

World Forum on Forest Therapy 2025

Forests for Health, Happiness and Well-being



FIELD TRIP INFORMATION

Organized by



CHUNGBUK
NATIONAL UNIVERSITY



Korea Forest
Welfare Institute



Yeungnam
University

Under the Patronage of



Korea Forest Service



Food and Agriculture
Organization of the
United Nations

Information

Offers immersive experiences through visits to Korea's leading forest therapy centers, healing forests, and garden facilities, enabling participants to engage directly with nature-based therapeutic programs.

How to Apply	Please indicate your interest in participating in the Field Trip when registering for the WFoFT 2025.
Application Period	By 27 September 2025 (First-Come, First-Served)
Meeting Point (Oct 29)	H Hotel Sejong City, near the venue (Osong, Cheongju, Korea)
Payment Method	Individual instructions will be provided after the deadline for Field Trip registration.
Inclusions	Accommodation during the trip, Transportation, Meals as per itinerary, English-speaking guide, Entrance fees
Exclusions	Personal expenses, Alcoholic beverages and additional drinks, Travel insurance

Travel insurance is mandatory and must be purchased individually by each participant.

The organizers will not be held responsible for any personal injury, illness, loss, or damage to personal belongings during the trip. Participants are strongly advised to ensure that their insurance covers medical expenses, personal liability, and trip cancellation.

Itinerary

Course	Destinations	Cities	Date	Price	Min. Participants
1	Korean National Garden Culture Center, Soswaewon, Juknokwon	Damyang	Oct 29 ~ 30	USD 260	20 people
2	Seogwipo Forest of Healing, Jeolmul Natural Recreation Forest	Jeju	Oct 29 ~ 31	USD 560	20 people
4	KAIST Center for Contemplative Science National Center for Forest Therapy, Jinan	Daejeon, Jinan	Oct 29 ~ 30	USD 220	30 people

※ Please note that the final price may be subject to change depending on the total number of participants.

Inquiries

Course	Contact Information
Course 2, 3	CANAAN International Air Line Travel Agency Inc, +82-43-272-3500 kel78@hanmail.net
Course 1, 4	T.N.G Company info@wfoft.org

Date		Korean National Garden Culture Center –Soswaewon- Juknokwon (Bamboo Garden)
Wed 29 Oct	09:00~12:00	Depart from Osong H Hotel, move to Korean National Garden Culture Center
	12:00~13:00	Lunch
	13:00~13:30	Program briefing & introduction to the Korean National Garden Culture Center
	13:30~14:00	Visit Public Garden Photography Exhibition
	14:00~16:00	Korean Tea Culture experience
	16:00~16:50	Transfer to Soswaewon
	16:50~17:30	Visit Soswaewon
	17:30~18:00	Transfer to Deokin-gwan
	18:00~19:00	Dinner
	19:00~19:20	Transfer to Korean National Garden Culture Center
19:20~20:30	Traditional Korean Music performance	
Thu 30 Oct	08:00~09:00	Urban forest walking and Yoga program
	09:00~09:30	Breakfast
	09:30~10:00	Transfer to Juknokwon
	10:00~12:00	Visit Juknokwon
	12:00~13:00	Lunch
	13:00	Transfer to Osong H Hotel

1) Korea National Garden Culture Center

Korea National Garden Culture Center, Korea's first specialized public garden institute, was temporarily opened in May 2025 in Damyang, Jeollanam-do. Covering an area of approximately 69,000 square meters, it features a visitor center, training hall, gallery greenhouse, traditional rest area, and 15 themed gardens that showcase the beauty and diversity of Korean garden culture. Korea National Garden Culture Center focuses on cultivating garden professionals, developing therapeutic and educational programs, and promoting garden tourism. It aims to serve as a hub for the dissemination and globalization of the K-Garden. Through future collaboration with domestic and international garden institutions, Korea National Garden Culture Center aspires to become a central platform for global garden exchange and innovation.



2) Sosweawon

Sosweawon or Sosaewon is a typical Korean garden of the middle Joseon Dynasty. It is located in the Nam-myeon, Damyang County of the South Jeolla Province, South Korea.

This garden harmonizes with nature in characteristic traditional Korean style. Clean waters in the valley flow below the wall and fall through the small cataract into the lake. This place can be said to be a cultivating house of scholar spirit in that many Confucian scholars discussed academic subjects and wrote their works here.

3) Juknokwon (Bamboo Garden)

Juknokwon in Damyang is a bamboo forest cultivated by the town of Damyang. This bamboo forest, at approximately 160,000 m² in size, was formed in May 2003. The rock steps and soft breeze blowing between the bamboo trees provide relief from daily stress. Try bamboo leaf tea for a perfect end to one's visit.



Date		Mt.Halla Natural Reserve Trail – Halla Arboretum – Seogwipo Forest of Healing – Jeolmul Natural Recreation Forest
Wed 29 Oct	10:30~11:10	Depart from Osong H Hotel, move to Cheongju Airport
	11:10~12:40	Arrive at Cheongju Airport, flight check-in , Lunch at Airport cafeteria (Lunch not included)
	12:40~13:50	Depart Cheongju Airport (Approx. 1 hour flight) TW843 (baggage 15kg* 1 piece allow)
	13:50~15:00	Arrive at Jeju Airport, meet English speak guide
	15:00~16:30	Mt. Halla Natural Reserve Trail (Eoseungsaengak Oreum Trekking)
	16:50~17:50	Forest bathing experience in Halla Arboretum
	18:00~19:00	Dinner (Seasonal side dishes + Dombae Pork + Grilled Tilefish + Stew)
	TBD	Hotel Air City or equivalent
Thu 30 Oct	08:00~09:00	Breakfast at Hotel
	09:00~	Hotel Departure
	09:50~10:30	Visit Daepo Jusangjeolli Cliff (natural lava rock formations)
	10:50~12:00	Seogwipo Forest of Healing (Healing Forest Walk)
	12:00~13:00	Lunch (To be determined)
	13:00~18:00	Seogwipo Forest of Healing (Personalized healing program)
	18:00~19:00	Dinner (Black Pork BBQ set)
	TBD	Hotel Air City or equivalent

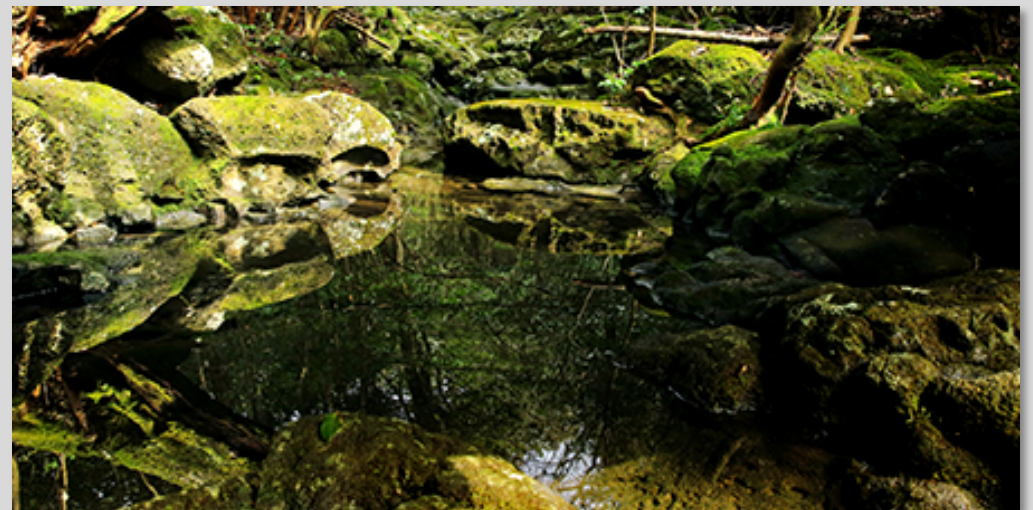
Date	Mt.Halla Natural Reserve Trail – Halla Arboretum – Seogwipo Forest of Healing – Jeolmul Natural Recreation Forest
Fri 31 Oct	07:00~08:00 Breakfast at hotel
	08:00~ Hotel Departure
	08:30~09:20 Saryeoni Forest Trail
	09:30~10:30 Forest walk through Jeolmul Natural Recreation Forest
	11:00~12:00 Lunch (Abalone seafood stew)
	12:00~12:40 Transfer to Jeju Airport
	13:40 Depart Jeju (approx 1 Hour) TW716 (baggage 15kg* 1 piece allow)
	14:55 Arrive at Gimpo airport – Tour Ends

1) Seogwipo Forest of Healing

This 11 km-long forest trail winds through a dense forest of cypress and cedar trees, so much so that in some particular spots only a sparse amount of sunlight reaches down to the ground level. Seogwipo Healing Forest is perfect for the weary to take slow strolls, or even space out in the view of the trees.

The biggest draw of the Seogwipo Healing Forest is its location: its elevation at 320- 760m above sea level allows the area to house flora and fauna from both temperate and subtropical forests. 10 forest trails wind through a dense forest of cypress and cedar trees with more than 60 years of age. Visitors must make reservations to enter the ten trails, nine of which branch out from the 1.9km-long Gameongomeong Trail that starts out from the entrance.

It is particularly worth noting that it preserves Jeju's unique ecosystem as it is unlike any other place on the island. All you need to do is to drink in the beautiful scenery of the forest, get some fresh air, and enjoy trekking in a laid-back environment. Throughout all seasons, the forest is full of retinispora, red-wood evergreen oaks, and cedars so dense that you can barely see the sky. In autumn, you are bound to find gorgeous autumn foliage, while in winter, you can immerse yourself in walking along a beautiful snowy path.



2) Halla Arboretum

Halla Arboretum is home to nearly 1,100 species of plants, including both native Jeju flora and exotic subtropical species. The arboretum offers visitors with the opportunity to enjoy a variety of wildflowers throughout the year.

It features specialized gardens dedicated to rare Jeju plants, orchids, aquatic plants, along with greenhouses and a forest bath site located along the Gwangjoreum Trail.

The trail is known for its gentle incline, making it ideal for leisurely strolls. These walks offer the ideal opportunity to fully appreciate the fragrant array of flowers blooming along the path.

3) Jeju Jeolmul Recreational Forest

"Jeju Jeolmul Natural Recreation Forest" is located northeast of Hallasan Mountain on Jeju Island. "Jeolmul Oreum", the park's main mountain, is famous for its beautiful Japanese cedar forest with 30- to 45-year-old cedars.

"Jeolmul Oreum" is about 697m high and created by volcanic activity, which takes an hour to hike to the top and walk back. The peak boasts amazing views. On clear days, it is even possible to see all the way to Seongsan Ilchubong on the east coast of the island. At the top, visitors can also see a horseshoe-shaped crater from the observatory; also take in a grand view of Musuchon Stream, the largest stream in Jeju in the west; and see Jeju-si in the north.



4) Daepo Jusangjeolli Cliff

Daepo Jusangjeolli Cliff is a striking natural formation of hexagonal volcanic rock pillars along the southern coast of Jeju Island. These dramatic cliffs were formed when lava from Hallasan erupted into the sea and rapidly cooled, creating tall, geometric basalt columns.

5) Saryeoni Forest Trail

Saryeoni Forest Trail is a forest walking trail that starts from Bijarim-ro and goes through Mulchat Oreum Volcanic Cone and Saryeoni Oreum Volcanic Cone.

Its starting point is located at National Road No. 1112, which is thick with cedars. A variety of species of trees grow in the forest, such as Konara Oak, Red-Leaved Hornbeam, Snowbell, Hinoki Cypress, and cedar. The average altitude is 550m.

This is one of the hidden 31 views of Jeju-si. It is popular among tourists who love hiking, because the nature of the forest hasn't been tampered with.



Date		KAIST Center for Contemplative Science – National Center for Forest Therapy, Jinan – Jeonju Hanok Village
Wed 29 Oct	09:00-10:00	Transfer to KAIST Center for Contemplative Science
	10:00-12:00	Visit KAIST Center for Contemplative Science (2H)
	12:00-13:30	Lunch (Lotus Leaf-Wrapped Rice and Spicy Pork)
	13:30-15:20	Transfer to National Center for Forest Therapy, Jinan
	15:20-17:20	Center Tour and Outdoor Forest Therapy program
	17:20-18:00	Check in
	18:00-19:30	Dinner (Special Korean Meal, TBA)
	19:30-20:30	Indoor Forest Therapy program
Thu 30 Oct	07:30-09:00	Breakfast
	09:00-10:00	Transfer to Jeonju Hanok Village
	10:00-12:30	Free time in Jeonju Hanok Village
	12:30-13:30	Lunch (Bibimbap & Grilled Beef Patties)
	13:30-15:20	Transfer to Osong H Hotel
	15:20-	Dismissal

1) KAIST Center for Contemplative Science

The KAIST Center for Meditation Science was established on March 21, 2018, as the first research institute in Korea dedicated to the scientific study of meditation. The Center aims to uncover the effects and mechanisms of meditation using neuroscientific and cognitive psychological methodologies.

Its mission includes strengthening inner capacities of body and mind necessary for addressing critical challenges facing humanity and the nation, fostering empathic and creative leadership to enhance the social value of science and technology, and leading the meditation culture industry through the integration of scientifically grounded meditation programs and innovative technologies.

The Center also conducts research on the effects and neural mechanisms of individual components of meditation, and builds international research networks for collaboration in the field of meditation science.



2) National Center for Forest Therapy Jinangowon Plateau

National Center for Forest Therapy Jinangowon Plateau is a forest welfare facility located at an altitude of 650 meters in the pristine highlands of Jinan-gun, Jeollabuk-do. It offers a variety of nature-based programs designed to promote physical and mental well-being through the healing power of forests.

Visitors can escape from the stresses of daily urban life and restore their balance through forest-based programs such as forest meditation, yoga, barefoot walking, aqua beds, and sound vibration therapy.

The center also provides indoor programs for emotional relaxation—including tea meditation, singing bowl meditation, balance therapy, and hinoki (cypress) movement training—alongside immersive outdoor activities like forest trail walks and five-sense experiences in nature.

As an open and welcoming healing space, the Jinan Highlands Forest Healing Center supports healthier lives for all and continues to grow as a key forest welfare facility that thrives in harmony with its local community.



3) Jeonju Hanok Village

Jeonju Hanok Village is the largest traditional hanok village in Korea, with more than 700 hanoks in the Punngnam-dong area of Jeonju. It is the only hanok district that is located in the center of a city. It is an important space in the development process of Korea's modern housing culture, which started in 1910, and is the home of about 20 cultural facilities including Gyeonggijeon, Omokdae, and Hyanggyo. It is a representative travel destination of Korea and is integrated with the style of Korea such as hanok, hanji, hansori, hanbok, Korean food, and oriental medicine.

- Location: Punngnam-dong and Gyo-dong area of Wansan-gu, Jeonju-si
- Area: 298,260m²
- Buildings: 947 dongso (735 Hanok, B2 Hanok 212)
- Number of Businesses: 575 shops (203 accommodations, 183 food and beverages, 189 other sales and rentals)

