

*Rewild
yourself*

NATURE GUIDE SEOUL





WHAT YOU'LL FIND

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EXPLORE ADVENTURE MAP



MAGNIFYING GLASS
HIGHLIGHTS INFO LINK





ReWild Yourself in Seoul...

Seoul is a 'mega city', home to the latest technology, architectural design and nearly 10 million people. But within this vast urban world, there are still numerous pockets of Nature, big and small, rich in wildlife, waiting to be discovered. These are the heart and lungs of the city, key to the health and wellbeing of the people who live here, providing protection, sanctuary, leisure and inspiration. This guide is designed to help you find and access Nature in the city, and then get lost in it! It's time to ReWild Yourself in Seoul.



NATURE IN SEOUL

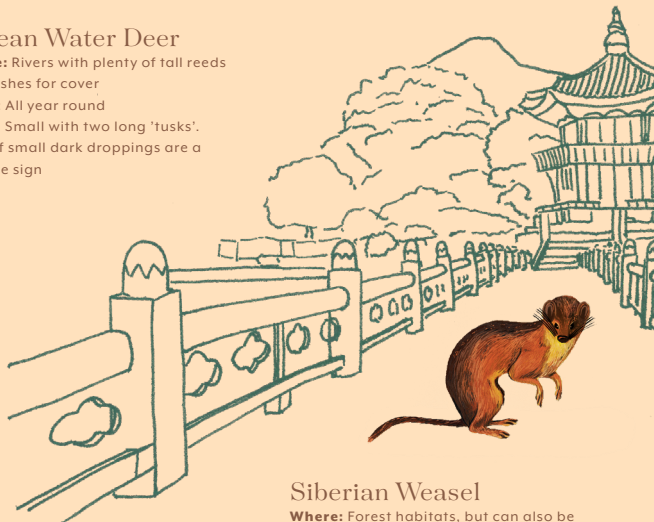
Nature finds a home amidst the city buzz.
Take a moment to peek into the trees.

Korean Water Deer

Where: Rivers with plenty of tall reeds and rushes for cover

When: All year round

ID tip: Small with two long 'tusks'. Piles of small dark droppings are a tell-tale sign



Giant Asian Mantis

Where: Parks and greenspaces with long grass and foliage

When: Most commonly spotted in Autumn. Attracted to artificial lights at night

ID tip: They can be very still — look closely for gray 'stones' with black spots

Siberian Weasel

Where: Forest habitats, but can also be present in built up areas

When: All year round

ID tip: Long and low bodied (~30cm), with a straw-red body and coffee-brown face

Gray-capped Woodpecker

Where: Head for the trees - anywhere rich with caterpillars, grubs, seeds and fruit to eat

When: Most commonly seen (or heard 'drumming') in Spring

ID tip: Small and dark. Look out for white streaked wings and a dark gray crown



Seoul Pond Frog

Where: This endangered species is found in ponds throughout the city

When: Adults seen from April through to August

ID tip: Tiny - only 6 cm long. Look out for a bright green back with patches of brown/gold



Joro Spider

Where: On "golden threaded" webs, in trees, window frames, or any other space they can find!

When: Adults seen from Spring through to Autumn

ID tip: Unmistakable large yellow-grey-red abdomen, with long, dark, stripey legs

Korean Tree Squirrel

Where: Common in parks throughout the city, especially those with pine trees

When: All year round, but most active in mornings, late afternoon and evenings

ID tip: Gray or tan body, white belly and tufted ears



Oriental Magpie

Where: This 'lucky bird' is found throughout the city, and is very common in parks

When: All year round

ID tip: Long black tail with a white chest and striking purplish-blue wing markings

Banded-Darter Dragonfly

Where: Sunny spots near standing or slow-flowing waters with plenty of vegetation

When: Adults spotted flying between June and September

ID tip: Males have a bright red body. Look for distinct brown bands on the wings



For more details of wildlife you can spot in Seoul, and to record your sightings, visit [iNaturalist](#)



REWILD YOURSELF

Take some time to 'be' in Nature...

Bare Feet

Take off your shoes and walk on the surface of the Earth, where there is a layer of electrons. The theory of "grounding" is that by touching it to our skin, we absorb natural energy



Find out more [here](#)

Get Connected

Local community gardens and parks are always looking for support and volunteers. Find out what's happening in your neighborhood and see how you can help to keep Nature and communities thriving in Seoul

Use our map to find community gardens in the city





Visit our **library** for more ideas
on ways to ReWild Yourself

Look up

The swaying canopy
witnessed from the ground
is not only beautiful, it
allows you space and time
away from the digital world
and helps to calm and slow
the mind

Invite Nature In

Taking care of plants in your
home is not only proven to
increase happiness, it can help
to clean the air and support
overall wellbeing. (They are
also great life teachers)



How to feel connected to Nature

Research has shown us that there are different ways people develop a relationship with the natural world. Each brings us closer to Nature and further unlocks the positive health and wellbeing benefits it brings

Emotion

Recognise and explore your emotions and feelings in Nature.
How exactly do different places make you feel?



Senses

Tune in and explore Nature using all your senses. What can you hear, smell or see?
How does it feel to the touch?



SOURCE: The Nature Connectedness Research Group, University of Derby.





Meaning

Notice and celebrate special moments in Nature and the passing seasons. What do particular plants, animals and places mean to you personally?

Compassion

Take action for nature. What can you do on your own or with others that can make a difference for Nature in the city?



Beauty

Look closely at the details in Nature and notice their beauty. What site in the city do you consider the most beautiful?



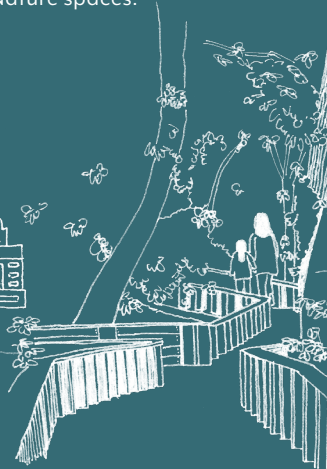
Discover more with the
Nature Connection Handbook



REWILDERS IN SEOUL

Seoul Green Trust 🔍

The Seoul Green Trust recognises the value of Nature to the city and works hard to protect, promote, and expand green areas. The Trust works with communities and volunteers so that decisions are made with the participation of citizens, who also get 'stuck-in' to create and maintain Nature spaces.



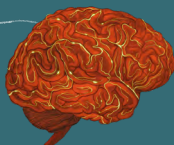
YATOO 🔍

YATOO is the The Korean Nature Artists' Association. They believe that we are seamlessly connected to the natural world, despite human-created borders, and develop projects and exhibitions in the city that are not only inspired by Nature, but also work with it to create positive change and improve health and wellbeing.



Forest Kindergarten 🔍

The Forest Kindergarten brings children into direct contact with Nature, using it to teach them about the world around them and to boost their confidence and independence. It is part of a widespread movement of Forest Schools in Seoul, with the city committing to 400 forest schools by 2023.



Birds Korea 🔍

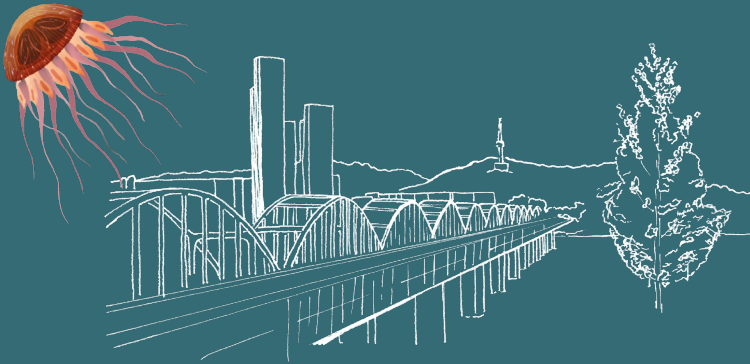
Birds Korea is dedicated to the conservation of birds and their habitats in Seoul, Korea, and the wider Yellow Sea region. They not only carry out important research, but also engage the public through guided tours, exhibitions, and education materials.



REWILDERS IN SEOUL

Hoengseong SoopCheWon 🔍

SoopCheWon is a recreational facility that was established in response to a rising interest in forests in the city, and a realisation of their value for citizens. It is a space for all, but focuses on supporting young people from urban areas, providing them with access to Nature, as well as educational and training opportunities.



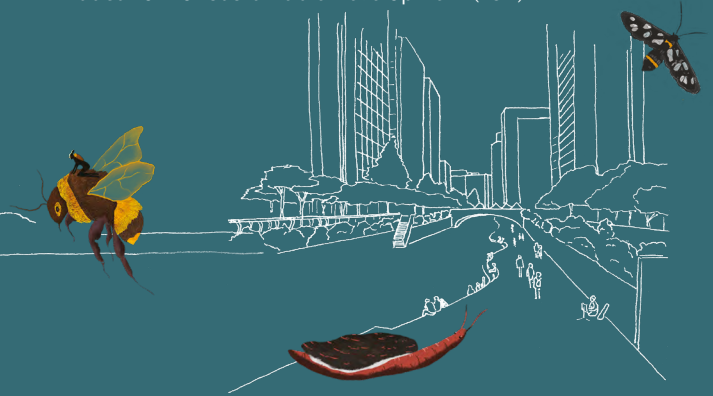
Urban Bees Seoul 🔍

Starting as a hobby, this cooperative now has multiple hives across the city, leading to a rejuvenation of the urban bee population and many improved ecosystems. Through their Honey Bank system, individuals can invest to support the organization and access quality honey in return.



Green Steps Seoul 🔍

Green Steps run activities to connect children with Nature, helping them explore and understand the world using a holistic approach. They also offer Nature Guide training and courses, to develop new Nature educators, and have developed an **open-source platform** (ARK) to accelerate the impact of Education for Sustainable Development (ESD).



Wiperth 🔍

Wiperth is a mobilisation of volunteers, 'wipers', who actively work to improve the natural world around them by clearing rubbish from urban and green spaces, planting trees, raising awareness, and calling for environmental issues to be addressed by the organisations responsible. Why not join the movement?



Connecting with Each Other...

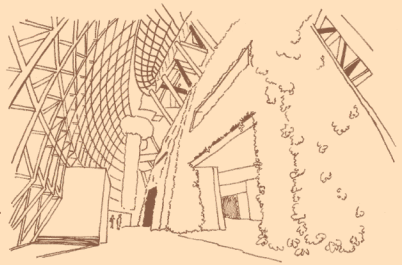
Sit down with someone you don't know and ask them these questions. It's a great icebreaker

Do you have a secret place in Nature that you love to go to?

Describe any meaningful relationship you've had with a non-human being



Who's your favorite companion for time spent in Nature?



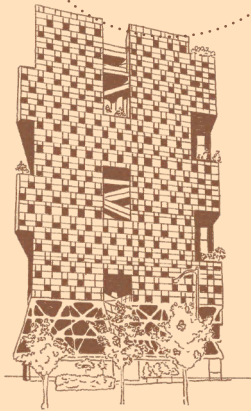


Who or what has taught you the most about connecting with Nature?

Is there a place in Nature that you dream of spending time in?



What gives you optimism for a healthy planetary ecosystem in the future?



If you would like to share your insights with us




IG: [@rewildyourself](https://www.instagram.com/rewildyourself) #rewildyourself



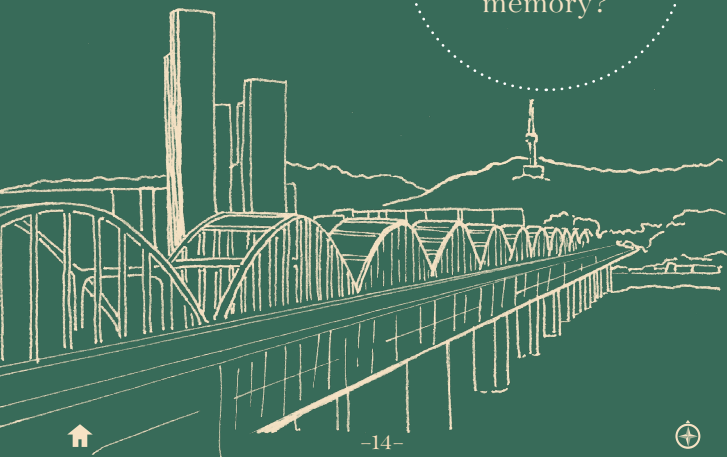


NATURE SITES IN SEOUL




Need a dose of Nature? Why not visit the following parks, gardens and Urban Nature projects throughout the city, helping Seoul grow into a more resilient, happy, healthy, equitable and greener city.




-  Find each site using our adventure map
-  Find each website by the title link (if available)
-  Direct link to Google map




What's
your favorite
outdoor childhood
memory?








Space to roam




1. [Seoul Forest](#)   
Comparable to some of the world's biggest urban parks, this urban forest has become Seoul's green shelter. A perfect spot for people to roam freely and harmonize with nature, indulging in its green and blue landscapes.
-

2. [Gildong Ecological Park](#)   
This is the perfect spot if you want to explore a variety of different ecosystems: wetland, forest, grassland. Home to many species, including endangered and protected ones, this ecological site invites its visitors to understand and experience the importance of the environment.
-

3. [Ansan Jarak-gil](#)   
As the nation's first barrier-free circular route, this 7km forest trail is ideal for elderly people or those traveling with children, as it is accessible to everyone. Not only can you enjoy its breath-taking forest and river views, but from it you can access many historical sites.
-

4. [Onsu Park](#)   
This park extends from Yangcheon-gu all the way to the southwest side of Seoul, so is easily accessible from almost every part of the city. Providing its visitors with a range of activities, from a badminton court and fitness center to resting facilities such as a mineral spring, it has something for everyone.
-

5. [Dream Forest](#)   
This world-class 'mega park', situated between Mt. Byeoko and Mt. Opa, not only provides astounding scenery to all its visitors, but as the third largest park in Seoul, it also offers plenty of space to walk around and get lost in its stunning landscape.
-

6. [Bukhansan National Park](#)   
Bukhansan is listed in the Guinness Book of World Records as the "most visited National park per unit area", and is an ecological island in the middle of the city, serving as a green haven for its 5 million annual visitors. If you are feeling a little overwhelmed by urban life, this is the perfect spot to go and take a breather.



Bursting with nature

7.

Seoul Botanic Park



Established in the center of Magok, the Seoul Botanic Park is a leader in promoting the value of plants and nature in human lives. By hosting various sessions throughout the year, the park also helps visitors and residents learn to overcome emotional struggles with Nature's help.

8.

Iris Garden



As the name suggests, this stunning garden is home to over 100 different species of irises. The 52,000 square meters that make up Iris Garden is also full of unique displays of flowers and plants, a medicinal plant garden, and a wetland park area.

9.

Pureun Arboretum



Spanning more than 100,000 square meters, this was the first municipal arboretum built to preserve Seoul's 'natural reservoir'. It offers its visitors a range of themed gardens to see, as well as thousands of different plants, insects and animals to spot.

10.

Yangjaecheon Stream



The Yangjaecheon Stream stretches 5.5km, from Gwanak-san through the southern area of Gangnam-gu. It was once heavily polluted, but following restoration efforts, is now bustling with river-life, with 36 different kinds of birds recorded, such as Egret and Heron, and plenty of fish and freshwater life.

11.

Seokchon Lake



There is always something new to experience and learn when you visit Seokchon Lake, from cherry blossom showers in the spring, to summer time concerts. What's more, its terrace-type cafes and restaurants along the waterside make it a perfect retreat for the colder seasons too.



Close your eyes.
What can you smell?
What can you hear?





What's the smallest living thing
around you right now? It could be
a blade of grass, or a beetle



12.

Gangseo Marsh Ecological Park



Running from the Gayangdaegyo Bridge to the frontier between Seoul and Gimpo city, this park was selected as one of 30 'eco-touristic' attractions in the city. As well as providing leisure and sport activities for its visitors, the Park is also restoring its surrounding wetland ecosystems, encouraging even more wildlife.

Rewilding the city

13.

Seonyudo Park



This park is the product of an astonishing recycling project that turned an old water purification plant into this green paradise, where artists and poets come to enjoy its beautiful scenery in Seonyudo island.

14.

World Cup Park



What was once a huge landfill site is now the equally huge World Cup Park, which hosts several smaller parks within it. The Park offers its visitors everything nature has to offer all in one place, from taking a dip in a stream to hiking a small mountain, the possibilities are endless.

15.

Seoseoul Lake Park



Another inspiring ecological project; this site used to be an old wastewater treatment plant. However, it has now been transformed into the largest park in the southwest region, providing citizens and tourists with a restful Nature getaway.

16.

Seoul Sky Garden (Seoullo7017)



This elevated, linear park was once a highway overpass. On the brink of being demolished in the 1970s, it was instead restored as a pedestrian path, offering visitors beautiful views of the city, while surrounded on all sides with plants and flowers.



17.

Cheonggyecheon Stream 🔍



It's hard to believe, but before 2003 this site was a busy elevated highway. Following an internationally celebrated urban renewal project however, the Cheonggyecheon Stream was allowed to return, in its meandering majesty, and has revitalized local businesses also, providing space to relax and connect.

18.

Seoul City Hall Green Wall 🔍



This green masterpiece has made it to the Guinness World Records and has been named the most popular attraction at City Hall. Harboring over 60 thousand plants, it not only serves as an architectural masterpiece but as a giant air filter for everyone near it.

Space to play and relax

19.

Seoul Grand Park 🔍



If you identify yourself as a forest bather (or are curious as to what all the fuss is about!) look no further. This is the ideal spot for those looking to immerse themselves in nature through a 2-7km trail through the forest, carved specifically for forest bathing.

20.

Cheongdam Park 🔍



This natural oasis amongst the urban bustle has something for everyone, including an exercise area and playground for children. It is also ideal for those looking to relax, as its many trees provide the perfect roof to rest under and enjoy the fresh air.

21.

Yangjae Citizens' Forest 🔍



This forest is a must-visit site for tree lovers. It is home to nearly 100,000 trees, of 43 different species, many of which you cannot find in any other part of the city.

22.

Eungbong Rock Climbing Park 🔍



The Eungbong Rock Climbing Park contains a seemingly endless climbing wall, nestled in a beautiful corner of the Eungbong Mountain, and is open to climbers from every level looking to 'hang out' in Nature.



23.

Samcheong Neighborhood Park 🔍 📍

This is the ideal site for those looking to get away from urban life for a while. Secluded between mountains and water, this park is well-known for its unpolluted mineral spring water. It also has fantastic sports facilities if you are looking for something more active.

24.

Yeouido Park 🔍 📍

This green shelter, located right in the city center, serves as an important space for leisure and culture, somewhere that visitors and residents can take part in numerous activities, or enjoy various cultural events and performances.



Where's your favorite spot in Seoul
to connect with Nature?



Adventure through Seoul's pockets of Nature

LOCATE NATURE POCKET PINS ON MAP OVERLEAF



SPACE TO ROAM



BURSTING WITH NATURE



REWILDING THE CITY



SPACE TO PLAY AND RELAX



1 Seoul Forest
504-11 Daechi 1(il)-dong, Gangnam-gu, Seoul



2 Gildong Ecological Park
7-3 Gil-dong, Gangdong-gu, Seoul



3 Ansan Mountain Observatory
Yeonhui-dong, Seodaemun-gu, Seoul



4 Onsu Park
Gaebong-dong, Guro-gu, Seoul



5 Dream Forest
173 Wolgye-ro, Gangbuk-gu, Seoul



6 Bukhansan National Park
262 Bogukmun-ro, Seongbuk-gu, Seoul



7 Seoul Botanic Park
161 Magokdong-ro, Gangseo-gu, Seoul



8 Iris Garden
4 Dobong-dong, Dobong-gu, Seoul



9 Pureun Arboretum
96-4 Hang-dong, Guro-gu, Seoul



10 Yangjaecheon Stream
504-11 Daechi 1(il)-dong, Gangnam-gu, Seoul



11 Seokchon Lake
Jamsil 6(yuk)-dong, Songpa-gu, Seoul



12 Gangseo Marsh Ecological Park
2-15 Banghwa 3(sam)-dong, Gangseo-gu, S.



13 Seonyudo Park
343 Seonyu-ro, Yeongdeungpo-gu, Seoul



14 World Cup Park
243-60 Woldeukeom-ro, Mapo-gu, Seoul



15 Seoseoul Lake Park
20 Nambusunhwan-ro 64-gil, Yangcheon-gu, Seoul



16 Seoul Sky Garden (Seoullo7017)
122-14 Bongnaedong 2(i)-ga, Jung-gu, Seoul



17 Cheonggyecheon Stream
1 Cheonggyecheon-ro, Jongno-gu, Seoul



18 Seoul City Hall Green Wall
110 Sejong-daero, Jung-gu, Seoul



19 Seoul Grand Park
102 Daegongwongwangjang-ro, Gwacheon-si, Gyeonggi-do



20 Cheongdam Park
66 Cheongdam-dong, Gangnam-gu, Seoul



21 Yangjae Citizens' Forest
236 Yangjae 2(il)-dong, Seocho-gu, Seoul



22 Eungbong Rock Climbing Park
13-1 Dokseodangno 60(yuksip)-gil, Eungbong-dong, Seongdong-gu, Seoul



23 Samcheong Neighborhood Park
Samcheong-dong, Jangno-gu, Seoul



24 Yeouido Park
68 Yeouigongwan-ro, Yeongdeungpo-gu, Seoul



Rewild Yourself



If you would like to share your insights with us

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Rewild Yourself



Enjoy this opportunity to
ReWild Yourself with our guide
to connecting with Nature in Seoul.

Created by Voice for Nature, our ReWild Yourself program aims to connect people with Nature all over the world, and make access to the outdoors equal for everyone. Share your thoughts, creations and walks with us at [@rewildyourself](https://www.instagram.com/rewildyourself)

*Illustrations created by
Svabhu Kohli*



REWILD YOURSELF

VOICE FOR NATURE

