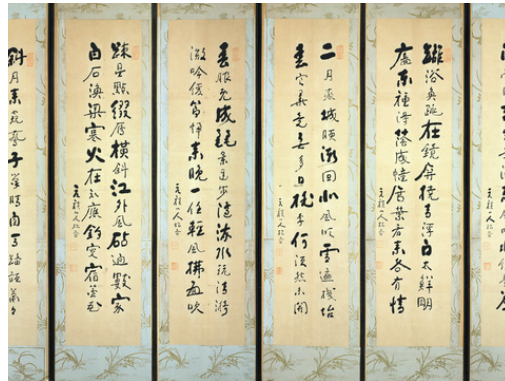


SOUTH KOREA

ACCOMMODATION GUIDE

JEJU ISLAND - SHINSHIN HOTEL*

Twin rooms
*or similar



SOUTH KOREA

ITINERARY MAP

