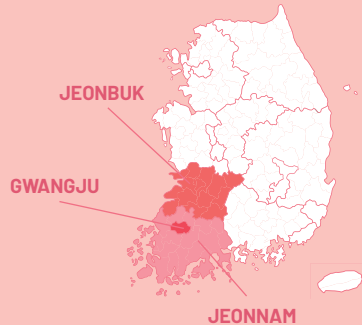


Jeolla-do & Gwangju



Jeolla-do is a province located in the southwestern part of South Korea. It is bounded by the West Sea and the South Sea and has wide, fertile plains. So, its food culture has developed since ancient times. The Jeolla-do region is a great place for travelers interested in Korean food.

Gwangju is a city of culture and art. You can easily enjoy its culture and art everywhere on the streets. Damyang, a county near Gwangju, is the home of bamboo. It is relaxing to listen to the bamboo forest sway in the wind and to smell the bamboo's scent that refreshes your heart. Jeonju is a tourist city that represents Jeolla-do Province. You can wear pretty *hanbok* (traditional Korean clothes) and taste delicious street food while walking among the *hanok* (traditional Korean house) buildings.

In addition, many cities in Jeolla-do are good for traveling, such as Jinan, where you can enjoy a healthy red ginseng spa; Suncheon, where you can watch the golden sunset in Suncheonman Wetland; and Yeosu to enjoy the beach night vibes.

NOTICE

- The recommended travel courses are based on routes and themes, and they can be modified to suit your itinerary and preferences.
- Before visiting any tourist attraction, it is recommended that you check detailed information, including business hours and fees, on the website or over the phone.



Barrier-free tourism information icon



Accessible parking lots



Accessible toilets



Wheelchair rentals



Stroller rentals



Lactation rooms



Braille blocks



Braille signs

Large hospitals in the region

Region	Name of Medical Institution	Address	Tel	Website
Gwangju	Chonnam National University Hospital	42, Jebong-ro, Dong-gu, Gwangju	+82-1899-0000	www.cnuh.com
Gwangju	Chosun University Hospital	365, Pilmun-daero, Dong-gu, Gwangju	+82-1811-7474	hosp.chosun.ac.kr
Jeonbuk Jeonju	Jeonbuk National University Hospital	20, Geonji-ro, Deokjin-gu, Jeonju-si, Jeonbuk-do	+82-63-250-1114	www.jbuh.co.kr
Jeonbuk Iksan	Wonkwang University Hospital	895, Muwang-ro, Iksan-si, Jeonbuk-do	+82-1577-3773	www.wkuh.org
Jeonnam Hwasun	Chonnam National University Hwasun Hospital	322, Seoyang-ro, Hwasun-eup, Hwasun-gun, Jeollanam-do	+82-1899-0000	www.cnuhh.com

Gwangju/Damyang/Gokseong Phytocide Tour

DAY1

1



TEA (edit)

It is a *hanok* tea house that sells local teas from Gwangju and Jeollanam-do. It features a unique ambiance where the elegance of traditional Hanok blends seamlessly with sophisticated interior design. In addition to traditional tea, smoothies, and ice cream made of traditional tea, traditional desserts that go well with tea are available for purchase.

9, Uijae-ro, Dong-gu, Gwangju
 @tea_edit_official

2



Dongnidan-gil Café Street

This street is a popular place in Gwangju where unique cafés of various styles and themes are gathered. Especially, there are many cafés renovated from old luxury houses and decorated in a retro style.

292, Dongmyeong-dong, Dong-gu, Gwangju

Tip You can also visit Zipper House, a tourist information center located on Dongnidan Street. It is decorated like a hip café where you can take pictures, relax, or get tourist information about Gwangju. You can also make your own travel kit (paid) or rent a picnic set. The first floor can be visited without a reservation, but the second-floor lounge area must be reserved through the website.
 zipperhouse.co.kr

3



Therapy Spa SOBE

It is the largest beauty and spa facility in Gwangju and Jeollanam-do, using energy obtained from nature to restore a beautiful and healthy body and mind. It has high-end spa facilities, such as hydro jacuzzi, Vichy spa, LaStone therapy, and spa cuisine, and offers a variety of spa therapies and programs to meet individual needs.

33, Sangmuyeonha-ro, Seo-gu, Gwangju
 www.sobes.co.kr



4

Juknokwon

It is a bamboo forest park, approximately 310,000 m² in size. It has eight themed trails where you can enjoy forest bathing in a bamboo forest full of phytoncides and negative ions. In the park, you can find Shiga Culture Village, which has reproduced the seven pavilions of the Joseon period, and an observatory where you can enjoy the wonderful scenery of Damyang.

119, Jungnogwon-ro, Damyang-eup, Damyang-gun, Jeollanam-do
 www.juknokwon.go.kr



Tip Bamboo leaf ice cream is available at the café in Juknokwon.

DAY2

5



Metasequoia Land (Metasequoia Road)

This road is lined with 10-20 m tall metasequoia trees on both sides along the 8.5 km-long boulevard. It was selected as one of the most beautiful roads in Korea and filmed as a backdrop for various TV series and commercials. You can see vibrant green scenery in summer and a landscape colored with yellow and red leaves in autumn.

633, Haddong-ri, Damyang-eup, Damyang-gun, Jeollanam-do

+82-61-380-3149

6



Gokseong Seomjingang Train Village

This theme park was created from abandoned railroad tracks and a train station. It is equipped with various facilities along the train tracks, including a rose park, an amusement park, a musical fountain, and an animal farm. You can also enjoy the beautiful scenery of the Seomjingang River by riding a steam locomotive or rail bike.

232, Gichamaeul-ro, Ogok-myeon, Gokseong-gun, Jeollanam-do

www.railtrip.co.kr/homepage/gokseong

Tip Gokseong International Rose Festival is held annually in May, and you can see 1,004 rose varieties.



Jeonju/Wanju/Jinan Health and Healing Tour

DAY1

Jeonju Hanok Village

It is the largest *hanok* village in Korea, with over 700 traditional Korean houses. You can wear a rented *hanbok* to tour the village, have traditional Korean tea and dessert at the *hanok* café, or experience traditional crafts. In addition, its Hanok Stay allows you to stay in a *hanok* for one night and fully experience its charm.

📍 99, Girin-daero, Wansan-gu, Jeonju-si, Jeonbuk-do
🏠 hanok.jeonju.go.kr



1



Tip

Delicious street food you can try in Jeonju Hanok Village

1 10-won Bread

KRW 10 coin-shaped bread filled with cheese



2 Pan-fried Battered Beef

Thinly sliced meat dipped in egg and grilled in oil



3 Octopus Skewer

Skewer of octopus brushed with various seasonings and grilled over charcoal



2



Tip

You need to make a reservation by phone at least 3 days before your visit.

☎ +82-63-287-6305

Jeonju Korean Traditional Wine Museum

It is a museum that introduces Korean Gayangju (homemade liquor) culture and traditional liquor. Various information, such as the history of Korean traditional liquor, representative manufacturing methods, and regional traditional liquors, can be learned through multimedia and artifacts. Moreover, traditional liquor experience programs like traditional liquor tasting and Gayangju making are available. You can also purchase traditional liquors at the museum shop.

📍 74, Hanji-gil, Wansan-gu, Jeonju-si, Jeonbuk-do
🏠 www.urisul.net



80

3



Tip

If you receive acupuncture or moxa cauterly treatment at a Korean medicine clinic, you can receive a discount of KRW 9,000 on the entrance fee to the red clay sauna.

Andeok Health Healing Experience Village

It is a place to relax and experience various things in beautiful and clean nature. Moxa cauterly and acupuncture treatments at its Korean medicine clinic and the red clay sauna experience that helps eliminate waste matter from the body are available. In addition, you can engage in various activities on farms and use the village's accommodations at a reasonable cost.

📍 72, Jangpa-gil, Gui-myeon, Wanju-gun, Jeonbuk-do

🏠 www.poweranduk.com

DAY2

4

Sayangje (Sayang) Reservoir

It is a reservoir located in the northern region of Maisan Mountain in Jinan. You can enjoy the beautiful scenery of Maisan Mountain and the reservoir. The wooden deck around the reservoir is a great way to walk while appreciating the view.

📍 228-10, Maisan-ro, Jinan-eup, Jinan-gun, Jeonbuk-do



Tip

Maisan Mountain has two rocky peaks rising side-by-side like horse's ears, making it one of the most beautiful mountains in Korea. In particular, the cherry blossoms around Maisan Mountain are in full bloom and create a spectacular sight in April every year.

Jinan Red Ginseng Spa

It is a large-scale healing spa facility with the theme of Korean traditional medicine and red ginseng (a health food made from steamed and dried ginseng), Jinan's special product. It provides spa facilities and programs that combine red ginseng and the traditional concept of the Five Cardinal Directions in the human body. In addition, you can enjoy a spa while admiring the beautiful scenery of Maisan Mountain in the open-air bath.

📍 16-10, Oesayang-gil, Jinan-eup, Jinan-gun, Jeonbuk-do
🏠 www.redginsengspa.co.kr



5

Tip

It offers accommodations such as Red Ginseng Ville for rest after using the spa.

6

Awon Museum & Hotel

It is a *hanok* hotel constructed after relocating the 250-year-old *hanok* houses from Jinju, Gyeongsangnam-do. An art museum and a living center boasting modern architecture coexist around the *hanok* building. You can relax and focus on your inner self in a beautiful *hanok* that combines tradition, modernity, and nature or view works of art in an art museum.

📍 516-7, Songgwangsuman-ro, Soyang-myeon, Wanju-gun, Jeonbuk-do
🏠 www.awon.kr

Tip

It is also known as the place where photos of the BTS Summer Package 2019 were taken.

Suncheon/Yeosu Namdo Taste Tour



DAY 1

1



Tip Traditional performances, including folk songs and Korean dance, are held every 11:00 a.m. and 15:00 p.m. on weekends.

Naganeupseong Walled Town

It is a representative local planned city from the Joseon Dynasty and offers a unique landscape of *hanok* and thatched-roof houses harmonized within thick walls. You can experience various traditional cultures, including natural dyeing, traditional Korean music, and *pansori* (epic chant).

📍 30, Chungmin-gil, Nagan-myeon, Suncheon-si, Jeollanam-do
🏠 www.suncheon.go.kr/nagan/



2



Suncheon Culture Street (Ongnidan Street)

It is a street specializing in culture and the arts created in a historic location where major government offices and Suncheonhyanggyo Local Confucian School stood in the Joseon period. Galleries and workshops are here, and murals and statues are decorated along the streets. Recently, many cafés and restaurants with good vibes have opened, making it a popular spot in Suncheon.

📍 81-12, Haeng-dong, Suncheon-si, Jeollanam-do

4

DAY 2



Tip Marinated crab is called the "rice thief" in Korea as it is so delicious that you end up emptying your bowl before you realize it as if it has been stolen.

Bongsan-dong Gejang Alley

It is a street where restaurants specializing in marinated stone crab, Yeosu's representative food, are gathered. Its *gejang* (marinated crab) set menu includes marinated crab, spicy marinated crab, rice, and several side dishes. The salty and savory marinated crab and homely side dishes will satisfy your palate.

📍 Area of Bongsan-dong, Yeosu-si, Jeollanam-do

3

Suncheonman National Garden & Suncheonman Wetland

Suncheonman National Garden, Korea's No. 1 national garden, was the venue for the 2013 and 2023 International Garden Expos. Gardens with various themes are created around the central lake. In addition, various therapy programs, including diffuser-making classes and beauty therapy, are available in the therapy garden. Suncheonman Wetland, designated as UNESCO World Natural Heritage, is one of the world's top five coastal wetlands. It is home to a variety of wetland creatures, including endangered species, and boasts beautiful scenery of wide mudflats and reed fields. Particularly, this place is known for its beautiful sunsets.

📍 (Suncheonman National Garden), 47, Gukgajeongwon1ho-gil, Suncheon-si, Jeollanam-do (Suncheonman Wetland), 513-25, Suncheonman-gil, Suncheon-si, Jeollanam-do
🏠 scbay.suncheon.go.kr



Tip You can visit both Suncheonman Wetland and Suncheonman National Garden with one ticket (valid for the day of issue). You can easily travel between the two places by Skycube monorail (paid).

5



NOCTEMARE

NOCTEMARE, which means night and sea in Latin, is a media art pavilion. It comprises nine galleries that tell the story of the marine city, Yeosu. Each exhibition is decorated with lighting, media art, and sculptures, providing amazing visual treats. There are also many great photo spots.

📍 294, Manseong-ro, Yeosu-si, Jeollanam-do
🏠 noctemare.com



6



Yeosu Maritime Cable Car

It is a maritime cable car that crosses the sea of Yeosu. Passengers can choose between standard cabins and crystal cabins. Crystal cabins allow passengers to observe the ocean below their feet. You can enjoy a wonderful night view of Yeosu's night sea illuminated by the lights of the Geobukseondaegyo Bridge.

📍 3600-1, Dolsan-ro, Dolsan-eup, Yeosu-si, Jeollanam-do
🏠 www.yeosucablecar.com

