

보도시점 2026. 9. 29.(화) 12:00 (수요일 조간) 배포 2026. 9. 28.(월)

From Finless Porpoise Expeditions to Forest Meditation: 22 Premium Guided National Park Experiences Unveiled

- From finless porpoise expeditions to birdsong concerts... featuring ecology and exploration, healing and rejuvenation, and unique cultural experiences
- 22 expert national park interpreters offer 22 distinctive programs throughout October

The Korea National Park Service (KNPS, President Joo Dae-yeong) under the Ministry of Climate, Energy and Environment (MCEE) announced that it will offer 22 premium guided national park experiences, combining the unique natural resources of national parks with distinctive activities, completely free of charge throughout October.

※ The 11 regular guided programs at the National Park Nature Centers are normally offered for a fee of KRW 5,500-11,000 per person.

The program, operated by 16 national park offices and national park nature centers nationwide, was designed to reflect the needs of visitors seeking more immersive experiences and healing, rather than simply participating in conventional park tours.

In particular, the programs are distinguished by the fact that they are directly planned and operated by interpreters who have built up years of experience and expertise in the field at national parks. Based on each interpreter's expertise in ecological and cultural resources and their field experience, the KNPS plans to provide differentiated guided exploration services.

The premium guided programs will be offered under three themes, allowing

visitors to choose and enjoy programs based on their interests: Ecology & Exploration (eight programs); Healing & Rejuvenation (nine programs); Unique Experiences & Culture (five programs).

First, the “Ecology & Exploration” programs offer a variety of experiences, from wildlife expeditions to stargazing, for visitors seeking an in-depth look at nature. At Hallyeohaesang National Marine Park, “Wild Finless Porpoise Expedition” allows visitors to observe mother and calf porpoises based on four years of experience tracking and recording their movements. At Sagimak Campground of the Bukhansan National Park, “Turn Off the Lights, Turn On the Stars!” offers stargazing through an astronomical telescope.

Other programs include listening to birdsong and observing insect ecology in Jirisan National Park, learning about ecosystem cycles in Naejangsan National Park, and exploring halophytes and dune plants in Dadohaehaesang National Park, offering visitors opportunities to learn about the value of nature.

The “Healing & Rejuvenation” programs offer opportunities to care for the body and mind through silence and meditation in the forest. Representative programs include “Green Consolation: Let the Forest Rest Your Mind” at the Chiaksan National Park, “Log In to the Forest” at the Bukhansan National Park, and “Namcheon Forest Journey: A Comma for the Mind” at the Sobaeksan National Park, which use forests and valleys to provide opportunities for relaxation. At Jirisan National Park, visitors can enjoy rest in nature, while Naejangsan National Park offers healing experiences through sound and scent. Other nature-based experiences include exploring the *Machilus thunbergii* groves and enjoying seawater foot baths at Byeonsanbando National Park, as well as island and sea meditation at Hallyeohaesang National Marine Park.

The “Unique Experiences & Culture” programs, which combine local ecological and cultural resources with sign-language interpretation and other distinctive elements, are also drawing attention. At Jirisan National Park,

programs include sign-language interpretation for visitors with hearing impairments, cultural heritage photography, and ecology and mountain safety experiences. At Naejangsan National Park, visitors can enjoy “Immortal Ssanghwa Tea,” made with Jeongeup’s traditional specialty products, while Hallyeohaesang National Marine Park offers “The Hallyeohaesang Trivia Guide,” an engaging introduction to the area’s natural and cultural heritage.

The “22 Premium Guided National Park Experiences” are designed to provide visitors with an in-depth experience of national park nature, supported by specialized equipment and careful guidance. Individuals wishing to participate can make an advance reservation through the National Park Reservation System (reservation.knps.or.kr) and join free of charge.

KNPS President Joo Dae-yeong said, “The 22 Premium Guided National Park Experiences are special guided services that bring together the pride and field experience of our national park interpreters. We hope visitors will make special memories amid the beautiful nature of our national parks.”

붙임 2026년 국립공원 명품 탐방해설 22선 현황. 끝.

담당 부서	국립공원공단 탐방시설처	책임자	부 장	김동신 (033-769-9621)
		담당자	차 장	강병선 (033-769-9622)



□ Ecology & Exploration (eight programs)



(Hallyeohaesang National Marine Park Office) Interpreter Shin Dal-ho's *A Whale Smiling Over the Sea: The Miracle of Encountering Wild Finless Porpoises*



(Hallyeohaesang National Marine Park Office) Choyangdo Island Finless Porpoise Expedition with Interpreter Ha In-joo



(Bukhansan National Park Office) Interpreter Song Eun-mi's *Turn Off the Lights, Turn On the Stars!*



(Jirisan National Park Nature Center) Interpreter Park Moon-sik's *Hello, Mountain Birds of Jirisan!*



(Jirisan National Park Jeollabuk-do Office) Interpreter Kang Shin-yeong's *The Caterpillar's Dream*



(Naejangsan National Park Office) Interpreter Kim Joo-seung's *Completely Transformed into Soil*



(Hallyeohaesang National Marine Park Office) Interpreter Shin Dal-ho's *A Whale Smiling Over the Sea: The Miracle of Encountering Wild Finless Porpoises*



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(Naejangsan National Park Office) Interpreter Kim Joo-seung's *Completely Transformed into Soil*



(Dadohaeasang National Park West Office) Interpreter Kim Mi-seon's
Halophyte Expedition



(Dadohaeasang National Park West Office) Interpreter Chung Wan-yong's
Fascinating Stories of Dune Plants!

□ Healing & Rejuvenation (nine programs)



(Chiaksan National Park Office) Interpreter Byeon Geum-sook's *Green Consolation: Let the Forest Rest Your Mind*



(Bukhansan National Park Dobong Office) Interpreter Park Hye-jeong's *Log In to the Forest*



(Bukhansan National Park Nature Center) Interpreter An Eun-jeong's *Recovery Forest Meditation*



(Sobaeksan National Park North Office)
Namcheon Forest Journey: A Comma for the Mind with Interpreter Kim Jin-sook



(Jirisan National Park Gyeongsangnam-do Office) *Jirisan's Golden Consolation and Jade Rest* with Interpreter Choi Geum-ok



(Naejangsan National Park Baekam Office)
A Healing Journey Where Sounds Become Scenery: Nature Embraces Me Again with Interpreter Kim Ae-ran



(Byeonsanbando National Park Nature Center) *A Walk Around Jukmak Village with Images!*



(Hallyeohaesang National Marine Park Nature Center) Interpreter Shim Seok-joo's *Rest Today, Rise on the Island*



(Hallyeohaesang National Marine Park Nature Center) Interpreter Hong Seul-hee's *Wake Up, Exercise and Meditate!*

□ Unique Experiences & Culture (five programs)



(Jirisan National Park Jeollanam-do Office)
Interpreter Park Jong-nam's *Jirisan Ecology ON! Sign Language ON!*



(Jirisan National Park Nature Center)
Interpreter Yang Min-yeong's *Through the Lens: Jirisan - One Shot of Hwaem*



(Jirisan National Park Nature Center) *Walk, Listen and Learn: Stories of Jirisan Trekking* with Interpreter Kim Min-gyu



(Naejangsan National Park Nature Center)
Interpreter Koh Da-hyeon's *Immortal Ssanghwa Tea*



(Hallyeohaesang National Marine Park Nature Center) Interpreter Chung Joo-yeong's *The Hallyeohaesang Trivia Guide*