

出國報告（出國類別：考察）

韓國釜山 2019 第 3 屆亞洲步道大會
2019 3th Asia Trails Conference Busan
考察報告

服務機關：行政院農業委員會林務局

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派赴國家/地區：韓國

出國期間：108 年 10 月 11 日至 108 年 10 月 13 日

報告日期：109 年 1 月 10 日

摘要

為汲取各國步道推動經驗，林務局派員考察108年10月11日至13日於韓國釜山舉辦第3屆亞洲步道大會（Asia Trails Conference, ATC），共有11個國家、34個步道組織參加，大會以“Trails, walking together Asia & Peace”為主題、“We are Friends on the Road”為口號，為期三天的盛會由本次主辦組織（Green Walking）、當地政府釜山市、影島區、南區及韓國各地步道協會合力完成。藉由本次大會，各國互相交流城市步道的設計理念，同時透過徒步，感受釜山沿海風光、當地人文風情與海女文化，期許臺灣於2021年舉辦第4屆亞洲步道大會時，能展現出最多元豐富的在地特色。

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壹、目的

韓國濟州偶來基金會 (Jeju Olle Foundation, Korea) 徐明淑主席為世界步道聯盟與亞洲步道聯盟發起人，濟州偶來徒步小路，係由該基金會串連及推動。自96年 (西元2007年) 9月完成第1條步行路線以來，共串連完成26條路線 (總計422公里)。而在偶來步道連結將近完成時，徐明淑主席邀請世界各地長距離步道的愛好者來走這條小徑，99年 (西元2010年) 發起了第1屆世界步道大會 (World Trail Conference, ATC)，並於100年 (西元2011年) 組成世界步道聯盟 (World Trail Network, WTN)，每兩年由世界各地輪流舉辦大會，是目前全世界最具國際代表性的全球步道組織聚會。

103年 (西元2014年) 於第4屆世界步道大會召開期間，在與會來自18個國家、50個步道組織、超過300人參加的會議上，催生了亞洲步道聯盟 (Asia Trails Network, ATN)，該聯盟旨在分享步道問題及其價值，而且藉由該步道知識與經驗之共享平台、步道文化產出及自然資源的保護，共同創造一永續經營的步道產業。台灣千里步道協會前已爭取110年 (西元2021年) 於臺灣辦理第4屆亞洲步道大會，爰藉由本次考察，汲取韓國釜山及各國步道推動經驗，作為林務局未來推動國內步道旅遊及國際步道活動之參考。

貳、過程及重要心得

本次主要考察釜山亞洲步道大會，依照釜山主辦單位安排之行程如下表：

天數	日期	行程內容
第 1 天	1081011 (五)	自桃園國際機場搭乘班機前往韓國釜山 亞洲步道大會報到、演講及討論 夜間徒步體驗：從大會會場至旅館 路程 4.7 公里，需時 2 小時 晚上入住韓國釜山
第 2 天	1081012 (六)	踏察釜山代表路線 1：南區二妓台海岸步道 (Namgu Igidae Coastal Walk)，詳圖 13 路程 8.6 公里，需時 3 小時 參與亞洲步道大會演講及討論、聯盟會務會議
第 3 天	1081013 (日)	踏察釜山代表路線 2：影島區絕影海岸步道 (Yeongdo-gu Jeolyeong Coastal Walk)，詳圖 42 路程 6 公里，需時 3 小時 與亞洲步道大會成員討論交流 自韓國釜山搭乘班機返回桃園國際機場

(一) 10 月 11 日，參與亞洲步道大會、體驗夜間徒步 (路程 4.7 公里)

釜山位於韓國東南端，是韓國繼首爾之後的第二大城市，面積 761.79 平方公，約臺北市 2.8 倍大 (271 平方公里)，釜山的特色是有大海、河流、大山、溫泉等自然資源。

大會開場首先播放釜山當地介紹影片，再來是大會活動影片介紹，現場有中文、日文、英文翻譯，釜山地區的步道稱作為海鷗之路 (Galmaetgil)，是從 98 年開始打造一個想走路的城市，從道路上、從走路中體驗人生，感受釜山的魅力。而徐明淑主席特別提到，109 年 6 月 25 日是韓國戰爭 70 周年，而釜山是避難的重要城市，因此呼籲大家一起走吧！一起往北方走吧！一起邁向和平之路！大會以 “Trails, walking together Asia & Peace” 為主題、“We are Friends on the Road” 為口號。

大會主題演講中，徐明淑主席分享西班牙 800 公里的朝聖之旅，以及她為何回到家鄉濟州島服務，自 96 年 (西元 2007 年) 9 月完成第 1 條步行路線以來，至今已串連完成 26 條路線 (總計 425 公里)，並且說明徒步不是用來賺錢，是讓人幸福、健康的！修建步道不需要太多預算，是要運用自然的素材、人力方式來做，而且原則是不要破壞

週邊環境，因此步道是一個人們間溝通管道，讓我們可以走到平壤、可以走到中國。

申正一（文化史學者）分享步道是充滿文化氣息，是可以被指定為文化財，尤其特別強調「我們要走祖先留給我們的小路」，例如韓國小路、漢江之路、近江之路，這些讓徒步跟文化相融合的小路是充滿生命力，因為它蘊含著許多爸爸媽媽、爺爺奶奶的故事。

接下來的「trail talk show」是在討論如何使城市步道更友善及政策的改變，摘述如下：

- 1、政策從注重車道的設置，轉變為注重人行道的設置。
- 2、可透過智能裝置來讓城市步道更友善。
- 3、在選舉前，遊說代表民意的政治人物及各政府單位，制定相關法令，讓人行道、自行車道更友善。
- 4、釜山市為了保護人徒步的權利、為了人們的健康，每年約有130億韓圓（KRW）修130處人行道（韓圓兌換臺幣為38.6：1，故130億韓圓約為臺幣3.36億元）。
- 5、修建城區步道時，應有很好的環境處理，釜山的海鷗之路最難能可貴的就是步道週邊的環境。
- 6、步道如何在居民生活中可以隨時感受、享受是很重要的一件事。
- 7、遠離危險、安全是城區步道最重要的考量，尤其是那些提供給婦女、孩童的路。
- 8、和平是步道最好的願景，走路是一個和平的運動，而且步道是一生態的平台，不該限制步道的形式。
- 9、應吸引年輕人一同來參與及感受。

結束大會第1天的討論，晚上從Bexco會場走到住宿旅館，享受釜山夜景，全程約4.7公里。



圖 1、大會會場



圖 2、會場外佈置擺攤台灣步道推廣文宣



圖 3、大會開場表演



圖 4、徐明淑主席致詞



圖 5、世界步道聯盟主席致詞



圖 6、大會貴賓合影留念



圖 7、與韓國主辦單位主席交流



圖 8、與日本步道單位交流



圖 9、翻譯區

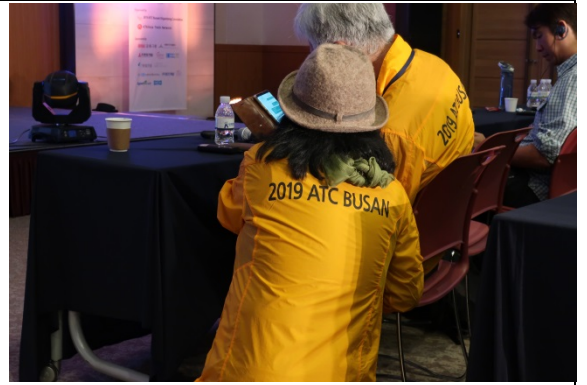


圖 10、工作人員統一穿黃色外套



圖 11、夜間徒步體驗-廣安大橋



圖 12、夜間徒步體驗-冬柏電影大道

(二) 10月12日，踏察南區二妓台海岸步道 (Namgu Igidae Coastal Walk)， 8.6km、 參與亞洲步道大會演講及討論、聯盟會務會議

二妓台海岸步道是世界知名海岸健行路線，釜山是海港城市，在網路搜尋二妓台地名由來：二妓台這名字是兩位妓女趁著日本軍官喝醉時抱著他一起跳下懸崖，所以叫做二妓台，其實是淒涼、悲憤的歷史故事，寓含韓國被日本殖民35年歷史糾結，在日本戰敗後，韓國幾乎將日本殖民時期遺留總督府等幾乎破壞殆盡。

該地區雖然是釜山市附近著名步道景點，但是夏天日曬嚴重，冬天則面臨強勁季風，此時，著名雲海台景觀台已面臨強勁東北季風吹拂，考察同仁帽子幾乎被吹跑。而林務局步道很多位於中高緯度，沿途林蔭林立，相對適合推廣給來自世界各國朋友來臺灣健行，除可欣賞中海拔步道沿途美麗景致，尤其在九月之後，山區氣候偏涼舒適，氣候宜人，十分適合推廣來臺健行。

當日步道大會安排路線係從二妓台公園走向五六島方向，是上山路線，一趟約3-4小時。沿著海岸緩慢步行，除可以看到著名地標廣安大橋外與城市風貌外，針葉林相、茶花樹種栽種良好，日本殖民韓國時代相關遺跡，亦可以隨處觀賞。韓國政府單位十分用心，除了在遺跡之處設置導覽牌讓旅客了解採銅礦歷史外，沿途亦配置導覽人員

進行解說導覽，令人印象深刻。

此行二妓台海岸步道，步道指標整合公車時刻表、景點及相關資訊，一目了然，值得供林務局步道指標系統參考。更令人印象深刻是韓國步道取材當地特有植物，或鋪設步道介面或用少許工法，即可讓旅客在步道遊憩上獲得最大滿足，這方面亦可提供未來步道施作之參考。



**Environmental Corp – Dongsangmal – Eoulmadang
– Keungogae Rest Area – Oryukdo Quay – Baekunpo Sports Park**

圖13、南區二妓台海岸徒步（Namgu Igidae Coastal Walk）

一、 指標導引系統

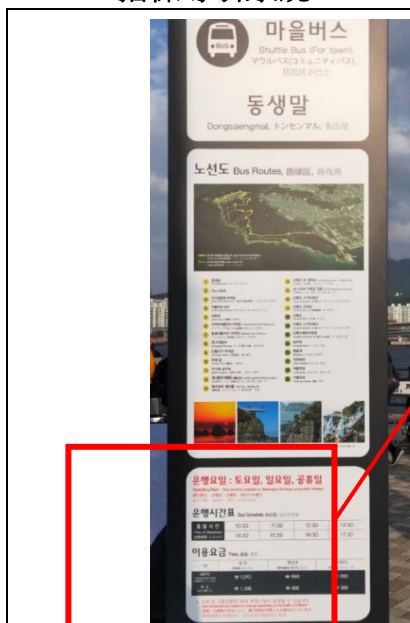


圖14、站牌及景點資訊

시간 Departure 時間, 出发时间	10:30	11:30	12:30	13:30	14:30	15:30	16:30	17:30													
요금 Fees, 運賃, 票价	<table border="1"> <thead> <tr> <th>구분</th> <th>성인 Adults, 大人, 成人</th> <th>청소년 Teenagers, 青少年, 青少年</th> <th>어린이 Children, 子ども, 儿童</th> </tr> </thead> <tbody> <tr> <td>교통카드 Transportation Cards 交通系ICカード, 交通卡</td> <td>₩ 1,010</td> <td>₩ 680</td> <td>₩ 260</td> </tr> <tr> <td>현금 Cash, 現金, 現金</td> <td>₩ 1,100</td> <td>₩ 800</td> <td>₩ 300</td> </tr> </tbody> </table>									구분	성인 Adults, 大人, 成人	청소년 Teenagers, 青少年, 青少年	어린이 Children, 子ども, 儿童	교통카드 Transportation Cards 交通系ICカード, 交通卡	₩ 1,010	₩ 680	₩ 260	현금 Cash, 現金, 現金	₩ 1,100	₩ 800	₩ 300
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현금 Cash, 現金, 現金	₩ 1,100	₩ 800	₩ 300																		
<p>※ 도로 및 교통상황에 따라 변경사항이 발생할 수 있습니다. Bus Schedules are subject to change depending on the traffic conditions. 道路・交通等の状況により、運行時間が変更となる場合がございます。 根据道路与交通状况，运行时间可能会发生变动。</p>																					
<p>안내전화 Call Center, お問い合わせ, 咨询电话 대용운수 051)623-1600</p>																					

圖15、標示含公車時間及景點資訊方便遊客掌握



圖16、廁所(中、英、日、韓文)一次到位



圖17、韓英文並陳



圖18、警示標示



圖19、圖文說明採礦歷史

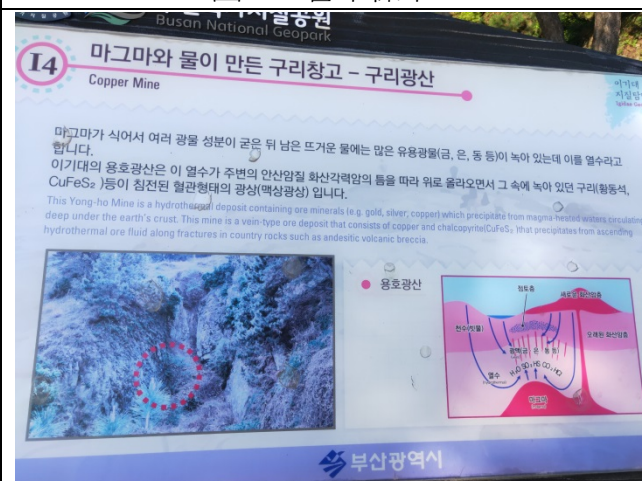


圖20、採銅礦剖面圖示

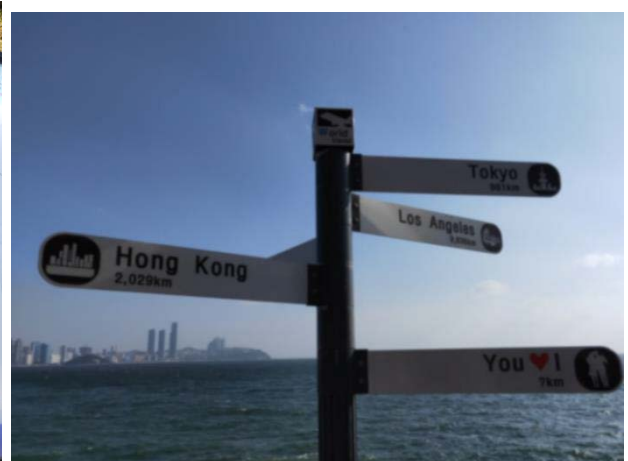


圖21、從釜山出發到世界的距離，心的距離



圖 22、地圖及景點圖片並陳



圖 23、景點相對位子標示

二、步道設施及鋪面



圖24、步道入口處意象



圖25、路面鋪設平整



圖26、使用當地材料鋪設

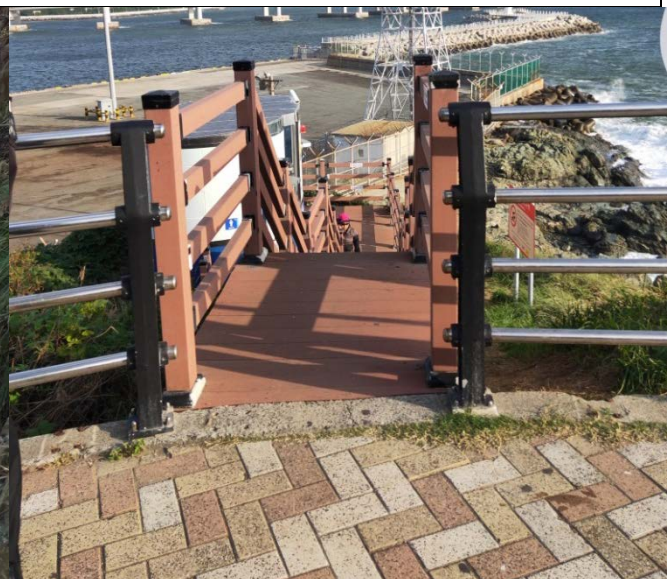


圖27、交界處及橋面整備



圖28、海女休息處—鋪面就地取材



圖29、入口處景觀設計



圖30、鋪面設排水孔



圖31、步道與自然融合



圖32、現場韓國導遊解說日本採礦歷史



圖33、早上步道健行結束，等待活動開始



圖34、邀請貴賓參與海苔辦飯



圖35、步道健行活動搭配市政「輕軌」，然抽獎結束後，紙盒廢棄亂丟



圖36、貼心設計，噴鞋除草設備



圖37、貼心設計，智慧手機拍照架

二、論壇步道課程

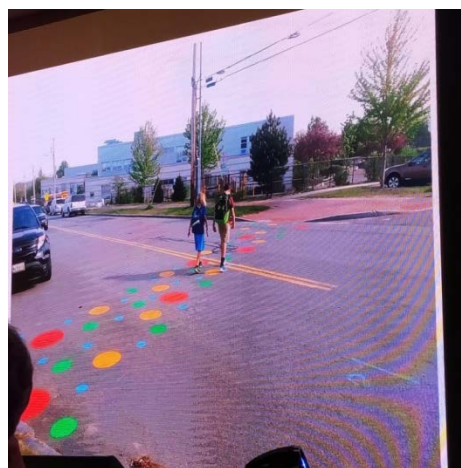


圖38、彩色標示路

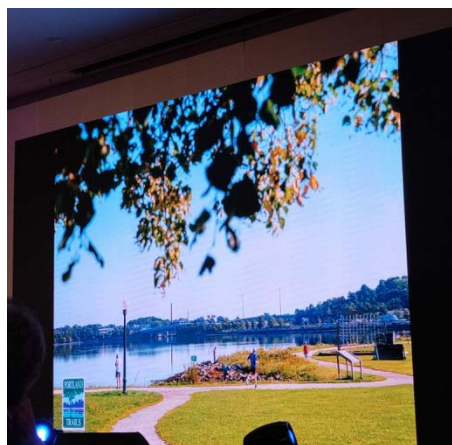


圖39、河濱道路



圖40、各式供人使用道路

圖41、山徑小路

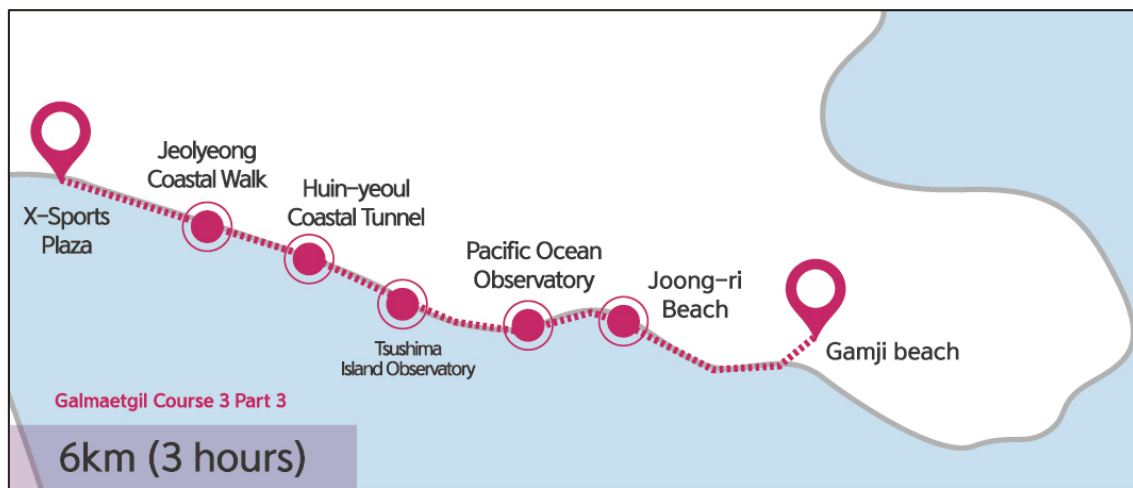
(三) 10月13日，踏查影島區絕影海岸步道 (Yeongdo-gu Jeolyeong Ocean Walk)，
6km

一早搭乘接駁車前往影島區絕影海岸步道之入口 (Gamji beach)，抵達步道入口時，現場已有許多健行登山團體正在領取物資，並匯集在此處等候步行節的開始。

踏查步道的過程中，可以看到幾處特別為海女設置的休息處，有些是水泥建物、有些則是利用沿海石塊搭建而成，同時可以很容易觀察到海女捕撈上岸的後續處理過程，如何利用海水清潔海鮮，簡單烹煮提供食用。

行走該步道過程中，可以發現有好幾處舊有步道的蹤跡，其中還有許多特別用小石頭排列砌入步道裡的圖案，部分既有步道的狀況良好，但卻另使用繩索或不鏽鋼階梯等設施，整條步道沿著海岸行走，但有可能是不同時期建置，步道風格不太一致。

主辦單位於步道終點處設置一布條，祝賀各位完成6公里的步道踏查，並搭建一舞台，辦理抽獎活動，以鼓勵民眾走完全程。接著考察同仁返回住宿旅館，接續前往釜山金海機場搭機返台。



Gamji Beach – Joong-ri Beach – Pacific Ocean Observatory
– Tsushima Island Observatory – Huin-yeoul Coastal Tunnel
– Jeolyeong Coastal Walk – **X-Sports Plaza**

圖42、影島區絕影海岸步道 (Yeongdo-gu Jeolyeong Ocean Walk)



圖 43、參與民眾領取物資



圖 44、活動集合



圖 45、大會 logo



圖 46、活動贈品



圖 47、步行前的暖身



圖 48、步道指標



圖 49、與其他國家之步道協會交流



圖 50、步道沿途可見海女工作身影



圖 51、海女於海女建物中休憩



圖 52、步道沿途可見海女工作身影



圖 53、提供海女休憩之建物

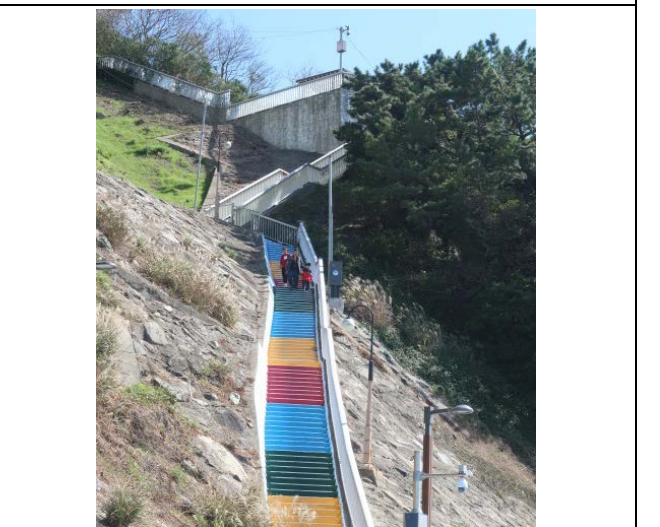


圖 54、步道一隅（彩色階梯）



圖 55、舊有步道運用石頭排列花紋



圖 56、舊有步道運用石頭排列花紋



圖 57、運用橡膠、輪胎皮止滑



圖 58、步道一隅（碎石、水泥鋪面）



圖 59、步道一隅（土徑）



圖 60、步道沿途需大量志工協助指引



圖 61、步道一隅（藍色塗漆）



圖 62、步道一隅（走進巷弄中）



圖 63、步道旁餐廳之面海座位



圖 64、木棧階梯搭建在既有水泥步道上



圖 65、終點處設置布條



圖 66、終點處辦理抽獎活動

參、結論與建議

一、步道指標多國語言、設施考量遊客需求，值得參考

釜山是韓國第二大城，步道設施應為國外旅客選擇釜山城市意象重要參考指標，綜觀釜山步道沿途設施指標具國際化水準（詳圖16、17），加上指標介面整合景點、交通及接駁（詳圖14、15），一站到位，值得林務局未來步道指標介面參考。

步道除了貼心噴鞋設計外(詳圖36)，其實也加了令人會心一笑元素(介面)，如標示東京、洛杉磯及香港相對距離，卻發現「我愛你」距離牌，並設下「問號？」（詳圖21），還有為方便智慧型手機拍照，在相對景觀位置，也設置手機拍攝架（詳圖37），貼心用遊客觀點及需求介面設置相關設施。

二、步道由軟體層面著手，更能加深旅客印象

韓國經歷日本殖民統治35年，釜山南區二妓台海岸步道，保留日本殖民韓國採銅礦歷史或者隧道歷史，此外韓國觀光推廣單位為推廣海女文化，在海女休息室配置相關導覽解說人員，更讓旅客了解相關歷史。導覽員說日本人也曾在此地採銅，在考察人員追問，為何臺灣九份因為採銅有陰陽海產生，這邊為何沒有，導覽員立刻說因為釜山的採礦是在深海下面（詳圖32），韓國政府單位用心以圖說方式讓人了解相關採礦位置及歷史，也用地形剖面圖讓遊客了解這段採銅歷史。

三、找回步道功能與歷史，讓步道更有溫度

步道大會上，來自歐美、日韓等引言者分享步道的想法，略述如下：道路在古代是為了人與人交流而設，也許是通往隔壁鄰居的房子，也許是村落與村落間的鄉鎮的小路，其實都是為了人與人之間交流；反觀今日道路功能在城市中是為開發或為交通運輸而開設的車道，快速化、商業化及人車爭道，卻忘記道路最初的功能。韓國濟州偶來基金會徐明淑主席分享濟州偶來小路其實是父執輩為了交流、貨物買賣而衍伸的步道功能。藉著一趟韓國步道的踩線及巡禮，更提醒轄下管理眾多步道的我們，如霞喀羅國家步道、合歡越嶺道、能高越嶺道、浸水營古道等，其實都記錄著臺灣過去日據或荷蘭時代的歷史，也許開道

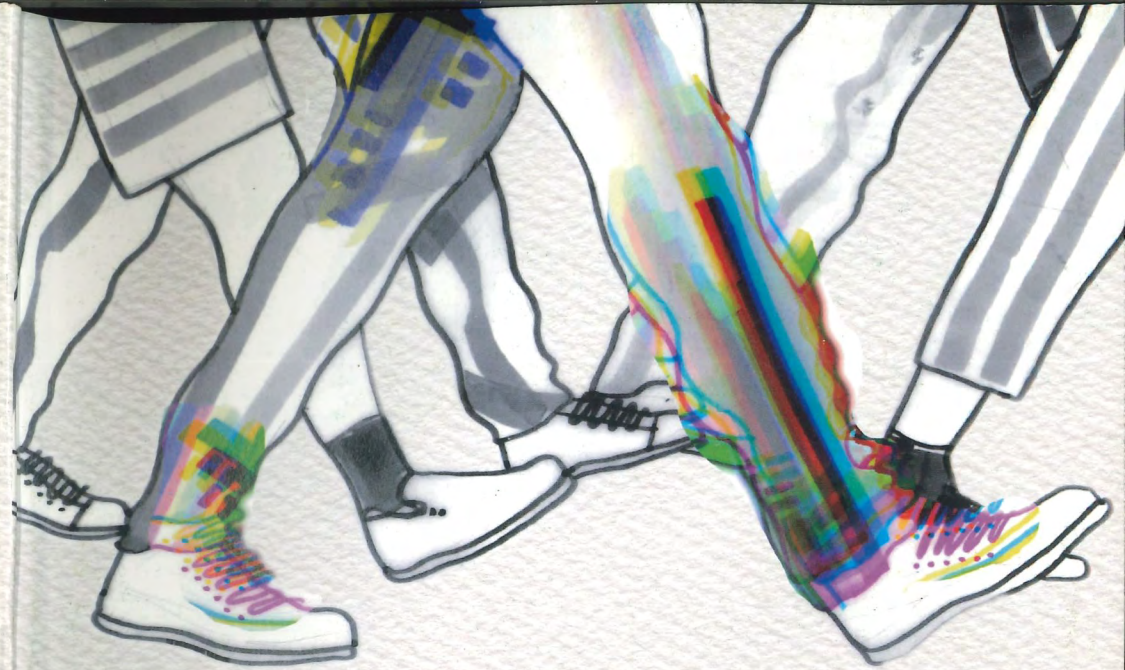
是為軍事統治、資源奪取或為貿易殖興等等理由，時至今日更值得我們藉由這些古道歷史，以故事方式行銷及推廣，讓更多旅客知道這些古道之歷史及緣由。

四、辦理多天型、需不斷轉換場地之國際會議，應有隨隊工作人員協助翻譯及帶領

藉由本次考察國際會議，建議後續如有該類國際會議，應將各國參與人員分成小隊，並由固定、精通該國語言及瞭解會議流程之工作人員帶領整個行程，因此工作人員的行前訓練很重要，且不同會場地點的轉換與接駁，皆應在前個會議結束前跟大家說明，避免語言上的隔閡造成現場國際貴賓的混亂。

肆、感謝

此考察行程緊湊又充實，非常感謝韓國釜山主辦單位及千里步道協會協助安排住宿、派員引導解說及相關聯繫事宜，並感謝「美商美安美台股份有限公司台灣分公司」捐款提供林務局支付考察人員本次國際林業交流之費用。



2019 Trails, walking together Asia & Peace
**Asia Trails
Conference Busan**
Oct. 11th (FRI) - 13th (SUN)

Program Book



2019
ATC Busan
Homepage



Walkable Busan
Instagram

Q&A

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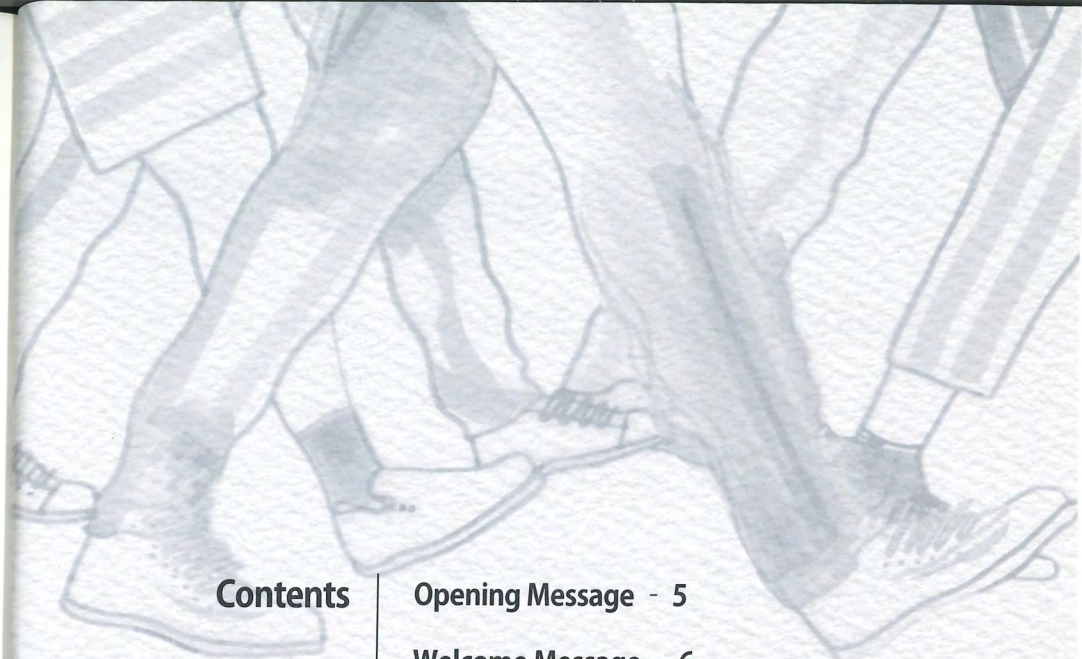
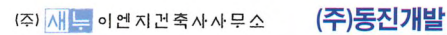
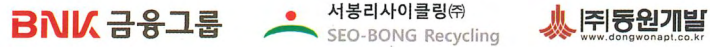
Host



Organizer



Sponsor



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Opening Message

We invite you to '2019 Asia Trails Conference Busan'.

Greetings, my trail friends!

Thank you for gracing the 2019 ATC Busan with your presence.

My sincere gratitude goes to all WTN members from various countries including Taiwan, Mongolia, the U.S., Japan, China, Hong Kong, Russia, Kazakhstan and Canada. Thank you.

We've made friends with each other by walking on Jeju, in Tottori and across Mongolia. Today, we will strengthen our friendship even further in the city of Busan.

The theme of the 2019 ATC Busan is "Trails, walking together Asia & Peace." The conference will offer us an opportunity to strengthen the network amongst all trail groups and promote the peace and unity in Asia through trails. This year's conference is different from previous walking events in Busan because it will push us to go beyond the simple concept of walking and let us unite as one family through walking trails together. Descendants of Kazakhstan independence patriots are with us today and will help us think about building the "road towards the peace on the Korean peninsula and North East Asia."

The value of walking has been recognized by many in different times. Literal translation of the word, road, in eastern cultures is cultivation and enlightenment. The Lord said he is the Way, the Truth, and the Life. Roads open the door to meditation, philosophical speculation, self-examination and happiness. And that's why I find walking attractive.

In Busan that aspires to be a walkable city loved by the international community, I look forward to "walking with" my friends from Asia and all around the world. Let us talk about happiness, health and the peace along the beautiful Galmaetgil trails.

2019 Asia Trails Conference (ATC) Busan
Executive Chairman Moon Jeong-hyeon

Welcome Message

Welcome to the 2019 Asia Trails Conference Busan, Asia's largest walking festival, which the city of Busan has prepared and waited for a long time. I am very pleased to have all of you here at the opening ceremony.

I would like to extend my sincere gratitude to those who have been working hard to hold this conference in Busan and who provided all their generous support.

Busan citizens and I would like to express a warm welcome to the members of the various trail-walking organizations in Asia.

Walking is the most primitive pleasure and the most basic right we can enjoy. We embrace the joy of life when we feel the dazzling sunshine and the gentle breeze, and when we cross the clear streams.

In order to develop walking workouts and walking culture with cooperation and solidarity among Asian nations, experts at home and abroad will join in and share the happiness of walking through the three-day conference.

Like this year's theme, Road, trail with Asia and Peace, I hope this conference provides opportunity to hold hand.

Busan is the city where peace on the Korean Peninsula begins.

It was also very meaningful that the descendants of patriots and veterans, symbolizing the peace of the Korean Peninsula and Northeast Asia. I look forward to the day when we can walk hand in hand from Busan through North Korea to the end of the Asian continent.

Busan is a great city to walk.

The trails that starts from the mountain pass through the village and leads to the river and the ocean. I am very pleased to be with you on these beautiful trails.

Please come join various local festivals while you are in Busan, and enjoy the beautiful autumn days here. Once again, welcome to Busan.

**Mayor of Busan Metropolitan City
Oh Keo-don**

Greetings

We are delighted to host 2019 Asia Trails Conference(ATC) Busan, where all Asians share the values and meanings of the road, at Busan Galmet-gil, which is surrounded by mountain, sea, river and hot spring.

First of all, I would like to express my sincere gratitude to those who have prepared for this conference for a long time and people who have showed us their generous support.

And also, I would like to express my warm hospitality to the members of the 34 walking groups throughout Asia who have visited Busan for this conference.

Busan's Galmet-gil, which combines the sea, rivers, mountains and hot springs, is one of Busan's leading walks.

In addition to Busan's long history and cultural heritage, it is a road that has ecological and geological assets such as the Nakdong River, which are well known as the world's migratory birds, Songdo Peninsula, and Geumjeong Mountain.

I am glad to introduce this diverse and outstanding road to all Asians, and I believe this is worthwhile at the same time.

In particular, Igidae and Jeolyeong-ro Coastal Walks, which are the main courses of Asian Walking Festival, are the beautiful courses where the representative nature scenery of Busan and the urban landscape are in dramatic harmony.

I look forward to build solidarity and friendship among Asians, and sharing the achievements and values of the trails of each participating city by walking along these attractive roads.

Once again, I sincerely welcome all of you to Busan for this conference.

**Happy Walking
Chairman Park Moo-sung**

Greetings

Congratulations on the opening of the 2019 Asia Trails Conference!

Congratulations, the beautiful marine city of Busan, on hosting the 2019 ATC Busan. At a time when Asia receives the world's attention more than ever, hosting the conference with the theme "Trails, walking together Asia & Peace" is very meaningful.

Compared to the western countries, the Asian region has more challenges left unsolved. Still in many Asian countries, poverty is prevalent, discrimination is rampant, and peace is endangered. Although the global warming and climate change are the threat to the entire global community, the risks posed by them are expected to be greater in the Asian region, particularly where living conditions are relatively poor.

Therefore, I find it very meaningful to talk about the peace and the future of Asia and the earth with the members of the Asia Trails Network - who love trails the nature offers and who find, create, and walk the new roads. We will put our heads together to find the roads to peace and coexistence in Asia. I hope the 2019 ATC Busan will reaffirm that Asian trails and a culture of walking have an unlimited potential for the future.

In particular, this year's conference will promote a culture of walking not only in the nature but also in the city and discuss various ways to improve the quality of life through walking. I believe that discussions on this topic will help us strengthen the walking culture in Asia and lay the foundation for shared growth.

We walk the trails alone and together. The nature presents unexpected views, reveals history and introduces us to new friends. We have felt that our life changes on the road; we have seen others go through a life-changing moment walking the trails.

I hope that this conference will give you an opportunity to feel such changes again and truly appreciate that we are walking "together."

I sincerely thank the city of Busan and the Galmaetgil members for preparing diverse programs and making this conference possible.

**Chair of Asia Trails Network
Seo Myeong-suk**

BUSAN

Busan, a city of Sa-Po-Ji-Hyang (Ocean, River, Mountain, Hot spring)

Busan, the second largest city in Korea, has about 3.6 million inhabitants and is located at the end of the south-east part of the Korean Peninsula. Geographically, it has fantastic oceans and coasts that has cliffs of great view, mountains that offers hiking courses and extraordinary views and hot springs across the city. Citizens enjoy four seasons and mild climate, which is not too hot nor too cold. The average temperature in October in Busan is quite mild around 17.1°C. The rainy season ends in September and the clear sky of October takes over the place.



Busan, a city of film

In December, 2014, Busan was newly designated as a UNESCO Creative City of Film, and it can be considered that the capability and potential for development of the film industry in Busan was recognized.

Busan, the venue of Busan International Film Festival, Asia's best film festival, is a fully-equipped city of film, and the film festival is held during the same period of 2019 Asia Trails Conference Busan.

Busan, where you can be impressed by the films on the screen, has oceans, mountains and rivers and coexists with the past and the present, and thus it is drawing attention as a filming location. Walking across Busan, you may notice many places that you saw in the films.





Walkable Walking City Busan

For the first time as a metropolitan government, Busan carried out the 'Making Busan a city good for waling' policy back in 2009 and have promoted various pedestrian policies by forming 'Galmaetgil 700 Ri' and establishing relevant ordinances etc.

Earlier this year, a comprehensive plan for people-centered pedestrian revolution was announced. Through this plan, the dead-ends are getting connected to make sure of walking continuity, to enhance the pedestrian safety and to realize walking in everyday life. Moreover, the city is planning to make attractive roads for walking and to expand the walking culture originating from Busan.

2019 Asia Trails Conference Busan is the first step to make Busan widely known as 'Walkable Walking City', and it cooperates with 34 organizations of walking from 11 countries.

Galmaetgil

Galmaetgil is a trekking course formed by Busan city, and the name is a compound word of 'seagull' the symbol of Busan and 'road'. It is chosen through the naming contest of Busan citizens held in May, 2009.

Galmaetgil shows the local characteristics of Busan, the city of Sa-Po-Ji-Hyang(Ocean, River, Mountain and Hot spring). Walking by the coast, you are in the mountains before you know, and getting out of the mountains, you meet rivers. Hot springs help your tired mind and body relax entirely after walking. It is Busan Galmaetgil's distinction and attraction.

It has 9 courses and 21 sections, and the total length amounts to 278.8km.

2019 Asia Trails Conference Busan

Program Overview

Time	Fri. Oct. 11	Sat. Oct. 12	Sun. Oct. 13
09:00 - 10:00		Asia Walking Festival (Main Course I) (240 min.)	Asia Walking Festival (Main Course II) & Recommended Course (240 min.)
09:00 - 10:00			
10:00 - 11:00			
11:00 - 12:00			
12:00 - 13:00			
13:00 - 13:30	Registration (60 min.)	Move to the Next Location(60 min.)	
13:30 - 14:00			
14:00 - 14:40	Opening Ceremony(40 min.)	Registration(60 min.)	
14:40 - 15:00	Introduction of Participant Organizations (30 min.)		
15:00 - 15:10		Case Studies (30 min.)	Medical Keynote Speech (20 min.)
15:10 - 15:20	Break (10 min.)		
15:20 - 15:30	Keynote Speech (40 min.)		Medical Lecture 1(10 min.)
15:30 - 15:40		Discussion (30 min.)	Medical Lecture 2(10 min.)
15:40 - 15:50			Medical Keynote Speech (20 min.)
15:50 - 16:00			
16:00 - 16:10	Topic Presentation (30 min.)	Break(10 min.)	
16:10 - 16:20		Walking & Humanities Public Lecture (60 min.)	Walking & Health Medical Talk Show (60 min.)
16:20 - 16:30			
16:30 - 16:40	Break (20 min.)		
16:40 - 16:50			
16:50 - 17:10	Trails Talk Show (60 min.)	Break(10 min.)	
17:10 - 17:20			
17:20 - 17:50		ATN Assembly (60 min.)	
17:50 - 18:00	Break (10 min.)		
18:00 - 18:20	Welcome Banquet (120 min.)	Move to the Next Location (40 min.)	
18:20 - 19:00			
19:00 - 19:30		ATN's Night (120 min.)	Moonlight Beer Garden (180 min.)
19:30 - 20:00			
20:00 - 21:00	Special Program (Night View Tour)(90 min.)		
21:00 - 21:30			
21:30 - 22:00			

2019 Asia Trails Conference Busan

Conference Program



○ Transportation to BEXCO

○ Busan Station – BEXCO

- ▶ Taxi: About 35 min.
- ▶ Bus: About 50 min.
(Take bus number 1001 at Busan Station bus stop > Get off at Centum City BEXCO bus stop)
- ▶ Metro: About 1 hour
(Get on at Busan Station of Metro Line 1 > Transfer at Seomyeon station of Metro Line 2 > Get off at Centum City of Metro Line 2 > Walk 3 min.)

○ Gimhae Airport – BEXCO

- ▶ Taxi: About 1 hour 5 min.
- ▶ Bus: About 1 hour 50 min.
(Take bus number 307 at the Airport > Get off at Centum City BEXCO bus stop)
- ▶ Metro: About 1 hour 20 min.
(Get on Busan Gimhae Light Train at Gimhae International Airport station > Transfer at Sasang station of Metro Line 2 > Get off at Centum City station of Metro Line 2 > Walk 3 min.)

○ Whole Arrangement Plan in BEXCO

Oct. 11(Fri.)



Oct. 12(Sat.)



○ Opening Ceremony

“The first step of 2019 ATC Busan to celebrate the opening of 2019 Asia Trails Conference and to introduce participant organizations of each country.”

- Date & Time: Oct. 11, 2019.(Fri.) 14:00 – 15:10
- Venue: BEXCO Convention Hall Room 205 (Summit Hall)
- Order of Ceremony

Time (Length)	Description
13:00 - 14:00	Registration
13:30 - 14:00	Entrance/Pre-performance
14:00 - 14:10	Opening and declaration of opening of the ceremony
14:10 - 14:19	Introduce guests, promotion video, announce progress
14:19 - 14:34	Welcome Speech
14:34 - 14:40	Photo session
14:40 - 15:00	Introduce the participant organizations
15:00 - 15:10	Photo taking of participant organizations

- Performance Team



<El Fiesta>, actively performing in Busan, which is equipped with both meanings of MARCHING and BAND, will perform communicating with the audience.

○ Conference

“2019 Asia Trails Conference Busan with various subjects about philosophy, policy and direction of ‘walking’”

- Date & Time: Oct. 11, 2019 (Fri.) 15:20 – 16:30
Oct. 12, 2019 (Sat.) 15:00 – 16:00
- Venue: BEXCO Convention Hall Room 205 (Summit Hall)
- Speakers

Oct. 11 (Fri.)	15:20 - 16:00	Keynote Speech SEO Myeongsuk (Chair of ATN) <i>Asia walking together, peace on the road</i>
	16:00 - 16:30	Topic Presentation SHIN Jeong-II (CEO of Walking Our Land) <i>Let's open up the big trail along the Coastline of East Sea</i>
Oct. 12 (Sat.)	15:00 - 15:30	Case Studies (Joint Presentation) Kara Wooldrik & Kate Harbour (Chair of Portland Trails & Chair of WTN's Trails) <i>Trails in the City Center</i>
	15:30 - 16:00	Discussion Nathaniel Scrimshaw (Chair of WTN Hub for the Americas) Antoin Diamond (Vice Chair of Bruce Trails Conservancy) LEE Sangyoon (Founder of Korea Trails Association) <i>Accompanying development of Asian trail culture</i>



○ Trail Talk Show

“A talk show to discuss the city policies of Busan and future direction for ‘Walkable Busan’”

- Date & Time: Oct. 11, 2019.(Fri.) 16:50 – 17:50
- Venue: BEXCO Convention Hall Room 205 (Summit Hall)

- Panel

LEE Beom Cheol	Director of Administrative Management Bureau of Busan Metropolitan City Policy expert on Walking Policies of Busan Metropolitan City and current issues
KO Yeongsam	Professor of Tongmyong University Expert on offering strategies to success for urban policies
JEONG Jihye	Jeju Olle Senior Team Lead Expert presenting trail policy cases from the viewpoint of the youth
CHOU Sheng-Hsin	Executive Director of Taiwan Thousand Miles Trails Association Expert focusing on walking together and solidarity of Asian trails

○ Public Lecture

“Angela Maxwell’s lecture that could present a clear answer to the question ‘Why am I walking?’”

- Date & Time: Oct. 12, 2019. (Sat.) 16:10 – 17:10
- Venue: BEXCO Convention Hall Room 205
- Speaker: <She Walks the Earth> CEO Angela Maxwell



○ Medical Lectures & Talk Show

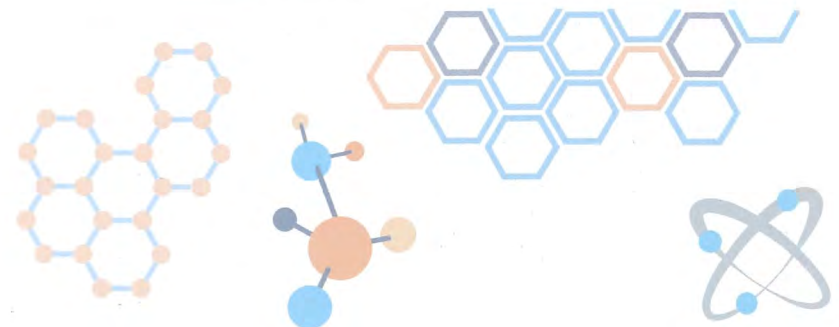
“Learn more before walking, and get healthier! Correlation of walking and health explained in detail by experts from each area”

- Date & Time : Oct. 12, 2019. (Sat.) 15:00 – 16:00 (Lectures)
16:10 – 17:10 (Talk Show)

- Venue: BEXCO Convention Hall Room 201-204

- Speakers and Panel

	Sookja Kim Chung Professor of University of Macau Medical School Walking and Brain Health
	Kyungsoo Ko Vice President of Inje University Sanggye Paik Hospital Walking and Diabetes
	Yin Hua Zhang Professor of Seoul National University College of Medicine Walking and Physiology 1
	Nari Kim Inje University College of Medicine Walking and Physiology 2



2019 Asia Trails Conference Busan

Banquet Program

Oct. 11 (Fri.)

Welcome Banquet

In Walkable Busan, walking citizens gather to spread the walking culture through active and healthy networking.

- Date & Time: Oct. 11, 2019 (Fri.) 18:00 – 20:00
- Venue: Bexco Convention Hall Level 2 #201-204
- Dinner type: Standing Buffet
- Drink for Toast: Geumjeong Fortress Makgeolli

TIP

'Geumjeongsanseong Fortress Makgeolli', the representative traditional drink of Busan, is made with yeast trodden on by barefooted brewers of 500 years of tradition in the climate of Mountain Geumjeong 400m above sea level and pure water.

Oct. 12 (Sat.)

ATN Night

We join you in getting ideas on building firm foundation of healthy walking culture. Based on strong network of organizations, we exchange policy and ideas on walking.

- Date & Time: Oct. 12, 2019 (Sat.) 19:00 – 21:00 (Invitation Required)
- Venue: Nurimaru APEC House Level 2
- Dinner Type: Western Full Course
- Drink for Toast: Traditional Liquor (Ibagu)

TIP

'Gamamoi', a village company located in Dong-gu, Busan, makes the liquor only with rice, yeast and water by adding time and effort. Traditional liquor Ibagu keeps focusing on one way and means something special for Asia Trails Conference held in Busan.

Oct. 12 (Sat.)

Moonlight Beer Garden

Have you ever had fried chicken and beer under the beautiful rooftop garden with an ocean view? This is the perfect opportunity to wash away your exhaustion from walking all day!

- Date & Time: Oct. 12, 2019 (Sat.) 19:00 – 22:00
- Venue: Rooftop of Mipo Hotel Hyggelig
- Meal Type: Chicken & Beer Party

TIP

It is a fantastic combination to have chicken and beer on the rooftop with an ocean view. Chimaek (Chicken & Beer) Party is a Korean food culture that becomes popular globally. You can have closer relationship not just by walking together but also by sharing various Korean culture.



2019 Asia Walking Festival

Program

Oct. 12 (Sat.)

Main Course I: Namgu Igidae Coastal Walk

[Galmaetgil Course 2-2]

Beautiful Coastal Walk where you can enjoy the view over famous attractions of Busan. The best relaxing and romantic course to enjoy the clear ocean, blue sky and the sound of wave.

- Date: Oct. 12, 2019 (Sat.) 07:40 - 13:00
- Main Event: Opening Ceremony of 2019 Asia Walking Festival, Peace Performance
- Side Event: Cultural Performance, Gigantic Bibimbap Performance, Lucky Draw
- Related Event: The 11th Busan Galmaetgil Festival, The 36th Oryukdo Walking Festival
(The date and the course is equivalent to that of AWF 2019.)



Dongsangmal – Eoulmadang

– Keungogae Rest Area – Oryukdo Quay – Baekunpo Sports Center



Things to See by Point

1. Dongsangmal (Place of Departure)

- 07:40 – 08:00 Pre-performance
- 08:00 – 08:25 Opening Ceremony of 2019 Asia Walking Festival
- 08:25 – 08:30 Performance for Peace and Unity of Asia

2. Eoulmadang

- 08:50 – 09:20 Peace Performance by Gwak Yeong-hwa
Fusion Gugak Choa Band Performance

3. Igidae Observatory

- 09:20 – 09:50 Snack & Makgeolli Tasting Experienc
Poem Reading by Poet Lee Dong Soon
(along with Accordion performance)



4. Keungogae Rest Area

- 09:40 – 10:10 Youth Folk Rock I.C. Band

5. Oryukdo Fountains

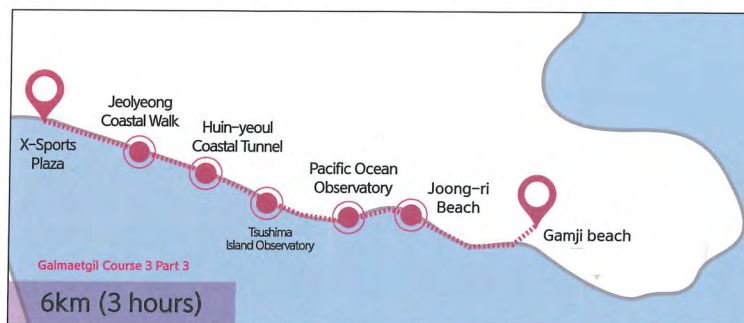
- 10:30 – 11:00 String Quartet
Poem Reading by Poet Kang Hoon Dam & Park Jeong-ae

Oct. 13 (Sun)

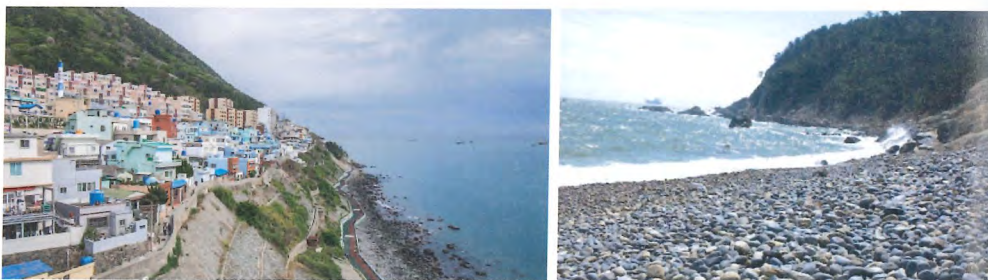
Main Course II: Yeongdo-gu Jeolyeong Ocean Walk [Galmaetgil Course 3-3]

As one of the 8 beautiful sceneries of Yeongdo Island, this course will show you the fantastic natural cliffs and endless horizon over the ocean. Especially, Huin-yeoul Village above the coastal walk presents the exotic beauty for its nickname "Santorini of Busan".

- Date: Oct. 13, 2019 (Sun) 09:00 – 13:00
- Main Event: Opening Ceremony of Main Course II & Walking Performance
- Side Event: Cultural Performance, Lucky Draw
- Related Event: The 27th Yeongdo Bridge Festival, The 1st Yeongdo Coffee Festival



Gamji Beach – Joong-ri Beach – Pacific Ocean Observatory
– Tsushima Island Observatory – Huin-yeoul Coastal Tunnel
– Jeolyeong Coastal Walk – **X-Sports Plaza**



Things to See by Point

1. Gamji Beach (Place of Departure)

- 08:30 – 09:00 Pre-performance
- 09:00 – 09:15 Opening Ceremony for 2019 Asia Walking Festival

2. Joong-ri Beach

- 09:00 – 11:00 Food Market
Performance by Pansori Singer Yang Il-Dong &
V-Brass Band Performance
Tour to Haenyeo Museum (Cultural narration provided)



※ The food market may close earlier than the suggested schedule in case the food is finished.

3. X-Sports Plaza (Final Destination)

- 12:45 – 13:00 Lucky Draw

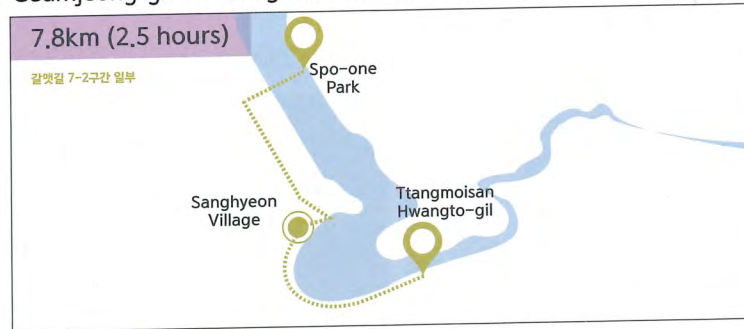
Oct. 13 (Sun)

Recommended Course

Courses by district and county recommended by 2019 Asia Trails Conference Busan. Each designated topic by course will show you various attractions of Busan. At the same time, you can understand better on the course through the Walking Program together with cultural narrators.

Romantic Course

Geumjeong-gu Hoedong Reservoir Trails [Galmaetgil course 7-2]



Spo-one Park – Sanghyeon Village – Ttangmoisan Hwangto-gil

- Gathering Point: Spo-one Park (Temporary gathering point under Hanmulgyo)
- Final Destination: Ttangmoisan Hwangto-gil
- Side Event: Walking Tour accompanied by the Cultural Narrator of Hoedong Reservoir and Ttangmoisan Quiz on Tourist Attractions



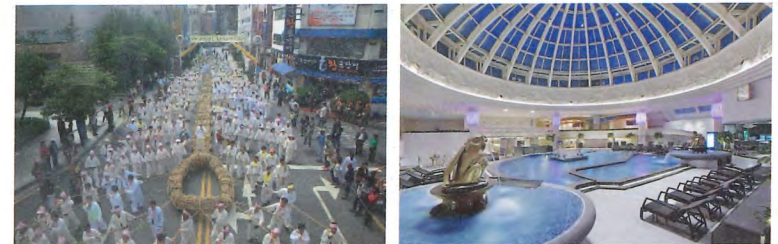
History Course

Dongnae-gu Dongnaeupsung Fortress History Trails [No Galmaetgil course available]



Choongryol Temple – Dongnaeupsung Fortress – Dongnae Hyanggyo – Dongnae Hotsprings

- Gathering Point: Parking lot of Choongryol Temple (In front of the Administration Office)
- Final Destination: Dongnae Hotsprings
- Related Event: The 25th Dongnaeupsung Fortress History Festival
Dongnae Magisterial Parade, Dongnae Fortress Battle Musical, Old Dongnae market experience, Food market etc.
- Extra Benefit: Discount coupon valid for the day of the event to go to Dongnae Heosimcheong Spa will be given to the participants for the recommended course.
(Original price at KRW 12,000 -> The entrance is available for discounted price at KRW 8,000.)



Meditation Course

Busanjin-gu Sungjigok Reservoir Trails [Galmaetgil Course 6-2] + Barrier-free Trail



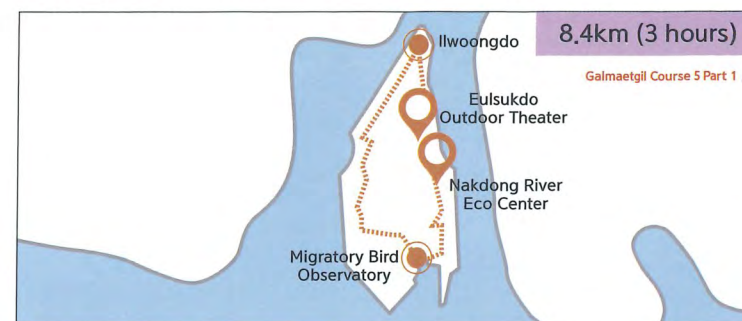
**Student Hall Square – Sungjigok Suwonji –
Rokdamgil – Student Hall Square**

- Gathering Point: Student Hall Square
- Final Destination: Student Hall Square
- Related Event: Small Concert (Student Education & Culture Hall Square and vicinity)
Hanultari Performance (Student Education & Culture Hall Square and vicinity)
- Course Feature: The level of difficulty of the trail is easy, so anyone can join in walking together. Part of the trail is Mujangaegil (Barrier-free trail)



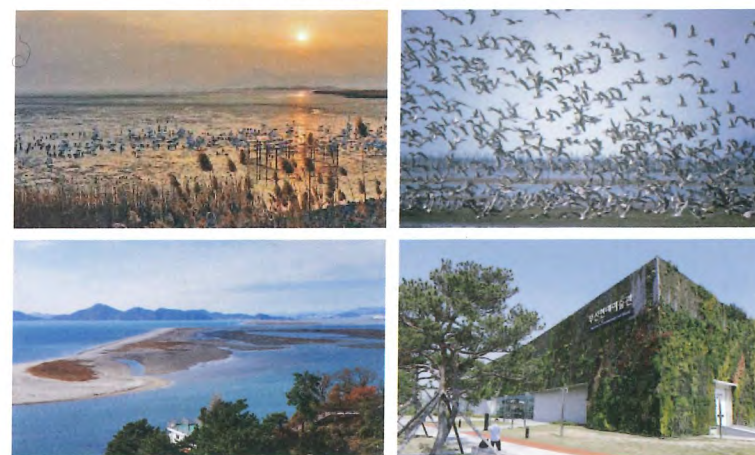
Sunset Course

Saha-gu Eulsukdo Ecopark [Galmaetgil Course 5-1] + Barrier-free Trail



**Nakdong River Eco Center – Migratory Bird Observatory –
Ilwoongdo – Eulsukdo Outdoor Theater**

- Gathering Point: Nakdong River Eco Center
- Final Destination: Eulsukdo Outdoor Theater
- Course Feature : The level of difficulty of the trail is easy, so anyone can join in walking together. Part of the trail is Mujangaegil (Barrier-free trail).
Special course with Pink Muhly colony offers beautiful photo zone for fine memory.



Tour Course

Seo-gu Songdo Coastal Bolle-gil Walkway [Galmaetgil Course 4-1]



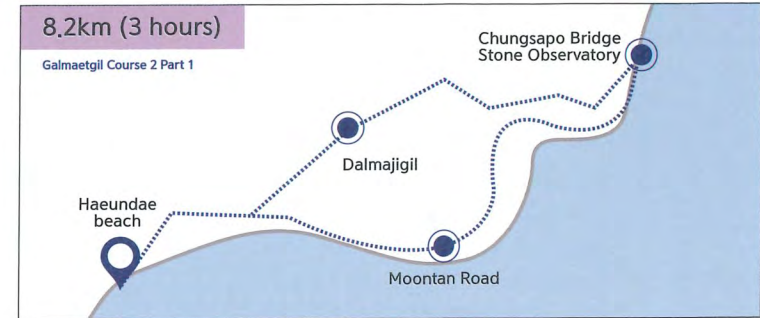
Songdo Beach – Coastal Walking Course – Amnam Park –
Coastal Walking Course

- Gathering Point: Songdo Beach
- Final Destination: Songdo Coastal Walk
- Related Event: District Office Walking Day for the Recommended Course related to 2019 ATC Busan
- Extra Benefit: Discount on the tickets for Cable Car ride for the participants of the recommended course (50% off of the one ride for the Cable Car on the day of the event)



Healing Course

Haeundae-gu Moontan Road [Galmaetgil Course 2-1]



Haeundae Beach – Dalmajigil –
Chungsapo Bridge Stone Observatory
– Moontan Road – Haeundae Beach

- Gathering Point: Haeundae Beach (In front of Haeundae Beach Administration Office)
- Final Destination: Haeundae Beach
- Course Feature: Inclusive course for the Trademark of Busan such as Haeundae Beach, Moontan Road, Dalmaji-gil, Cheongsapo Bridge Stone Observatory etc.

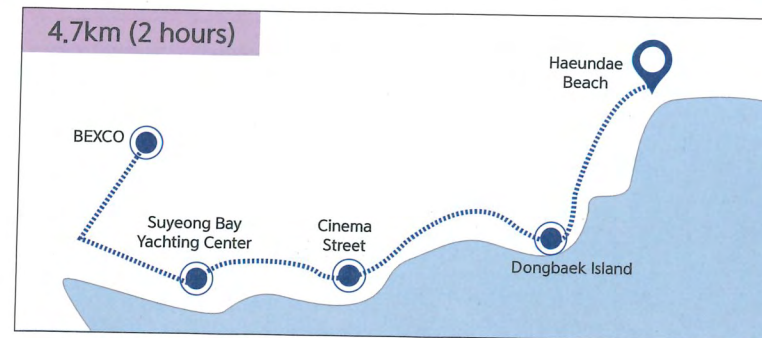


2019 ATC Busan

Special Program

Night View Tour

In this Course, you will be able to enjoy romantic autumn night of Busan. While walking in the glittering city, you reach the beach. Busan has the unique and romantic landscape covering the ocean and the city center.



**BEXCO – Suyeong Bay Yachting Center – Cinema Street
– Dongbaek Island – Haeundae Beach**

- Date: Oct. 11, 2019 (Fri.) 20:00 – 21:30
- Gathering Point: Ground in front of Bexco Convention Hall Level 1
- Final Destination: Haeundae Beach
- Reminder: You may apply for this program in advance.

The Night View Tour is led by the Course Leader. However, you may leave early from the program upon your request.



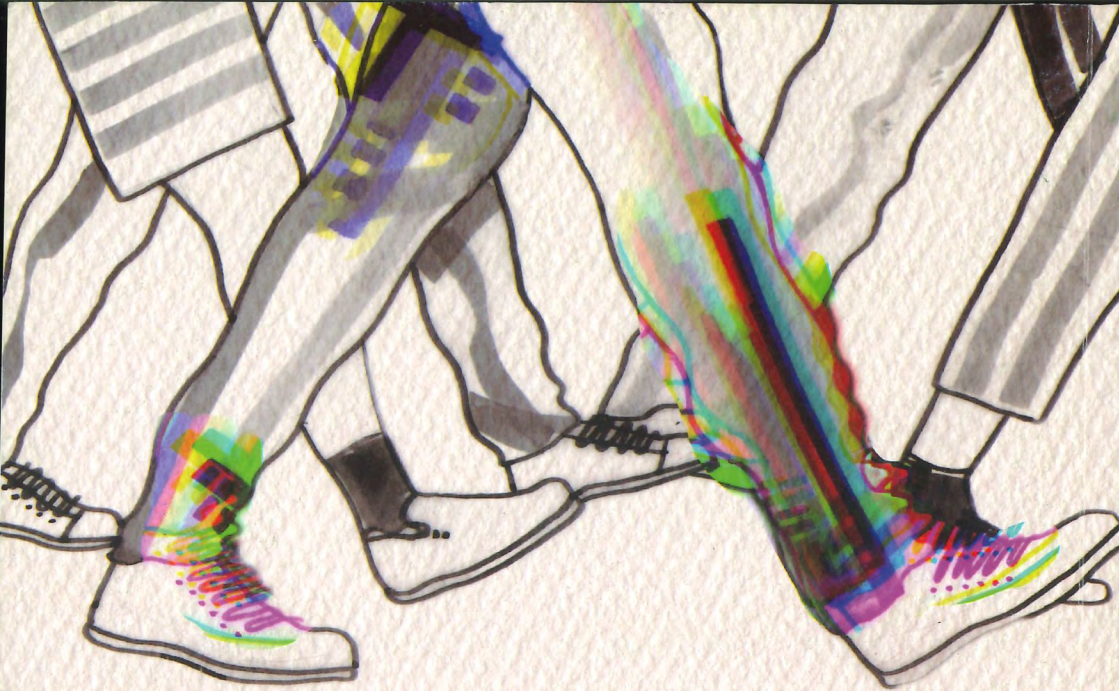
Temple Stay at Hongbeop Temple

Hidden in the middle of Mountain Cheolma and Mountain Geumjeong in Busan, Hongbeop Temple is a popular tourist attraction. Each season brings different landscape, so the Temple Stay becomes even more enjoyable. We invite you to Temple Stay at Hongbeop Temple so that you can learn how to pause for a moment after walking.



- Date: Oct. 13, 2019 (Sun) 15:00 – Following day 12:00
- Gathering Point: Yeongdo-gu X-Sports Plaza
(After completion of Main Course II Event)
- Reminder: This program is a paid program for foreign participants who applied in advance. (KRW 60,000 per person)





Trails, walking together Asia & Peace

2019 Asia Trails Conference Busan



To Official Website



To Official Instagram

Oct. 11th (FRI) – 13th (SUN)

Conference

Seoul Convention Hall 2F

Main Course I : Namgu Igidae Coastal Walk

Main Course II : Yeongdo-gu Jeolyeong Ocean Walk

Recommended Course

Nautical Course : Geumjeong-gu Hoedong Reservoir Trails

Walking Course : Haeundae-gu Moontan Road

History Course : Dongnae-gu Dongnaeupsung Fortress History Trails

Meditation Course : Busanjin-gu Sungjigok Reservoir Trails

Sunset Course : Saha-gu Eulsukdo Ecopark

Tour Course : Seo-gu Songdo Coastal Bolle-gil Walkway

Inquiries : 2019ATCBusan@gmail.com / 051-790-9408 [2019 ATC Busan Secretariat Office]

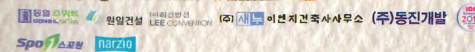
ATC2019.Planb@gmail.com / 051-790-9413 [Official PCO (The PlanB)]

Organized by 부산광역시 부산광역시 (사)걷고싶은부산

Organized by 2019 ATC Busan Organizing Committee

Sponsored by BNK 금융그룹

ATN(Asia Trails Network)



Asia Trails Conference Busan

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Greetings, my trail friends!

Thank you for gracing the 2019 ATC Busan with your presence.

My sincere gratitude goes to all WTN members from various countries including Taiwan, Mongolia, the U.S., Japan, China, Hong Kong, Russia, Kazakhstan and Canada. Thank you.

We've made friends with each other by walking on Jeju, in Tottori and across Mongolia. Today, we will strengthen our friendship even further in the city of Busan.

The theme of the 2019 ATC Busan is "Trails, walking together Asia & Peace." The conference will offer us an opportunity to strengthen the network amongst all trail groups and promote the peace and unity in Asia through trails. This year's conference is different from previous walking events in Busan because it will push us to go beyond the simple concept of walking and let us unite as one family through walking trails together. Descendants of Kazakhstan independence patriots are with us today and will help us think about building the "road towards the peace on the Korean peninsula and North East Asia."

The value of walking has been recognized by many in different times. Literal translation of the word, road, in eastern cultures is cultivation and enlightenment. The Lord said he is the Way, the Truth, and the Life. Roads open the door to meditation, philosophical speculation, self-examination and happiness. And that's why I find walking attractive.

In Busan that aspires to be a walkable city loved by the international community, I look forward to "walking with" my friends from Asia and all around the world. Let us talk about happiness, health and the peace along the beautiful Galmaetgil trails.

Executive Chairman of
2019 Asia Trails Conference Busan Organizing Committee
Moon Jeonghyun

Welcome to the 2019 Asia Trails Conference Busan, Asia's largest walking festival, which the city of Busan has prepared and waited for a long time. I am very pleased to have all of you here at the opening ceremony.

I would like to extend my sincere gratitude to those who have been working hard to hold this conference in Busan and who provided all their generous support. Busan citizens and I would like to express a warm welcome to the members of the various trail-walking organizations in Asia.

Walking is the most primitive pleasure and the most basic right we can enjoy. We embrace the joy of life when we feel the dazzling sunshine and the gentle breeze, and when we cross the clear streams.

In order to develop walking workouts and walking culture with cooperation and solidarity among Asian nations, experts at home and abroad will join in and share the happiness of walking through the three-day conference.

Like this year's theme, Road, trail with Asia and Peace, I hope this conference provides opportunity to hold hand.

Busan is the city where peace on the Korean Peninsula begins.

It was also very meaningful that the descendants of patriots and veterans, symbolizing the peace of the Korean Peninsula and Northeast Asia. I look forward to the day when we can walk hand in hand from Busan through North Korea to the end of the Asian continent.

Busan is a great city to walk.

The trails that starts from the mountain pass through the village and leads to the river and the ocean. I am very pleased to be with you on these beautiful trails.

Please come join various local festivals while you are in Busan, and enjoy the beautiful autumn days here. Once again, welcome to Busan.

Mayor of Busan Metropolitan City
Oh Keo-don



We are delighted to host 2019 Asia Trails Conference(ATC) Busan, where all Asians share the values and meanings of the road, at Busan Galmet-gil, which is surrounded by mountain, sea, river and hot spring.

First of all, I would like to express my sincere gratitude to those who have prepared for this conference for a long time and people who have showed us their generous support.

And also, I would like to express my warm hospitality to the members of the 34 walking groups throughout Asia who have visited Busan for this conference.

Busan's Galmet-gil, which combines the sea, rivers, mountains and hot springs, is one of Busan's leading walks.

In addition to Busan's long history and cultural heritage, it is a road that has ecological and geological assets such as the Nakdong River, which are well known as the world's migratory birds, Songdo Peninsula, and Geumjeong Mountain.

I am glad to introduce this diverse and outstanding road to all Asians, and I believe this is worthwhile at the same time.

In particular, Igidae and Jeolyeong-ro Coastal Walks, which are the main courses of Asian Walking Festival, are the beautiful courses where the representative nature scenery of Busan and the urban landscape are in dramatic harmony.

I look forward to build solidarity and friendship among Asians, and sharing the achievements and values of the trails of each participating city by walking along these attractive roads.

Once again, I sincerely welcome all of you to Busan for this conference.

Chairman of Happy Walking
Park Moo sung

Congratulations on the opening of the 2019 Asia Trails Conference!

Congratulations, the beautiful marine city of Busan, on hosting the 2019 ATC Busan. At a time when Asia receives the world's attention more than ever, hosting the conference with the theme "Trails, walking together Asia & Peace" is very meaningful. Compared to the western countries, the Asian region has more challenges left unsolved. Still in many Asian countries, poverty is prevalent, discrimination is rampant, and peace is endangered. Although the global warming and climate change are the threat to the entire global community, the risks posed by them are expected to be greater in the Asian region, particularly where living conditions are relatively poor. Therefore, I find it very meaningful to talk about the peace and the future of Asia and the earth with the members of the Asia Trails Network - who love trails the nature offers and who find, create, and walk the new roads. We will put our heads together to find the roads to peace and coexistence in Asia. I hope the 2019 ATC Busan will reaffirm that Asian trails and a culture of walking have an unlimited potential for the future.

In particular, this year's conference will promote a culture of walking not only in the nature but also in the city and discuss various ways to improve the quality of life through walking. I believe that discussions on this topic will help us strengthen the walking culture in Asia and lay the foundation for shared growth.

We walk the trails alone and together. The nature presents unexpected views, reveals history and introduces us to new friends. We have felt that our life changes on the road; we have seen others go through a life-changing moment walking the trails.

I hope that this conference will give you an opportunity to feel such changes again and truly appreciate that we are walking "together."

I sincerely thank the city of Busan and the Galmaetgil members for preparing diverse programs and making this conference possible.

Chair of Asia Trails Network
SEO Myeongsuk

Time	October 11th (Fri)	October 12th (Sat)		October 13th (Sun)
09:00 – 10:00		Asia Walking Festival (Main Course I)		Asia Walking Festival (Main Course II) & Recommended Course
10:00 – 11:00				
11:00 – 12:00				
12:00 – 13:00				
13:00 – 13:30	Registration	Registration		
13:30 – 14:00				
14:00 – 14:40	Opening Ceremony (205)	Case Studies (205)		Medical Keynote Talk (201-204)
14:40 – 15:00	Introduction of Organization			
15:00 – 15:10	Break	Discussion		Medical Talk 1
15:10 – 15:20				Medical Talk 2
15:20 – 15:30	Keynote Speech	Medical Keynote Talk		Special Program (Hongbeopsa Temple Stay) (15:00 – Oct 14th 12:00)
15:30 – 15:40				
15:40 – 15:50				
15:50 – 16:00				
16:00 – 16:10	Topic Presentaion	Break Time		
16:10 – 16:20		Public Lecture		
16:20 – 16:30				
16:30 – 16:40	Break Time	Break Time		
16:40 – 16:50				
16:50 – 17:10	Trail Talk Show	ATN Planery Session (205)		
17:10 – 17:20				
17:20 – 17:50	Break Time	ATN Night (Nurimaru APEC House 2F)		Moonlight Beer Garden (Hotel Hyggelig Rooftop)
17:50 – 18:00				
18:00 – 18:20	Welcome Banquet (201-204)			
18:20 – 19:00				
19:00 – 19:30				
19:30 – 20:00	Special Program (Night View Walk)			
20:00 – 21:00				
21:00 – 21:30				
21:30 – 22:00				

Keynote Speech

: The Journey to Coexistence
of Trails, Asia, and Peace



SEO Myung-Sook



1. General Information

Name	SEO Myung-Sook
Affiliation	Jeju Olle

2. Educational background & professional experience

Year	Affiliation	Position
Present	Jeju Olle	Chair
	Korea Tourism Organization	Board Member
2017	Regional Industry Promotion Presidential Commentation	
2013	The 34th Ilga Award 'Social Benefit' Section	
2005 - 2006	Internet News <Oh My News>	Chief Editor
2003 - 2005	Freelance Writer	
1989 - 2003	<Sisa Journal>	Political Journalist, Head of the Political Dept., Head of the Newsreporters, Editor
1987 - 1989	Monthly magazine <Han-guk-in>	Journalist
1985	Monthly mazazine <Madang>	Journalist
1980 - 1983	Christian Institute for the Study of Justice and Development	Assistant Publisher

3. List of major publications

1. <Cruel History of Smoking Women>, 2004
2. <Kkodak Kkodak, Trail Walking>, 2010
3. <Nol-mung Shi-mung Trekking--Walking Around Jeju>, 2011
4. <Shikdam>, 2012
5. <Sum, Reflecting>, 2015

The Journey to Coexistence of Trails, Asia, and Peace

I am very pleased to be able to share experiences and visions of mine and Jeju Olle with people who love the natural trails and with World Trails Network that make and walk the trails. I am so excited to have all of you here to put our heads together and explore ways of peaceful coexistence in Asia.

I was able to heal my mental and physical illness through walking, freed myself from pressures in my past, and found a new direction while walking trails. I was a journalist, one of the competitive profession, and had been pursuing an hustling lifestyle for higher achievement at a fast pace just like most of the people in the modernized society. I was feeling skeptical about my life, and when I turned 50, I quit my job and walked the Camino de Santiago, Spain.

I realized the meaning of walking, especially walking the natural trails for the first time while walking 800 kilometers for 36 days from September to October 2006: walking provides opportunities to feel free, lonely, and to introspect that modern people living in a complex and weblike society cannot enjoy. Furthermore, I became keenly aware of the most effective way of traveling to understand a new country or region and to truly communicate with the local people.

At the end of my journey, I came across a woman named Heni from the UK and accompanied her for half a day. We walked and ate together, we talked a lot, and we agreed that a trail is a 'happy hospital' that makes us move ourselves to heal our bodies and minds. Also, we agreed that the trail is the "best natural theme park," where we can understand other countries and regions in the deepest and the most accurate way. She and I promised to make our own trails in our countries. In order to keep that promise, I left Seoul, where I spent 31 years for my education and career, and returned to my hometown, Jeju, which I left when I was 19.

Located in the southernmost tip of Korea, Jeju is a beautiful island as well as the best tourist destination in Korea. The island was the popular honeymoon destination since mid-'60s. In the 1990s, golf tour and motor trip was boomed in Jeju. Jeju has been the number 1 tourist destination in Korea, however, the tourism industry in Jeju reached a plateau from the 21st century as the image of Jeju was avidly consumed

and there was a growing misunderstanding about the island. It was tantalizing to see those misunderstandings about my hometown. Then, I remembered one of those answers found in Santiago. It was the trails: the trails showing the unique environment, humanities, geography, and characteristics of people, clearing people's minds and having people stay in Jeju. The name of the trail is 'Jeju Olle' which all of Korean people know even if they have not walked. After five years and four months of hard work with my family, colleagues, expedition party, and Olle volunteers, I finally completed a trails that stretches around the entire coast of the island which has 26 routes that make up a total distance of 425km from Siheung-ri, Seoguipo to Jongdalli, Jeju. By connecting the cut off trails, recreating the lost trails, and creating the new trails, we rebuilt the path which our ancestors had walked with eco-friendly method, using the tools such as shovels and pickaxes.

#Japan, Mongolia, Vietnam and Peaceful Olle of South and North Korea#

Jeju Olle led a sensational walking craze, which was evaluated that it changed Korea's traveling paradigm from a fast motor trip to a slow walking trip. After Japan Kyushu Tourism Promotion Organization visited the Olle trail to learn Korea's travel trends, they wanted to make their own with the same trail marking and eco-friendly construction method of Olle. Korea and Japan have long been "near and distant neighbors." Historically, the two countries have had active cultural exchanges and dissemination but, at the same time, we were enemies under the 35 years of imperialist Japanese rule after the constant invasion and defense from the Japanese invasion in 1592. Of course, since the Korea-Japan agreement, the diplomatic relation has been normalized and human and material resource exchanges have been actively promoted. But misunderstandings and prejudice still remained between the two nations.

The secretariat of Jeju Olle discussed the proposal of the Kyushu Tourism Promotion Organization and decided to accept it. Because we believe that trails is the best way to understand, feel and accept other countries and regions as well as to truly interact with people. We believe that the more conflicts and prejudices exist, the more opportunities are needed to meet and communicate in person, and that real peace

can be realized only after meeting and understanding were preceded.

Three years after the beginning of Jeju Olle, Kyushu Olle Trail began to be built according to the trail manual of the Jeju Olle Secretariat, As of 2019, Kyushu opened a total of 22 courses in seven prefectures, which is loved by the Olle people from Korea and Japan. Inspired by the success of Kyushu Olle, Miyagi prefecture, Japan, asked us to create Miyagi Olle. After careful consideration, two courses were opened in October 2018, and a third course was opened in September. As Miyagi prefecture was seriously damaged by the tsunami, it was desperate to have exchange and understanding through the trail. We can plainly see that trails are the strongest method of exchange and communication as it was said that "walking trails offered the opportunity to understand the other country and its people" by both Japanese people who visited Jeju Olle after their Kyushu and Miyagi Olle experience and Koreans who walked Olle in Japan that Jeju Olle consulted which was consulted by Jeju Olle,

Based on that experience, we decided to make trails in Mongolia, which dominated Jeju Island, Olle's hometown, for almost 100 years. As there are still traces of Mongolia in the pastoral culture and Jeju language, Korea and Mongolia, in particular Jeju and Mongolia, have a history of positive and negative exchange under the dominant and subordinate relationship. I wanted to sublimate the history through the trails and carry on a higher level of exchange. I also wanted to make efforts for the environment in Mongolia, which is increasingly deserted by global warming. After several visits by both parties, we concluded the MOU with the Ulaanbaatar City Tourism Department in July 2016, and opened two courses in June 2017. In 2019, with the help of Ulaanbaatar City Tourism Department and KOICA, Olle Center is opened in the downtown in Ulaanbaatar. We plan to make Mongolia Olle a better walking trail so that not only Koreans and Mongolians, but also overseas travelers come to Olle trail to deeply understand Mongolia and appreciate the value of Olle.

The experience of cooperating with Japan and Mongolia taught us that the trail-walking is the most effective way for mutual understand, coexistence and peace among Asian countries. Therefore, if there is any Asian country that wants to

promote exchange and communication between countries and between the nature and people through Olle trail, we are ready to help. We have signed an MOU with Lam Dong, Vietnam early this year to create Dalat Olle. Of course, Korea and Japan are facing quite a long and serious conflict, starting with the exclusion of white lists, but I am confident that once this situation is resolved in some way, the trail will again serve as a major link between us.

The best example of demonstrating mutual exchange through the trails, understanding through exchanges, and peace through understanding will be the "Peaceful Olle Trail" which connects South and North Korea. In Korea, there is a saying, "From Halla to Baekdu." It means to connect two famous mountains at the end to end of the Korean peninsula.

The trails have long been the path of thousands of people in the two Koreas, which were formerly a single nation. The dream of Korean trail walkers is to reconnect the trails, and thus, walk along the trails again, understand each other, exchange human and material resources, and finally establish peace. This is also a dream of Asia Trail Networks. The reality sometimes seems to be regressive. It sometimes progresses with tottering steps. Even though it is difficult to walk on the long road and our legs become rubbery, we can always get to the destination. I walk Jeju Olle everyday with hope to have "Peaceful Olle Trail."

For the day I walk to my father's hometown, Musan around Amrok River near Baekdusan Mountain, I walk everyday to build my leg muscles. Thank you.

Topic Presentation

: Let's Open The Great Trail of the East Sea
(from Oryukdo Islands to Tumen River)



Jung-il Shin



1. General Information

Name	Jung-il Shin
Affiliation	Corporation Walking Our Land

2. Educational background & professional experience

Year	Affiliation	Position
2019-present	Cultural Heritage Administration	Committee Member
2008-2019	Ministry of Culture, Sports and Tourism, Ministry of Environment, Ministry of Interior and Safety, Korea Forest Service	Political Consultant
2010	Awarded the President's Award for making various roads	
2007	Published a book about exploration of Haeparang-gil	
2003-2004	Explored Yeongnam-daero, Samnam-daero, Kwandong-daero by walk, Published a book	
2000-2002	Explored Geum River, Sumjin River, Yeongsan River, Nakdong River, Han River by walk	

3. Research interests

1. Committee Member of Joseon Dynasty Old Road, Haeparang-gil, Sobaeksan Jarak-gil, Byeonsan Masil-gil, Truce Line Peace Road

Shin, Jung-il (A cultural historian and a member of Cultural Heritage Committee in Cultural Heritage Administration, President of Walking Our Land Corp)

A trekking praised as "Chungbok" in Chinese or "clean joy" by Dasan Jung Yakyong spreads like a wildfire across the world. This trekking craze has shed new light on all the roads living through the ordeal as a birth place of countless lives for several centuries.

Where all these came from?

Heo Jun, a court physician in Joseon Dynasty, wrote in his book Dongui Bogam (lit. "Mirror of Eastern Medicine"), "Good food is better than medicine and walking is better than good food" emphasizing that walking is the better for our health than any other medicines or food.

While walking and feeling layers of culture and history where multiple generations put down their roots, rose and fell, we can recover the lost ego in a rough journey of life where we ran at full throttle depending on modern conveniences. What could be better than trekking in finding our ego back and rejuvenating our weary body and soul?

Around 2006, I got a call from a reporter in Hangoyreh newspaper. He said that he got an offer from the Ministry of Oceans and Fisheries and asked me to join in publishing a book and series of articles in newspaper after walking the coastal line of the west sea from Mokpo in Jeolla province to Gimpo in Gyeonggi province. I asked him to give me time to think, then I opened the map. It seemed to take several months to walk those roads due to huge tidal difference in the west sea. I returned the call and suggested that we walk the eastern coast saying that 20 days will be enough, but he said it is not a good option for him since he has to cover fishing towns along the coastal line.

I hung up the phone and decided to walk the eastern sea from Busan to Gosung after asking myself if I have ever been sponsored to walk our own country.

Separately from all that craze, our foundation Walking Our Land Corp., a leading

Let's Open The Great Trail of the East Sea

- from Oryukdo Islands to Tumen River

private trekking foundation which has many project experience in ten rivers(Han river, Nakdong river, Sumjin river, Yongsan river, Geumgang river) and old roads of Joseon dynasty (Youngnam trail, Samnam trail, Gwangdong trail) already has been embarking on a new project, called Haeaparang Trail.

Haeparang trail is a new tourism project launched in February 2008 in Korea, where people can walk 1600 km from Moon-tanned road next to Haeundae beach in Busan to Nokdun islet along Tumen river. It is the world's best coastal trail with the Eight Gwandong Scenic Views, famous mountains such as Sorak, Geumgang, and Doota, and beautiful beaches along the east sea, even though we may not complete the course because of some banned areas.

Numerous beaches like Haeundae, Jangsa, Chilpo, Daejin, Goraebul, Yongwha, Mangsang, Gyeongpodae, Hwajinpo, Wonsan Myeongsasimni and mountains of Nakdong range and Baekdudeagan range such as Naeyeon, Doota, Cheongok, Sorak, Geumgang and Chilbo are boasting breathtaking view of Korean nature.

You should not miss the joy of tasting all sort of dainties in ports along the east sea including spipefish, anchovy, half-dried herring, snow crab, seaweed, squid, sardine, herring, and fermented walleye pollock

Many old-aged stories and folktales about ancestors come down along the eastern sea where lighthouses flash the light and boats with flying flags come and go. Stories about Lee gok, Lee Saek, and Na ong in late Goreyo period, Kim Shi-suep, Yang Sa-eon, Lee Eon-jeok, Lee San-hae, Songgang Jeong Chul, Park Jong, Jeong Sun, Kim Hong-do, Song Siyeol, Heo Gyun, Lee ee, Hoh Nansulhun, and Shin Saimdang. In Joseon dynasty. Saga about an astronomer Nam sago, a general of the righteous army, Sindolseok, a founder of Donghak, Choi Jaewoo and Choi Shihyung, a revolutionist Lee Pilje are also found in villages along the eastern coast.

Mencius said, "Eyes are pleased by beautiful light(目之於色)". Haeparang trail will show that beautiful light to people who want to feel the teaching of Mencius sincerely. How thrilling and exciting to walk 6000 km of the eastern coastal trails looking over

Let's Open The Great Trail of the East Sea

- from Oryukdo Islands to Tumen River

an expanse of Pacific Ocean from Haeundae beach all the way up to Tumen river. You would cross Nokdun islet, a place of Admiral Yi Sun-sin, and then reach Russia. Heart would be full if we could walk from Vladivostok to Sweden, then via Lisbon to Rome, to Cape town. Just thinking of it makes my heart thump with excitement. It will promote the great spirit of our teenagers too.

We suggested that Ministry of Culture Sports and Tourism establish (MCST) "The East Sea Trail" as a national policy project in fall 2009. Then MCST announced its ambitious designation of "Haeparang Trail" as a new project in September 2010. Now experts from 16 cities and counties gathered to discuss the way to build the project in the most natural way until 2014. If Haeparang road can lead to its final destination of Nokdoon islet with the help of North Korea, total 1400km will be connected. A certificate will be issued to people who finished the course of Haeparang trail. It would be an indescribable joy to complete that course.

Trail Talk Show

: Walking-Friendly Urban Trails and Changes
in Policy



Lee Beomcheol



1. General Information

Name	Lee Beomcheol
Affiliation	Busan Metropolitan City Director of Administrative Autonomy

2. Educational background & professional experience

Year	Affiliation	Position
2019-present	Busan Metropolitan City	Director of Administrative Autonomy
2018	Nam-gu	Deputy Mayor
2017	Busan Metropolitan City	Head of Civic Innovation Division
2014	Busan Metropolitan City	Planning Officer
1997	Nam-gu	Local Administrative Officer
1996	The 2nd higher civil service examination	

3. Research interests

1. Walking policy of Busan Metropolitan City

KO Youngsam



1. General Information

Name	KO, Youngsam
Affiliation	Dongmyeong University

2. Educational background & professional experience

Year	Affiliation	Position
2019	Korea Association of Cloud Industry	Policy Director
	Design Center Busan	Managing Member
2018	The Korea Association for Future Studies	Board Member
	Ministry of Science and ICT	Consultant
	Busan Metropolitan City's 4th Industrial Revolution Project	Special Member
	The 4th Industrial Revolution & the Future Education Forum	Consultant
	Busan Metropolitan City Human Book	Library Director
2017	Dongmyeong University	Professor
	The 4th Industrial Revolution Research Center	Executive Director
	Newspaper <Han-gyeo-rye>	Columnist
2006 - 2007	National Information Society Agency	Chief Researcher
1999 - 2002	Busan Development Institute	Expert Adviser

3. Research interests

1. Applying the smart technology for creating a 'Walkable City' or a 'Healthy City'

4. List of major publications

1. Everydaylife and House, Han-ul Academy
2. Internet addiction, New York: NOVA Pub
3. Characteristics and Controversies of Internet Addiction, Sigma Press, The National Academy of Sciences, Republic of Korea, Excellent Scholarship Award
4. Consulting Internet Addiction and Controversies in Policies, Sigma Press
5. Internet addiction: Neuroscientific Approaches, New York: SPRINGER
6. Understanding Smart Media, Smart Media Research Institute, Miraein (Ministry of Culture and Tourism, Best scholarship Award)
7. Digital Diet, Kyobo (Recommended Book for Teenager's Reading Forum)
8. A Child Lost in Internet: the Answer is at Home, Vega Books (Ministry of Culture and Tourism, Recommended Book of the Month)
9. Understanding Social Media, Social Media Research Institute, Miraein (Ministry of Culture and Tourism, Best scholarship Award)
10. Understanding the Information Society, Miraein

Jihye Jung



1. General Information

Name	Jihye Jung
Affiliation	Jeju Olle

2. Educational background & professional experience

Year	Affiliation	Position
2017-present	Jeju Olle Global Division	Chief Team Leader
2016-2017	Phong Nang Corporation Planning Team	Team Leader
2010-2016	Jeju Olle Global Team	Team Leader
2007-2010	Exhibition Forum, IP Forum / Hong Kong Trade Development Bureau	Staff

3. Research interests

1. Trail Creation and Maintenance
2. Spread the value of ecotourism platform
3. Community business and sharing economy based on trail and region
4. Global Trail Networking

CHOU SHENG-HSIN



1. General Information

Name	CHOU SHENG-HSIN
Affiliation	Taiwan Thousand Miles Trail Association

2. Educational background & professional experience

Year	Affiliation	Position
2019	National Park Committee of Construction and Planning Agency, Ministry of the Interior	Committee Member
2014	Steering Group of Outdoor Education, Ministry of Education	Chairperson
2012	Taiwan Alliance to Promote Outdoor Education	Chairperson
2006	Taiwan Thousand Miles Trail Association	Chief Executive
1999 - 2006	Yonghe Community University	Special Assistant
2003 - 2006	National Taiwan Normal University	Master of Education

3. Research interests

1. Civil society, Public participation and Learning transformation

4. List of major publications

1. 千里步道環島慢行: 一生一定要走一段的土地之旅 (<https://reurl.cc/9jjWO>)
2. 千里步道2: 到農漁村住一晚 慢速, 定點, 深入環島路網上的九個小宇宙 (<https://reurl.cc/rmmkk>)
3. 千里步道3: 高雄, 慢, 漫遊 一本令人難忘的旅行故事 (<https://reurl.cc/NkkO6>)

Case Studies

: Urban Trails



Kate Harbour



1. General Information

Name	Kate Harbour
Affiliation	Portland State University

2. Educational background & professional experience

Year	Affiliation	Position
2019 - Present	Portland Bureau of Transportation	Urban Trails
2018	Salmonberry Trail	Advisory Committee Staff
2018 - Present	World Trails Network	Towns and Trails Task Team Co-Chair
2012 - Present	Friends of the Columbia Gorge	Fundraising and Land Use
2018 - Present	Portland State University	Candidate, Master of Urban and Regional Planning

3. Research interests

1. Urban and Regional Planning

Kara Wooldrik



1. General Information

Name	Kara Wooldrik
Affiliation	Co-Chair, World Trails Network's Trails & Towns International Task Team and Portland Trails

2. Educational background & professional experience

Year	Affiliation	Position
2012 - Present	Portland Trails	Executive Director
2003 - 2012	Maine Audubon	Education Director
2006 - 2012	Bowdoin College	Adjunct Lecturer
1999	Antioch University New England	M.S. Environmental Studies



Towns and Trails

Kara Wooldrik and Kate Harbour



TRAILS & TOWNS
International Task Team

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Kate Harbour
Portland, Oregon, USA

Kara Wooldrik
Portland, Maine, USA

Friends of the Columbia Gorge
Planner

Portland Trails
Executive Director

What is an urban trail?

Urban trails have many forms



Why build urban trails?

Case Study: Washougal, WA USA

Population: 15,000 people

- Transportation
- Environmental health
- Nature connection
- Local pride
- Economic strength
- Emergency preparation







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Case Studies

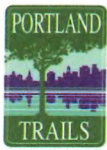


Case Study: Portland, Maine USA

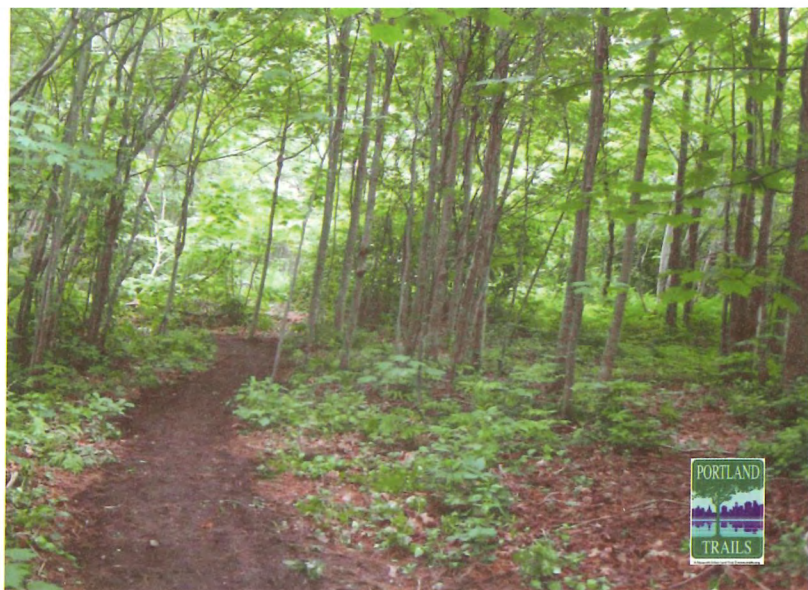
Population: 500,000+ people



Portland Trails transforms Greater Portland into a healthier community for people-powered **transportation, conservation and recreation** by creating and maintaining a network of trails and green spaces that connect people with places









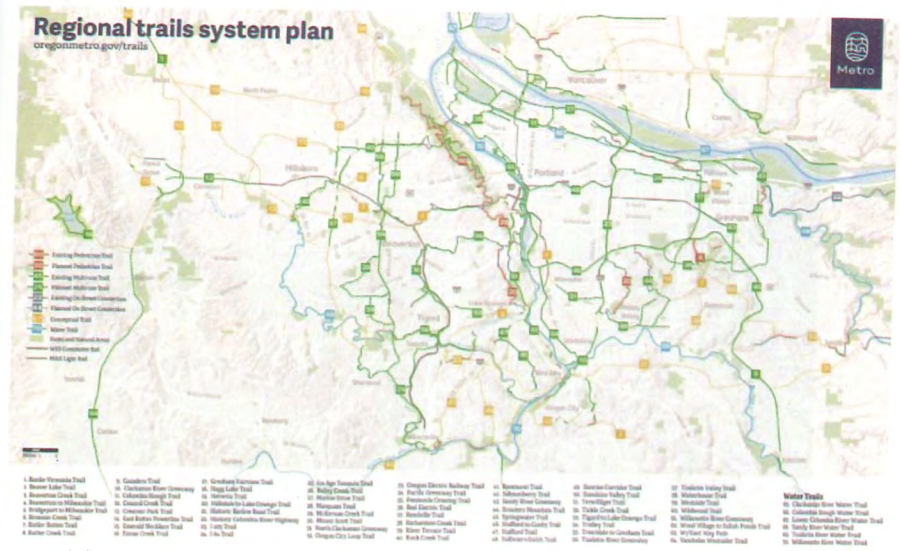
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Case Study: Portland, Oregon USA

Population: 2,480,000 people



Urban trails serve different local users at different times

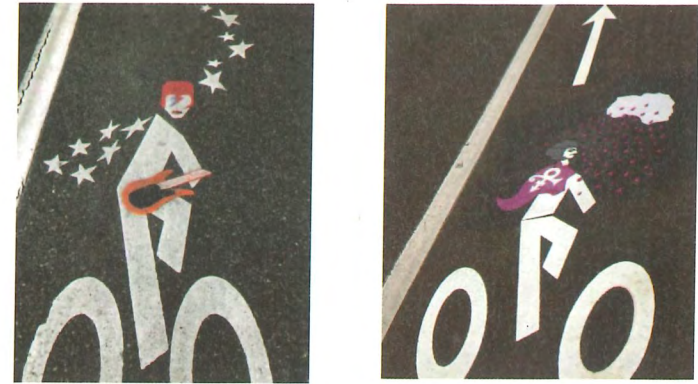


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Trails become a classroom



Trails make a place “home”



TRAILS & TOWNS
International Task Team

How to participate:

- Share photographs
- Ask questions
- Share stories
- Join the team!

Contact: kharbour@pdx.edu and kara@trails.org
worldtrailsnetwork.org/taskteams

Discussion

: Co-development of Asian Trail Culture



Nathaniel Scrimshaw



1. General Information

Name	Nathaniel Scrimshaw
Affiliation	World Trails Network - Hub for the Americas

2. Educational background & professional experience

Year	Affiliation	Position
2017-present	World Trails Network - Hub for the Americas	Chair
2005-present	Franconia Ridge Trail, USA	Trail Steward
2005-present	Sendero Pacifico, Costa Rica	Coordinator/Founder
2005-2011	Margret and H.A. Rey Center, USA	Executive Director
1993-2005	Monteverde Institute, Costa Rica	Executive Director
1988-1993	Sandwich Range Conservation Association, USA	Executive Director/Founder

3. Research interests

1. Long Trails and Community Development
2. Trails, Culture and Community
3. Alpine Area Management
4. Carrying Capacity of Trails

Antoin Diamond



1. General Information

Name	Antoin Diamond
Affiliation	Bruce Trail Conservancy

2. Educational background & professional experience

Year	Affiliation	Position
2010-present	Ontario Professional Planners Institute	Full Member
2007-present	Bruce Trail Conservancy	Vice President of Land Acquisition & Management
2005-2007	Municipal Greenlands Securement Program	Land Securement Specialist
2001-2005	B.A. Honours. Geography major, Geographic Information Systems (GIS) and Environmental Analysis minor, University of Guelph, Ontario, Canada	

Sangyoon Lee



1. General Information

Name	Sangyoon Lee
Affiliation	Korean Trails Association

2. Educational background & professional experience

Year	Affiliation	Position
Present	Forest Trail	Board Member
2017	Korea Trails Association	Founder
2009	Forest Trail	Board Member

3. Research interests

1. Relationship between the agricultural communities and trails

4. List of major publications

1. Jirisan Trails Guidebook/ Ggum-eui-ji-do
2. Jirisan Trails: Pictures and Letters/ Sanjini

Public Lecture

: Why do I Walk?



Angela Marie Maxwell



1. General Information

Name	Angela Marie Maxwell
Affiliation	She Walks The Earth

2. Educational background & professional experience

Year	Affiliation	Position
2010-2014	Business Consultant- New York City	Consultant/Entrepreneur

3. Research interests

1. Walking the world (crossing four continents by foot only) and connecting with people, nature and communities along the way

4. List of major publications

1. LonelyPlanet(USA): <https://www.lonelyplanet.com/news/2017/06/09/she-walks-the-earth-angela-maxwell/>
2. Galore (Germany): <https://www.galore.de/interviews/people/angela-maxwell/2018-06-19>
3. Whimn Magazine (Australia): <http://www.whimn.com.au/play/travel/how-i-travel-the-world-on-5-a-day/news-story/9bf9aadbe1bc365c9f7765ce1303517a>

Why do I Walk?

Overview:

Angela has some fascinating stories to share of her journey. She gives lectures all across the globe about her adventures, the world she left behind, and what she is creating in the future. She will share her route, how she funds her walk and how one woman can make friends in any country without speaking the same language. You will get a taste of her global walk and she'll be answering your questions- so come curious!

LECTURE OUTLINE:

[INTRODUCE MYSELF AND THE MAIN DETAILS OF WHAT MY WALK IS ABOUT]

(First two slides of data)

4 Continents.

Five years.

20,000 miles

14 countries

\$5 a day

Leave no trace behind (no trash)

Give back to charities

[HOW I GOT THE IDEA TO WALK]

Walking is our most natural mode. We've crossed countries and continents throughout history. So when we think of effortless exercise we often think of taking a walk. But my idea came from a draw to explore the world, nature and people. And since walking didn't seem to take much skill I deceived the best way to truly see and experience the world is by walking it. I set out with a goal- to walk 4 continents, leave as little a carbon footprint as possible, and truly experience the cultures around me. That was five years ago today.

Why do I Walk?

[HOW I WALK AND WHERE I'VE WALKED]

People ask me why I didn't choose to cycle? Cycling is very popular. But walking feels so natural to me. And our bodies are made specifically for the ability to walk or run long distances.

Walking has even proven to be more effective on fat loss than running. I knew I could walk around the world if I could just put one foot in front of the other. After 20,000 miles- I've never felt stronger.

I live on \$5 a day and here's how...

I walk 15-25 miles a day...

And I give half of what's given to me to others...

People often say they want to "see" places but I'm drawn to "feel" places. To truly immerse myself in the surroundings, to meet the locals, even roll up my sleeves and work with the locals. The more we can take our time and enjoy our surroundings the less stress and anxiety we feel.

Walking is my meditation, my exercise and my adventure. And adventure because you never know what lies around the corner.

[TRAINING AND PREPARATION]

So now I know I can walk. But I had to learn how to map and route myself. What gear to take? Is the lightest air mattress the best?

I spent nine months researching while also taking several hours to walk a few miles to get my body ready for the long walk.

[THE FIRST YEAR/ THE FIRST CONTINENT]

Some say there's no way to truly be prepared. You can't be prepared for the unexpected.

I was an amateur with a big ambition. The first thing was to tap into willpower- power

Why do I Walk?

of the mind. I had to trust myself.

So I started in Australia. The desert- with few people, resources or water. I wanted to learn quickly- if I could survive the outback, I'd be likely to survive the rest of the world.

It was lonely and challenging. I got heat stroke. But it was also where I gained confidence. I learned to make a sufficient camp fire and build a shade structure.

This is where I understood we truly learn by doing!

[STORIES OF PEOPLE, CULTURE AND EXPLORATION]

This is where I share some of the stories of people I've met along the way and why experiencing other cultures is vital to an authentic adventure. The slideshow images are congruent with this outline.

The aboriginal family that took me in for two nights and taught me how they make dampier bread, the camels I walked in Mongolia, the dog that found me in Georgia.

To explore is to let the journey take us where we need to be.

[WHAT I'VE LEARNED SO FAR]

The physical challenges are nowhere as difficult as the mental challenges.

Courage is a choice- it's how we choose to live. We make little choices of courage everyday. An adventure is about taking risks and hoping we choose courage in the face of a challenge.

Always leave enough energy to deal with the unexpected.

Walking is the easy part. All we have to do is show up!

[WHY WALKING HAS BECOME MY LIFESTYLE]

It's been over five years and although I'm close to my finish line (which is where I started in Bend, Oregon) it's not the end. It's the beginning to a new way of living.

I will continue to walk and each year I'd like to choose a country to cross. I like to take

Why do I Walk?

my time and I'd like to think I'm still walking when I'm in my nineties!

[HOW WE CAN WALK AS A WAY TO GIVE]

There's a saying that the earth craves to feel the soles of our feet same as it longs for a drink of water.

I like to think that by spending more time in nature we are giving our gift of presence to the planet. And by walking we are giving health to our bodies and minds. We were made to walk, to explore and to connect with each other.

We are able to create fundraisers to help people in need by walking a marathon.

There are so many ways that by simply walking we are positively contributing to our communities.

Introduction of ATN & ATC



Introduction of ATN

In order to share common values with the trail issues in Asia and to establish a sustainable and progressive trail industry, it is necessary to preserve natural resources, share trail survey and related knowledge resources, and promote health and welfare through trail and improve quality of life. It is a global networking organization that was officially launched in January 2014 in Jeju Island, with major trail agencies and organizations in Asia, working groups, and other organizations, with the aim of establishing a trail culture and promoting joint PR marketing.

Formed by 18 trail groups representing Korea, China, and Japan, ATN is now composed of 20 organizations including organizations in Taiwan and Russia. Under the common value of 'improving the quality of life through walking trails by protecting nature and local communities', we are sharing knowledge resources and conducting various projects for invigorating walking tourism in Asia.

Main Projects of ATN

- Natural Resource Conservation Campaigns and Activities
- Sharing trail research and related knowledge resources
- Promotion of health and welfare and improvement of quality of life through trail walking
- Promoting walking trips and building a healthy walking culture
- Co-promotion and co-marketing
- Promoting trail-related events and projects including international conferences with WTN

Member organization of ATN

(as of Apr. 25, 2019)

- Regular members / Korea / Green Walking
- Regular members / Korea / Gubulgil
- Regular members / Korea / Naepo Culture Forest Trail
- Regular members / Korea / Forest Trail
- Regular members / Korea / Jeju Olleh
- Regular members / Korea / Trails and Culture in Korea
- Regular members / Korea / Daegu Green Consumer Network
- Regular members / Korea / Culture and Eco Trail
- Regular members / Korea / Tongyeong Trail Culture Network
- Regular members / Japan / Kyushu Olleh Network
- Regular members / Japan / Tottori Walking Resort Council
- Regular members / China / Mountain Journey China
- Regular members / Japan / Miyagi Tourism Federation
- Regular members / Taiwan / Taiwan Thousand Miles Trail Association
- Associate members / Korea / Jeju Tourism Association
- Associate members / Japan / Kyushu Tourism Promotion Organization
- Associate members / Russia / Great Biikal Trail
- Associate members / Korea / Korean Trails Association
- Associate members / Korea / Gangneung Baugil
- Associate members / Japan / Kanazawa Trail Association

[Reference: http://2019atcbusan.org/page_jZEN82]

Introduction of ATC

The representative projects of ATN is the global walking event with global trail groups and walkers from around the world to enjoy the local art and cultural performance as well as food, ATN annual meetings, and trails exhibitions. These are held in conjunction with the representative walking event in Asian nations.

The first ATC since the establishment of the ATN in 2014 was held in conjunction with the Jeju Olleh Walking Festival and the second ATC was held at the Tottori Walking Resort in Japan from October 16 to 18 in conjunction with the Yurihama Angel Omotenashi (guest welcoming) Walk.

Introduction of the first ATC

• Title

1st Asia Walking Festival

• Date

November 5 (Wed) - 6 (Thu), 2014

• Venue

Jeju Olleh (Jeju Island in Korea)

• Host

Ministry of Culture, Sports and Tourism, Jeju Special Self-Governing Province

• Organizer

Jeju Olleh Corp, Asia Trails Network

• Participants

Domestic and international trail agencies and organizations, including officials from the trail and travel industry, etc.

• Related Events

2014 Jeju Olleh Walking Festival

• Programs

Nov 5 (Wed) Asian Trails Network General Assembly

Nov 6 (Thu) Walk together (participating in Jeju Olleh walking festival)

• Schedules

[Day-1] Nov 6, 2014, Jeju Olleh 17-course Gwangnyeong-Sanjicheon (19.2km)

[Day-2] Nov 7, 2014, Jeju Olleh 18-course Sanjicheon-Jocheon (18.2km)

[Day-3] Nov 8, 2014, Jeju Olleh 19-course Jocheon-Kimnyeong (18.6 km)

Introduction of the first ATC

• Host

World Trails Conference Tottori Executive Committee

• Joint Hosting

Asia Trails Network(ATN)

• Venue & Main Event Venues

Japan Tottori Prefecture Kurayoshi city/ Main event venue: Miraichushin (Kurayoshi city location)

• ATC Tottori Game Schedules (Official Program)

	14:00	Registration
Oct 16 (Fri)	15:00	Lectures
	17:00	ATN General Conference
	18:00	Welcoming Dinner
Oct 17 (Sat)	A.M.	Walking Festival (Beautiful lakeside course representing the Tottori)
	P.M.	Tourism tours guides to attractions like Detective Conan Village
Oct 18 (Sun)	A.M.	Tourism tours
		CLOSING

[Reference: http://2019atcbusan.org/page_Msfd79]