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Don't be fooled by fall's evil trickery

Well, folks, fall is upon us.

Every year at this time, a cozy crispness infuses the cooling air with the scent of fallen leaves and wood-burning fires. Our ears prick at the sound of blown whistles and distant marching bands. The jets under our tongues fire in anticipation of cinnamon-sugar-crusted apple cider doughnuts and simmering crockpots of savory chili. We dig into the depths of our dressers to resuscitate our softest sweaters, relieved to put the thick, sticky, artificially-refrigerated days of a mosquito-bitten, frizzy-haired summer behind us.

Finally!

But as we nibble warm pumpkin bread and peer out at the technicolor foliage, we are blissfully unaware of being perched on the treacherous slippery slope of seasonal change.

The long, hot, seemingly endless summer lulled us along over a sunny, green plateau. Spoiled by the abundances of the season, we forgot that the Earth would tilt, the sun would wander off, and we would begin our inevitable descent. Autumn is nature's decoy. Like a tumbling yellow leaf luring a blue-eyed kitten toward a sheer cliff, fall baits us into the deep, dark crevasse of winter, where we must wait for spring to throw us a line to climb

The Meat and Potatoes of Life

Lisa Smith Molinari



back to the light.

Personally, I refuse to be fooled by autumn's trickery. I know that vegetation isn't the only thing that will shrivel and die this season. I may love the changing leaves, but I will hate watching my skin fade to a sickly pale, dry up and flake off. No amount of pricey face cream will plump my crepe-y wrinkles. It would take a vat of Vaseline to keep my body from sloughing. Each night, when I remove my sweater and bra to get ready for bed, I'll unleash a blizzard of skin fragments.

No sooner will the September equinox wave goodbye to the sun as she journeys south of the Equator, than my nasal cavities will invite excess mucus to occupy my sinuses. I'll fish the neglected tube of Chapstick out of the bottom of my purse, pick off the lint and sand and slather it over my chapped lips, but it won't delay the onset of a

scabby, repellant cold sore. Over the summer, my hair resisted my constant attempts to straighten its natural kinks, soaking itself in the warm, curling humidity. But during fall, it will finally surrender. Once it has dried to a malleable crisp, its lifeless, dull, dehydrated strands will be ready for harvesting and baling.

After a short period of respite from summer's annoying bugs, I'll notice a long trail of ants, marching crumbs in lock-step along our kitchen counter, through our dining room and entering a crevice in the floorboards to their bustling colony somewhere between the studs. Mice will show up in our house seeking shelter from the oncoming cold, but only when we have company over so as to maximize our embarrassment. Occasionally, I will be seen jumping and shouting like a lunatic, smacking the bathroom walls with a rolled-up magazine in a futile attempt to squash terrifyingly

fast-moving *Scutigera coleoptrata* — the damp-loving house centipede.

When winter comes, cloaking the northern hemisphere in darkness, I'll begin my annual battle with ubiquitous salt stains, static and sooty snow chunks under my fenders. Spring will arrive just as I decide I can't take it anymore, mercifully melting all the snow. I'll exhale a breath of relief, only to notice four months worth of hidden dog doo piles in our yard.

Now that I've warned you of fall's hidden pitfalls, I must confess.

Despite it all, I love the changing seasons. The satisfying twitch of tired muscles after raking leaves. Warm ovens baking delicious things. Watching football while cocooned in blankets on the couch. The silence of snow's glittering sound absorbency. Staring in wonder at the crystalline intricacy of frost on the windowpane. Tender buds heralding fresh hope.

Purity, beauty, bounty, shelter, rest, renewal, tradition, family, life, love, seasons.

Read more of Lisa Smith Molinari's columns at: themeatandpotatoesoflife.com and in Lisa's book, *The Meat and Potatoes of Life: My True Lit Com*. Email: meatandpotatoesoflife@gmail.com



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Enjoying Chuncheon's autumn scenery in a canoe

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Nothing showcases the real beauty of Korea's landscape better than the autumn season. It's a short season, so figuring out where I will go is a tough choice to make.

Though canoeing might not be the first on a fall foliage list, my visit to Chuncheon changed my mind about enjoying the weather and landscape this way. The stunning beauty of Uiam Lake reflecting the surrounding mountains in crimson and crisp yellows made this outing special.

Chuncheon is a well-known lakeside city in the western part of Gangwon Province. If you're a Korean food connoisseur, Chuncheon is also the home of dakgalbi, a spicy stir-fried chicken dish. Chuncheon the city, however, is a favorite for couples looking for a romantic getaway or families wanting to escape the busy city life. Chuncheon can be translated as a "stream where spring comes" but it turns into a more beautiful place in the autumn.

For my first canoeing experience, I picked Mulle-Gil, a rental center in the area. If you're driving, park at the parking lot near Chuncheon Songam Sports Town. Taking public transportation? Grab a taxi from the Chuncheon Station, it's only 10 minutes away. Either way, you can't miss the rental center near the parking lot.

I reserved my canoe a week in advance using WAUG, a travel app, so when I arrived, they were ready for me.



View Video!

Many of the customers were families with children. We were given life jackets and then were sent to the dock for a short safety briefing (in Korean only).

Mulle-Gil has straw hats you can borrow to help shade from the sun, but don't forget to bring your sunscreen, sunglasses and light jacket. Small dogs are also allowed

SEE CANOE ON PAGE 6





Ramos Burger full of history and delicious food

Dakgalbi stir-fried spicy chicken is a specialty of Chuncheon. Unfortunately, many of the dakgalbi spots in the area do not accept solo diners, so I had to search for an alternative place for lunch during my visit. Though the no-solo diner rule isn't great, thanks to it I was able to find a great burger place called Ramos Burger. It's a pretty famous restaurant in Chuncheon and only a five-minute drive or a short walk from the canoe dock.

I chose Ramos Burger not because of its popularity or reviews online, but because the last thing I want to do on a trip is eat at a fast-food chain. The burger place, which looks like a typical family restaurant, had a comfortable vibe inside, kind of like a cafe. As soon as I entered, the smell of meat on the grill and fresh baked bread greeted me.

From the kiosk inside, I ordered a Nagoya Burger set, which comes with onion rings and soft drink for 16,900 won (\$14.32). When placing your order, don't forget to enter the table number so the robot servers can deliver your burger to the right place. Yes, I said robots!

While waiting for my hamburger, an old black-and-white

picture on the wall caught my eyes. It turned out to be a picture of owner Koo Hee-seok's grandfather. Koo's maternal grandfather, Woo Chong-il, devoted more than 40 years to the kitchen on Camp Page, which was the former K-47 Air Base in Chuncheon.

Koo showed me photos and military papers about his grandfather. He even had a letter of appreciation written in 1959 addressed to Woo Chong-il when he retired as a chief chef at a DFAC.

The burger recipe used at the restaurant is one that has been passed down three generations to Koo from his grandfather who learned it from American soldiers. After opening Ramos Burger, Koo has traveled to places like Nagoya in Japan and the western United States to check out the burger trends, sample burgers and develop his menu. This is probably why the restaurant has done so well.

Now it was my turn to try the famous burger. A robot brought my order, and I was not disappointed. The bread was delicious and topped with a juicy patty, thick teriyaki sauce-coated bacon and a sunny-side up egg.

In addition to the freshest, tastiest onion rings I've ever had, I had ordered extra French fries, which were fresh cut and crispy.

It might not have been the Chuncheon specialty, but Ramos Burger made me lose any hard feelings I had that I'd been excluded from all the other restaurants for being a solo diner.

– ChiHon Kim, Stripes Korea

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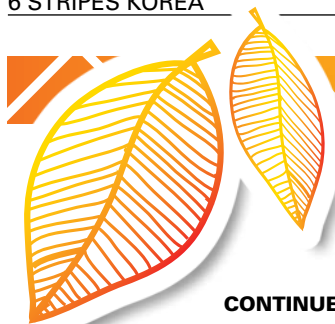
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CANOE: Enjoy beautiful views

CONTINUED FROM PAGE 4

on your adventure but check in advance for weight/size restrictions.

On the day of my canoe trip, the temperature and water were perfect. From the dock there are three different courses to take: one leading to Bung-O Island that is about three kilometers, another to Uiam Dam of about the same distance, and one to Jung-Do Island that is about six kilometers away.

Without asking we were guided toward the Uiam Dam course. I was a bit disappointed I wouldn't be able to explore Bung-O Island's dense forest but was still excited to be on a boat.

Also, important to note here, courses and operating hours may vary depending on weather or other factors.

As our group of canoes made its toward the course, I noticed how other groups were seated inside their canoe. Most of the customers were families and couples and normally women and kids sit in the front seat. Responsibility for the back seat normally goes to the boyfriend or husband as it takes a lot of power. I was solo canoeing, so I was in the back seat. Being a rookie, I thought my boat might lose balance if I were on there alone, but it was fine.

I paddled strongly toward the dam and thought it was fun to see how my effort in paddling was moving my boat forward. But I started to tire pretty quickly and struggled to catch up with the family who started off ahead of me. I was trying to keep up, mostly out of fear of falling behind, but the paddling was taking a lot out of me. I had sweat all over and was glad I had not chosen summer to give this new adventure a try.

Thanks to my poor stamina, I just stopped paddling



and sat back and took in the shimmering lake views and gorgeous surrounding mountains. The short moment was the best part of my canoeing experience that day. I thought to myself, "Dang, I should've done this from the start!" The picturesque sight on the water that beautifully reflected the surrounding nature and colorful fall foliage on the mountain

was impressive!

When I reached a famous skywalk glass observatory it was time to paddle back, so I veered my boat and made my way to the starting point, following the guide's instructions. On my way back, motorboats created choppy waters on the lake's surface. My canoe was a little shaky (as was I) as I paddled through. Oh, do not paddle toward the middle of the lake because motorboats share some of the water routes with canoes, unless you're a daredevil who enjoys danger.

It took less than half an hour to return to the dock after

How to get there

- TRAIN: Pyeongtaek Station → (1h40m) Yongsan Station (or cheongnyangni Station in Seoul) → (1h20m) chuncheon station → Take a taxi to the Songam Sports Town (10m, 6,000 won)
- ADDRESS: 강원 춘천시 스포츠타운길 113-1 (KOR), 113-1, Sports town-gil, chuncheon-si, Gangwon-do (ENG), NAVER MAP <http://naver.me/FTQvXhw>
- HOURS: 9 a.m. to 5 p.m.
- PHONE 033-263-8463, 070-4150-8463
- WEBSITE: <http://www.mullegil.org/eng/index.php>
- TICKET PRICE RANGE: 10,000 won (8.46) to 15,000 won per person
- RESERVATION
 - <https://www.klook.com/activity/2712-chuncheon-mullegil-canoe-tour-seoul/>
 - <https://m.waag.com/en/goods/101773>
- PRO TIP: I made my reservation a week in advance through a travel app, and found out that the price can vary depending on booking platforms, even it is the same experience and business. So, do a comparison before you buy a ticket.

leaving. The time was a bit short for me, but it was a pretty satisfying excursion that allowed me to stop and smell the fall leaves. Overall, the experience was an amazing way to get fit and to connect with nature and all of its breathtaking glory. If you're just looking to do something fun and relaxing during spring, early summer, or early fall, Mulle-Gil in Chuncheon is worth the visit.

Though the best times to canoe are early in the morning when the fog is rising off the lake or in late afternoon as the sun is starting to set, know that at this time hours of operation have been reduced due to COVID-19 prevention measures. If you want to feel this beautiful waterway from a different angle, check out any of the other rental shops in the area.

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Best places to see autumn leaves

HAPS KOREA MAGAZINE

With fall just around the corner and the temperatures beginning to fluctuate daily, it will be just a few short weeks before the changing of the leaves' colors transition into their beautiful autumn hue.

Typically, mid-October into early November is the peak time when leaves across the peninsula start to change colors. And, much like the emergence of the cherry blossoms in the spring, heading out for a look at the crimson colors of autumn is a thing here on the peninsula.

And well it should be, for not long after the leaves change, and then fall, Korea's long winter sets in and the only color you're going to see is on your flat screen while you hibernate until April.

Seoraksan Mountain (설악산) Inje, Gangwon Province

Located 2.5 hours east of Seoul, Seoraksan, with its far northern location, is one of the first places in the country to witness the colorful changes of autumn. Keep in mind that Seoraksan is a very popular spot, especially on weekends during

the autumnal peak. Make a plan before going or you might end up spending more time watching leaves while stuck in traffic going up the mountain.

Odaesan Mountain (오대산) Pyeongchang, Gangwon Province

Pyeongchang is where Korea will host the Winter Olympics in 2018 and is a popular vacation spot all year round. Often visited by campers and guests at the forest lodges, it is especially popular during peak foliage season which happens around mid-October. Odaesan is one of the most heavily forested national parks in Korea and is home to wild boars, musk deer, and turtledoves as well as a wide selection of native wildlife.

Naejangsan Mountain (내장산) Jeongeup, Jeolla Province

Located in Jeolla province, many consider this area to be the best place in Korea for viewing autumn's crimson-infused colors. The name Naejang means 'many secrets' in the mountain. Read into that what you will. Along with the

leaves, there are several scenic waterfalls, as well as historic temples, including Baekyangsa Temple, which is surrounded by Gulgeori trees that retain their lush green foliage through the winter.

Jirisan Mountain (지리산) Sancheong, Gyeongsang Province

It's hard to spend any time in Korea without someone recommending that you visit Jirisan. Known for its rocky landscape and vast reaches of forest in a

park that stretches across three provinces, during peak foliage season in late October the slopes are ablaze with brilliant colors. Some great hiking trails wind through both Piagol Valley and Bam Sagol Valley if you want to get in a good hike while taking in the brilliant sites Jirisan offers.

Juwangsan Mountain (주왕산) Cheongsong, Gyeongsang Province

Located in Juwangsan National Park, the mountain is

well-known for its waterfalls, rocky peaks, and deep valleys. If you want to make the hike, enjoy the leaves and check out an awesome waterfall—there is a great four-hour round trip hike that starts in Sangui parking lot. If you catch it right, at dawn there is sometimes a gorgeous blanket of fog that hovers over Jusanji Pond. The area is also home to Cheongsong Folk Museum.

Beomeosa Temple (범어사) Busan, Gyeongsang Province

Being located so far to the south, Busan is not known for its autumn leaves, but Beomeosa Temple on Geumjeong mountain offers some decent viewing in an already gorgeous environment. The temple was founded about 1,300 years ago by monk Ui Sang in the 18th year of King Munmu the Silla Dynasty. It offers easy access by subway and bus, making it a good spot to hit for the day.

For more info on all of Korea's national parks visit: **english.knps.or.kr**



While not on our list, Gyeongbuk Palace in Seoul is always a favorite for those visiting the capital city.



Fall foliage forecast for South Korea

2021 MOUNTAIN PEAK FOLIAGE DATES

Odaesan – October 17

Seoraksan – October 18

Jirisan – October 24

Woraksan – October 27

Gayasan – October 28

Busan – October 28

Songisan – October 29

Hallasan – October 29

Gyerongsan – October 30

Bukhansan – October 30

Seoul – October 31

Hallasan – November 1

Muedangsan National Park – November 5

Naejangsan National Park – November 7

– HAPS KOREA MAGAZINE

SEORAKSAN NATIONAL

Exploring South Korea's 'Rocky Mountain'

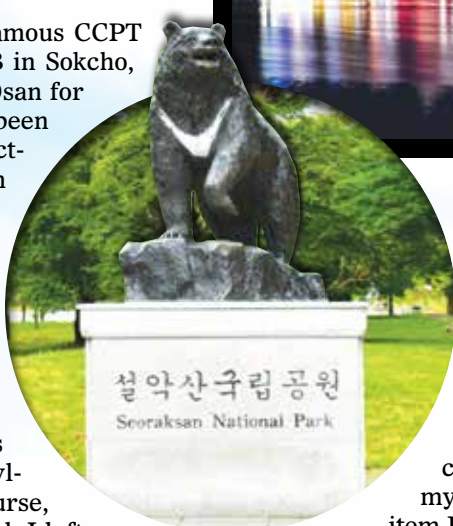
STORY AND PHOTOS BY KYLE HANEY,
GLOBETROTTERKYLE.COM

If you compared Rocky Mountain National Park in Colorado with Seoraksan National Park in South Korea, apart from the species of vegetation and proximity to the ocean, you'd find the two have a striking amount in common. Both parks offer serene views of mountain ranges, innumerable hiking trails, and impeccable vibes throughout. In fact, I think I'd say that Seoraksan is South Korea's "Rocky Mountain National Park". Sue me.

Only one day had passed since the famous CCPT "training" and I had booked an AirBNB in Sokcho, South Korea. I needed to get away from Osan for a while. The previous two weeks had been nothing but 12 hour days, COVID contact-tracing scares, and lackluster meals from the BX (insert barf-face emoji here). The abrupt change in pace after ENDEX was called afforded me the opportunity to slow down, recharge, and get back to nature. So, that's exactly what I did.

I'll admit that the drive out to Sokcho (the closest town to Seoraksan National Park) was almost as relaxing as actually being in the park. The road was wide open, I had an amazing LoFi playlist coursing through my body, and of course,

road snacks lol. I left Osan around 2:00pm after gassing up and arrived in Seoraksan just in time for the sun to begin setting.



much easier to reach than Florida, I had only ever seen sunsets over the ocean, never a sunrise. So, itching to scratch something off my bucket list, I set my alarm for 5:30 am, hit the lights, and anxiously awaited the early wakeup call.

Not only did I catch a sunrise over the ocean, I did it in the company of the few Koreans that actually get up before 6:00am at an

amazing temple/gazebo that stretches out towards the east called Yeonggeumjeong. The first day was a bust as there was just too many clouds for the sun to break through but, the second day, I was simply awestruck. Not only was I infatuated with the colors rising up over the East Sea, I also loved how every boat on the horizon was angled towards the same point on the horizon. It was a truly breathtaking sight; see for yourself below!

As I mentioned, I didn't capture a sunrise on the first day so, I pointed my compass west and began making my way towards the entrance of the park for my long-awaited hike. I had been told about Seoraksan National Park from a friend of mine that described it as "being in middle earth" and I was full of anticipation as to what he meant by that. Now, I was about to find out first-hand!

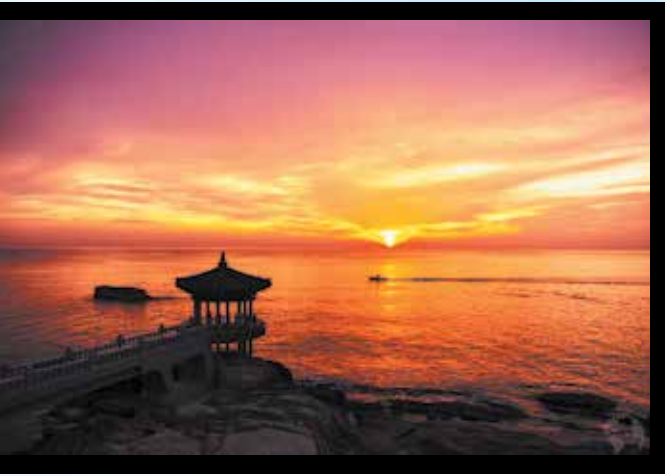
If you know me, you know that I don't want to just hike any trail the parks I visit. My goal has always been to seek out and hike the hardest and most rewarding ones. Call it arrogance, call it pride, but I believe there's something to be said about approaching a mountain range or park, pointing at the tallest/hardest to reach areas and saying, "I did that". To do that in this case, all signs seemed to be pointing towards the tallest mountain in the park, Dae-chongbong Peak: 5,603 feet above sea level, 10+ kilometers, and over 4,700 feet in elevation gain. I parked the car in a parking lot near a trail that led to the summit and began at 8:15am.

The steep, and I mean very steep, elevation gain right out of the gate is literally breathtaking. I'd suppose that this is the mountain's way of gut checking you as you decide to attempt a summit. Nature must always, always



NATIONAL PARK

in National Park'



zoning out, I noticed a rather nice pool of water that wasn't too disturbed by the rush of the river... almost like a little oasis for taking a dip should it get too hot. I filed that away in my brain in case I was in need of cooling off on the way down (spoiler alert: I totally polar plunged into it lol). I zipped up my pack, took a sip of water, and pressed on.

Up and up and up I climbed, reaching false summit after false summit, desperately ready to see this "middle earth" my friend had described to me. A few more breaks, and a few more stinger bars, but still no summit when finally, a sign on the trail read, "Daechongbong Peak: 0.5km". My heart raced to pump a little more adrenaline into my weary legs so that I could continue without cramping as I picked up the pace. The closer I got, it appeared that wildflowers started to explode around me. White ones, purple and black ones, open ones, closed ones, some that looked like they could be traps for gnats and small flies: I was amazed! Then, before I could continue admiring them, I had reached an elevation of 5,603 feet: I had made it!

My friend wasn't lying: this place felt like I was standing at the edge of middle earth! The tall, jagged peaks to the north stretched upwards to the sky as they formed a valley that felt as though hell itself was just below me. If I didn't know any better, I'd say the rocks were actually

the spine of some unearthly creature, desperately clawing his way through the earth to get to me. To the south, I could see mountain top



be respected, and I believe that goes for the mountains we climb as well. Had someone showed up unprepared, either physically or mentally, this initial thousand meters was Daechongbong's way of turning them away. I pressed on.

Around 2.5km in, the trail I was on joined up with an amazing river gushing hundreds of gallons of water over massive boulders that had been exposed over thousands of years of erosion. The white-noise sound that was cast from each drop of water splashing onto the rocks hinted to me that it was time to rest and zone-out for a while. I grabbed a stinger bar from my pack, found a spot to sit, and did just that lol. If you read my last post, you know that I have a fond relationship with nature because I believe nature is always calling us back out of love. In this case, she was reminding me to rest so that I could continue on to see more of her.

While munching on my stinger bar and

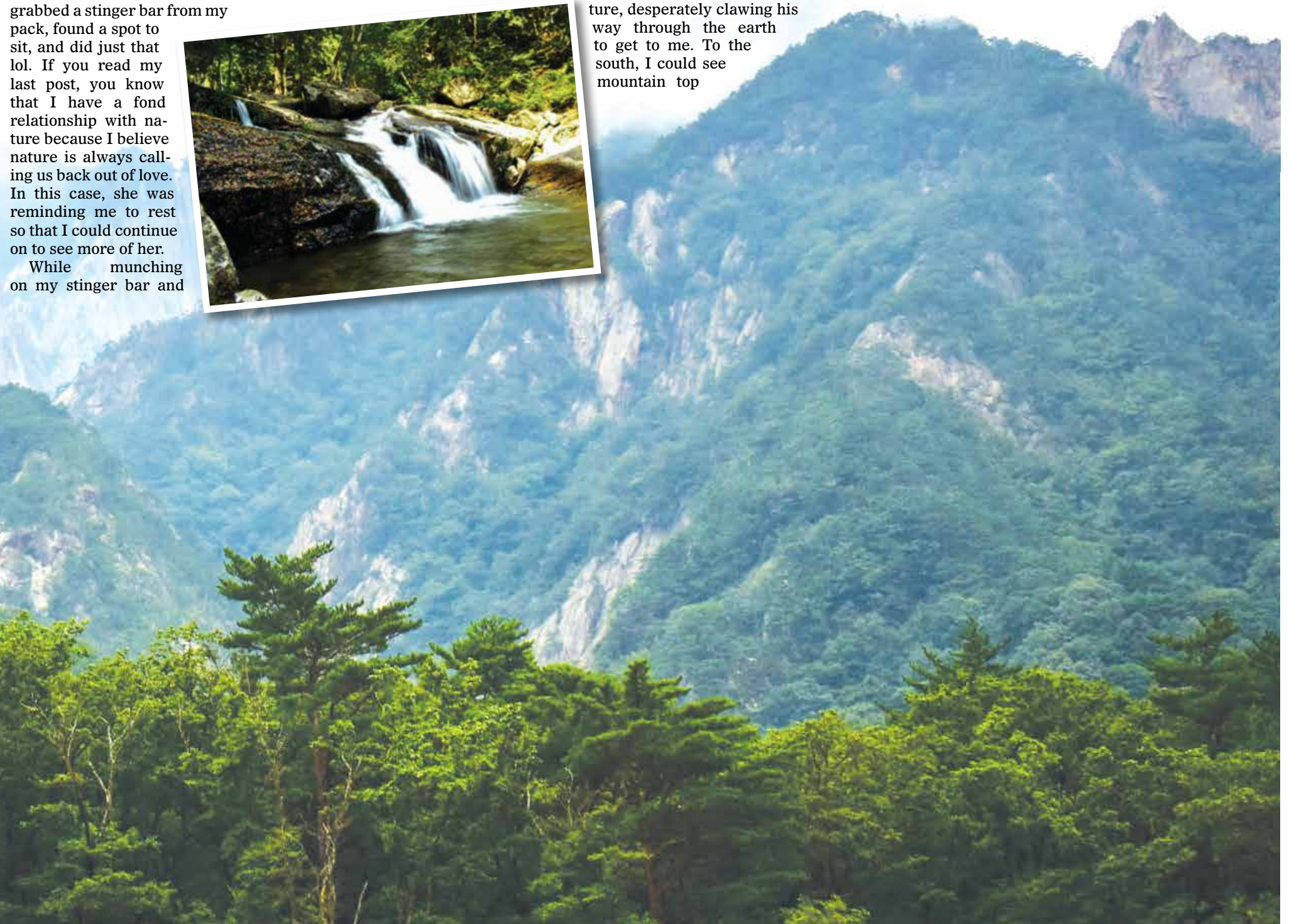


after mountain top of the Soeraksan mountains as they orchestrated a uniformed retreat from the sea. The mist gathered at the base of every mountain which gave rise to a series of ranges, cascading in fashion as each one had a taller one behind it. And lastly, I could see all the way down to Sokcho, the little town I was staying in, juxtaposed to the mighty East Sea.

After bathing in the sights and the amazing feeling of returning to a mile-high (you know, because I'm from Colorado and all?) I began to return from where I came. 3km into my return journey, the trail once again linked up with the amazing river...and the amazing oasis that seemed to be audibly calling out to me. I wasn't too hot, but it just looked so refreshing that I HAD to take a dip in.

"Strip and Dip!" I yelled into my GoPro as I waded into the icy water. For not having been glacier snowmelt, this water sure could've fooled me. I placed one foot in, then another, and instantly my hair stood up on the back of my neck. Further and further I inched into the river, water rising up my leg with every step. Finally, I talked myself into it and took the plunge: cold was an understatement! I laid back, ducked my head under, paused for a second, then popped up ferociously as I shook off the excess water like a dog coming out of a lake.

I had never felt more alive.





Oksan Valley Stream

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Seoul
Daegu
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1. Bidulginangpokpo Falls

If you're a fan of K-dramas and films, you've probably seen Bidulginangpokpo Falls without knowing the name. Appearing in popular dramas like "Kingdom (2019)" and "Arthdal Chronicles (2019)," this waterfall is located within the Hantangang National Geopark in Pocheon. The waterfall's name, meaning Pigeon Falls in Korean, comes

from the droves of wild pigeons that used to live in the caves around the waterfall. Many people come here for the mysterious ambiance and profound coloring of the pool, easily captured in photographs.

The area around Bidulginangpokpo Falls features many columnar joints formed by volcanic activity, similar to those found on Jeju Island. Perhaps more fantastic though is the half-moon shaped cave that formed below the joints and behind the waterfall. Thanks to the moist atmosphere, there are plenty of mosses, vines, and ferns growing around the waterfall and pool.

After admiring the waterfall,



Bidulginangpokpo Falls

enjoy some time along the Hantangang Dulle Trail. You can cross the river using the impressive Hantangang Sky Bridge, a suspension bridge that offers a great view of the gorge. Meonguri Gorge, located around 7 kilometers from the waterfall, stretches for 4 kilometers, and has been called the "Grand Canyon of Korea."

Bidulginangpokpo Falls

ADDRESS: 415-2, Daehoesan-ri, Pocheon-si, Gyeonggi-do (경기도 포천시 영북면 대화산리 415-2)

DIRECTIONS: Take a taxi for approx. 15 min from Uncheon Intercity Bus Terminal or Pocheon Intercity Bus Terminal

OPERATING HOURS: 9 a.m. – 6 p.m.

ADMISSION: Free

WEBSITE: www.hantangeopark.kr (Korean, English, Japanese, Chinese)

Hantangang Sky Bridge

ADDRESS: 377, Daehoesan-ri, Pocheon-si, Gyeonggi-do (경기도 포천시 영북면 대화산리 377)

DIRECTIONS: Take a taxi for approx. 15 min from Uncheon Intercity Bus Terminal or Pocheon Intercity Bus Terminal

OPERATING HOURS: Open 24 hr

ADMISSION: Free

WEBSITE: www.hantangeopark.kr (Korean, English, Japanese, Chinese)

Meonguri Gorge

ADDRESS: Area of 783-17, Uncheon-ri, Pocheon-si, Gyeonggi-do (경기도 포천시 영북면 운천리 783-17 일대)

DIRECTIONS: Take a taxi for approx. 20 min from Uncheon Intercity Bus Terminal or Pocheon Intercity Bus Terminal

OPERATING HOURS: Open 24 hr

ADMISSION: Free

WEBSITE: www.hantangeopark.kr (Korean, English, Japanese, Chinese)



View from Hantangang Sky Bridge



Meonguri Gorge

Dongnakdang House

ADDRESS: 300-3, Oksanseowon-gil, Gyeongju-si, Gyeongsangbuk-do (경상북도 경주시 안강읍 옥산서원길 300-3)

DIRECTIONS: Take a taxi for approx. 30 min or Bus No. 203 for approx. 1 hr 30 min from Gyeongju Intercity Bus Terminal

ROOM RATES: Yeongnakjae (2-person room) 60,000 won / Gyeongcheongjae (2-person room; max. 5 people) 70,000 won / Byeolchae (4-person room; max. 6 people) 130,000 won

USE: Open to guests only

* Currently unavailable due to interior construction

WEBSITE: www.독락당.com (Korean only)

Oksanseowon Confucian Academy

ADDRESS: 216-27, Oksanseowon-gil, Gyeongju-si, Gyeongsangbuk-do (경상북도 경주시 안강읍 옥산서원길 216-27)

DIRECTIONS: Take a taxi for approx. 30 min or Bus No. 203 for approx. 1 hr 30 min from Gyeongju Intercity Bus Terminal

OPERATING HOURS: April-September 9 a.m. - 6 p.m. / October-March 9 a.m. - 5 p.m.

ADMISSION: Free

2. Oksan Valley Stream

Gyeongju, a designated UNESCO World Heritage Site, is rich in history with many attractions like

Cheomseongdae Observatory, Bulguksa Temple, and Daereungwon Tomb Complex.

To escape modern life and enjoy the tranquil passage of time here, relax at Dongnakdang House, a 500-year-old house on the way to UNESCO-recognized Oksanseowon Confucian Academy. The house is backed by a quiet valley stream.

While most of the stream is quite shallow, there is a section near



Oksan Valley Stream



Oksanseowon Confucian Academy

Oksanseowon that is deep enough for swimming. While here, be sure to stroll through the academy grounds. A center for scholarly pursuits during the Joseon period, the temple offers the majesty and grandeur of the royal palaces, but on a more pulled-back scale.



Heungjeonggyegok Valley

3. Heungjeonggyegok Valley

Heungjeonggyegok Valley is located in the pristine natural environment of Pyeongchang, the host city for the 2018 Winter Olympic Games. The valley stream is popular for summer vacations, with the water depth being just right for splashing around and auto-campgrounds located

nearby. Aside from summer, the lush forest also attracts many people, with over 50,000 visitors coming every year.

While in Pyeongchang, be sure to try dishes made with the local specialty, buckwheat! The makguksu (spicy buckwheat noodles) and memilmuk (buckwheat jelly) are

Heungjeonggyegok Valley

ADDRESS: Heungjeonggyegok, Heungjeong-ri, Pyeongchang-gun, Gangwon-do (강원도 평창군 봉평면 흥정리 흥정계곡)

DIRECTIONS: Take a taxi for approx. 20 min from Pyeongchang Station

Heungjeonggyegok Valley auto-campgrounds

- Heungjeonggyegok Camping 700: Site rental starts from 40,000 won, online reservations (camping700.co.kr; Korean only)

- Heungjeonggyegok Auto-campground: 캠핑 Site rental starts from 40,000 won, online and phone reservations (hjcamp.kr; Korean only / +82-10-4095-1474; Korean, English)



→ made with a higher amount of buckwheat for a stronger flavor. For a full set of buckwheat dishes, add on an order of memil jeonbyeong (buckwheat crepes).

If you're still in the mood for nature, head to the nearby Herbnara Farm. This themed garden is home to over 100 types of herbs and flowers, releasing an aromatic medley that fills the area.

Herbnara Farm

ADDRESS: 225, Heungjeonggyegok-gil, Pyeongchang-gun, Gangwon-do (강원도 평창군 봉평면 흥정계곡길 225)

DIRECTIONS: Take a taxi for approx. 20 min from Pyeongchang Station

OPERATING HOURS: May-October 9 a.m. – 6 p.m., no closed days / November-April 9 a.m.-5:30 p.m., closed Tuesdays

ADMISSION:

• May-October: Adults 8,000 won / Children & Senior citizens 5,000 won

• November-April: Adults 5,000 won / Children & Senior citizens 3,000 won
* Adults (ages 13-64) / Children (ages 7-12) / Senior citizens (ages 65 & older)

Buckwheat restaurants

• Memilkot Pil Muryeop: 33-11, Ihyoseok-gil, Pyeongchang-gun, Gangwon-do (강원도 평창군 봉평면 이효석길 33-11)
• Memilkothyanggi: 33-2, Ihyoseok-gil, Pyeongchang-gun, Gangwon-do (강원도 평창군 봉평면 이효석길 33-2)

Baeksasilgyegok Valley



4. Baeksasilgyegok Valley

You can still enjoy a relaxing valley experience, even if traveling out of Seoul is difficult. Baeksasilgyegok Valley in Buam-dong is easily accessible within one hour via public transportation and a bit of walking, yet remains relatively hidden within a deep forest north of the main city area.

Baeksasilgyegok Valley is located at the foot of Bugaksan Mountain, and is so isolated, it can be hard to match the peaceful ambiance with that of the bustling city just outside the forest. The valley itself is a natural environment conservation area, meaning you won't be able to dip your feet in the water here. However, the gently bubbling stream and the cool shade of the forest are enough to make Baeksasilgyegok Valley

a relaxing escape from the city.

Near the valley is the site of an old garden from the Joseon dynasty. Baekseokdongcheon Garden used to have a pavilion before a pond; now all that remains are the old stone pillar posts. If you walk a bit further to Buam-dong, you can visit the popular Sanmotungi Café or Palgakjeong Pavilion for views of the city spread below.



Hyeontongsa Temple



Sanmotungi Café



Palgakjeong Pavilion

Baeksasilgyegok Valley

ADDRESS: 115, Buam-dong, Jongno-gu, Seoul (서울특별시 종로구 부암동 115)

DIRECTIONS: Take Bus No. 1711 or 7022 from Seoul Station Bus Transfer Center to Segeomjeong Elementary School Bus Stop and walk for approx. 10 min
* Alternatively, take Bus No. 7730 from Hongje Station (Seoul Subway Line 3), Exit 1 to Segeomjeong Elementary School Bus Stop

OPERATING HOURS: Open 24 hr

Hyeontongsa Temple

ADDRESS: 82-4, Sinyeong-dong, Jongno-gu, Seoul (서울특별시 종로구 신영동 82-4)

DIRECTIONS: Take Bus No. 1711 or 7022 from Seoul Station Bus Transfer Center to Segeomjeong Elementary School Bus Stop and walk for approx. 10 min
* Alternatively, take Bus No. 7730 from Hongje Station (Seoul Subway Line 3), Exit 1 to Segeomjeong Elementary School Bus Stop

OPERATING HOURS: 6 a.m. – 5:30 p.m., open all year round

ADMISSION: Free

Sanmotungi Café

ADDRESS: 153, Baekseokdong-gil, Jongno-gu, Seoul (서울특별시 종로구 백석동길 153)

DIRECTIONS: Walk for approx. 7 min from Baekseokdongcheon Stream in Baeksasilgyegok Valley

OPERATING HOURS: Weekdays 11 a.m. – 7 p.m. / Weekends 11a.m. – 9 p.m. / Open all year round

SIGNATURE MENUS: Americano 7,000 won / Slice of cake 7,000 won

Palgakjeong Pavilion

ADDRESS: 267, Bugaksan-ro, Jongno-gu, Seoul (서울특별시 종로구 북악산로 267)

DIRECTIONS: Take a taxi for approx. 5 min from Baeksasilgyegok Valley

OPERATING HOURS: Open 24 hr

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Forest healing in Daegu

HAPS KOREA MAGAZINE

In Daegu, a new trend is emerging for people visiting forests where recreation and healing are possible, such as natural recreation forests, forest baths, and forest trails that are relatively close to the city center.

Natural Recreation Forest, an eco-friendly facility that provides citizens' emotional development and health and recreation, includes Biseulsan Natural Recreational Forest located in Yuga-eup, Dalseong-gun, and Hwawon Natural Recreational Forest located in Hwawon-eup, Dalseong-gun.

Natural Recreation Forest is a forest and a lush and easy vehicle entry, and there is a wide range of facilities.

The forest bathing area is a facility where you can drink the scent (phytoncide) emitted by trees in the forest and find physical and mental training and stability.

Typically, the Jinbatgol Forest Park in Suseong-gu is easily accessible by car and has well-established hiking trails nearby, so it is convenient to visit.

The Healing Forest is located at the entrance of the Biseulsan Natural Recreation Forest, and at the Forest Healing Center, various health-related experiences such as health measurement, dry half-bath, meditation treatment, and stress index

measurement are available. In the forest behind the Healing Center, forest trails such as Forest Naeum Trail and Healing Path are good places to relieve stress.

The most representative forest trail (mountain trail) is the Palgongsan Dulle-gil, with a total of 95.5km (28.7km in 6 Daegu sections / 66.8km in 10 Gyeongbuk sections) in 16 sections of Daegu and Gyeongbuk. Among

them, the path to Bukjijangsa in Section 1 has a gentle slope and is good for walking, and it is even better if you walk slowly and admire the surrounding dense pine forest. Gapal Atoll (Gasansanseong – Palgongsan – Hwanseongsan – Choryesan), the trail leading up to Mt. Palgong, is difficult for beginners

to climb.

Hamjisan and Myeongbongsan in Buk-gu are not very high, so anyone can climb Mt. Biseulsan in Dalseong-gun. The course from Biseulsan Natural Recreational Forest to Cheonwangbong, the main peak, through Daegyeonbong, is also visited by many citizens.

In Daegu, there are a total of 161 routes and 523 km of forest paths.

The city of Daegu believes that many citizens will use forest recreation facilities ahead of the "With Corona" era and will improve old facilities for forest recreation facilities and forest roads, inspect road surface pits, wooden stairs, and information facilities so that citizens do not have any inconvenience in using forest recreation facilities.



Okyeonji Forest Bathing Area Geumgul

www.yonseiuuro.com

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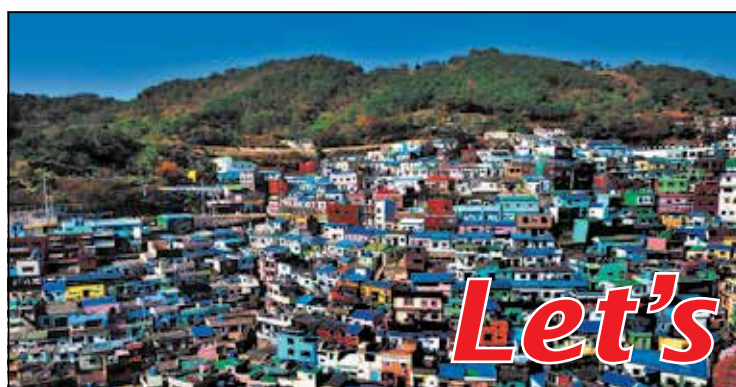
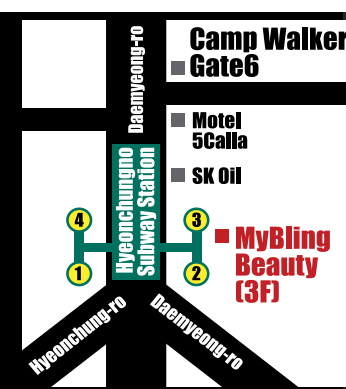
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Truly Baker offers beautiful, delicious bagels in Daegu

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Though I'm no longer a resident of Daegu, I return often to the city where I was born and raised. It may be my hometown, but I also love Daegu's food. Trends in food change very quickly in Daegu, and the city is one of the standout foodie cities that lead the restaurant industry in South Korea. The city is constantly changing its menus and adding new eateries, making them worth a trip for the meals alone or with friends.

Truly Baker is a bagel shop that is contributing to building Daegu's reputation as a food scene standout. Since opening its doors in Bongsandong back in 2019, the shop has been offering the most beautiful and healthy bagels in Daegu since.

When I entered Truly Baker, I found a batch of beautiful bagels of different colors and ingredients. Caught off-guard, I thought to myself "What on earth have they done to the bagel?"

Co-owners Lym Mihui and Kim Hyorim are old friends who came together to open Truly Baker, with Lym



Photo courtesy of Truly Baker



ADDRESS: 대구 중구 봉산문화길 32 (KOR), 32, Bongsanmunhwa 1-gil, Jung-gu, Daegu (ENG), NAVER MAP: <http://naver.me/FN2SNWDZ>
HOURS: 11 a.m. to 8 p.m. (closed on every Tuesday)
WEBSITE: https://www.instagram.com/truly_baker
ONLINE ORDER: <https://smartstore.naver.com/trulybaker>

having the background in bread and bakery. Thanks to their business and baking skills, the shop quickly became a social media favorite thanks to the colorful look and great taste of their product.

Choose from five to six different bagels including plain and Quaker Oatmeal. Then, add a little flavor with some of their delicious spreads like the famous honey rainbow cream cheese, plain cream cheese, Oreo chocolate cream cheese, jalapeno nut cream cheese, honey pecan cream cheese, and even Ang butter, a combination of red bean paste and butter.

At Truly Baker, the New York original bagels and Oatmeal bagels are relatively crispy on the outside and slightly soft on the inside. If you prefer a perfectly soft bagel, then choose plain bagels, onion bagels, or rainbow bagels. If you are looking for bagels without any fillings, sweet potato bagels might be a good option. And their signature sandwich with bacon, blueberry, egg salad and Arugula is a must-eat item in this place.

You can also build your own bagel with lots of spread options, or you can just grab a pre-made one. You can also ask for your bagel to be toasted. I opted for a toasted rainbow bagel with honey cream cheese for 5,500 won (or \$4.67). The chewy bagel itself was really good and the sweet cream cheese paired nicely.

Co-owner Kim suggested the onion bagel with honey cheese cream which is supposed to be a perfect combination of sweet and salty, or the New York original bagel with plain cream cheese for a classic taste. Unfortunately, the rainbow bagel was enough so I couldn't try the others. Instead, I ordered a pack of rainbow bagels to share with my family.

Truly Baker also offers a variety of drinks to wash down their delectable bagels with. Try a refreshing fruit soda or milkshake made of matcha, banana, vanilla and more.

This is a pretty popular spot, so if you're short on time, Truly Baker takes online orders.

While it may not be difficult to find rainbow bagels in Seoul and Busan, none can match Truly Baker's shape and color. Plus, considering that Truly Baker's rainbow bagels are made with organic flour and go through a much more intensive process than plain bagels, they are an affordable treat.

If you want to start your morning right with colorful and delicious bagels, head to Truly Baker, only a 10-minute-drive from Camp Henry and Camp Walker. The number of likes you'll get on Instagram from a photo with their bagels will make the trip worth it as well!

kim.chihon@stripes.com

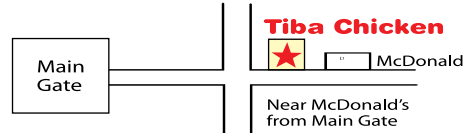
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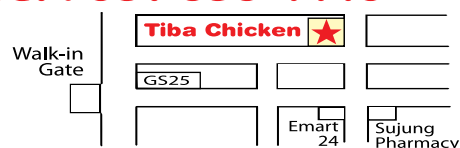
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One of the most memorable moments in college football history, the “Hail Flutie” gave Doug Flutie and Boston College a last-second win over the defending National Champion Miami Hurricanes. What was the coach and quarterback duo that led Miami in the loss?

Answer

Jimmy Johnson and Bernie Kosar



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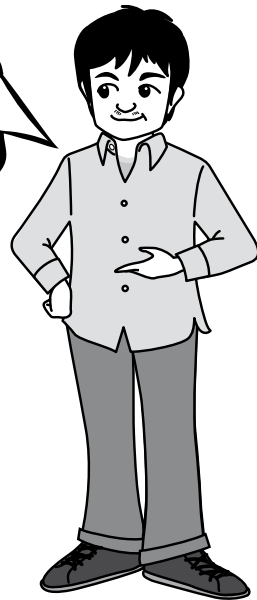
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The DMZ (Demilitarized Zone) has separated North and South Korea for over 50 years now. DMZ's ecosystem is a so-called treasure trove and it is home to over 300 species of wetland plants and animals.



Hangul of the week

강
gang (river)

Language Lesson

Excuse me.

Shille hamnida.



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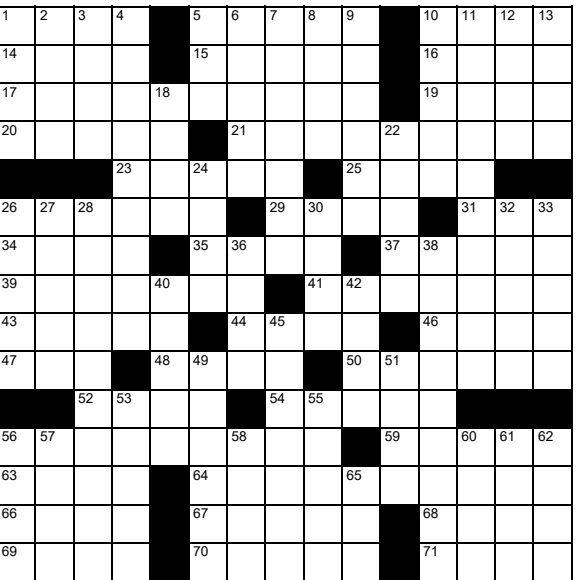
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Crossword

by Margie E. Burke

ACROSS

- Hefty rival
- Waterston's D.A. on "Law & Order"
- Impassioned
- Type of paper or pudding
- Fictional Scarlett
- "Fame" star Irene
- Facing trouble
- In the know about
- Down-and-out
- Sedimentary rock
- Large bay window
- Washstand vessel
- Seven Wonders lighthouse
- Remove the rind
- Caps Lock neighbor
- Tibetan monk
- Ground beef option
- Mournful song
- Iron Man or Thor, in a film series
- Kind of market
- Extra inning
- 2014 Affleck flick, "___ Girl"
- Scrabble draw
- Draw to a close
- Foul smell
- Breakfast order
- Grimace
- Doomed one
- Be suspicious
- Select group
- Keep an eye on
- Self-restraint
- Part of ABM
- Wickerwork willow
- Many miles away
- Ploy
- Button material
- 1040, for one



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DOWN

- Cheshire Cat trademark
- Cash biopic "Walk the ___"
- Stomach woe
- Toiletry product
- Grounds-keeper's task
- Scene with stuntmen
- Tree with white flower clusters
- Lucy's "Kill Bill" character
- Logging equipment
- Critical
- Streak in an aircraft's wake
- Heavy metal
- Copenhagen native
- Beginner
- Greta Garbo, for one
- Wight, for one
- Word with hot or home

- Any port in a storm
- Constitutional add-ons
- Briefly unknown?
- Light-footed
- Military cap
- Proof word
- Protective sheet
- Halloween spook
- Lowly laborer
- Type of farming
- Church officer
- Part of G.M.T.
- Nostalgic number
- River critter
- Celestial body
- Remote button
- Santa ___, California
- What FAQ's offer
- Capone trademark
- School session
- Indignation

Answers to Previous Crossword:

C	H	O	P	S	A	G	A	P	E	A	S
Y	O	U	R	P	R	O	D	A	L	P	H
A	N	T	I	L	I	A	R	R	U	R	A
N	E	W	S	D	E	A	L	E	R	C	O
A	M	E	N	N	O	M	I	N	E	E	
B	A	R	E	D	U	C	A	T	E	D	
A	B	D	O	M	I	N	A	L	N	A	T
A	B	L	Y	D	A	V	I	S	T	I	L
S	A	Y	S	O	M	I	N	U	T	E	M
											E
C	A	T	E	R	E	R	P	A	S	T	
O	V	E	R	T	I	C	K	E	T	A	P
L	I	M	B	O	C	O	I	N	U	B	E
T	A	P	E	R	A	C	T	S	C	L	O
N	O	D	E	N	A	T	E	K	E	N	O

SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answers to Previous Sudoku:

6	4	2	8	1	7	5	9	3
1	5	8	6	3	9	7	2	4
3	9	7	4	5	2	8	6	1
8	7	4	1	6	3	9	5	2
5	1	9	2	7	4	6	3	8
2	3	6	5	9	8	1	4	7
4	6	3	7	8	5	2	1	9
7	2	1	9	4	6	3	8	5
9	8	5	3	2	1	4	7	6

4				7				3
						1		
3	1	8	4			6	9	7
					8			
8	5		2			3		6
		6		3			2	
6					1			9
			7		6			
2			3			8		4

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Jeonbok bibimbap

Healthy dishes for a healthy you

KOREA TOURISM ORGANIZATION

There is a Korean saying that “food is medicine,” meaning eating good food is a great way to maintain good health. While getting sick on vacation isn’t on anyone’s itinerary, it can happen if you don’t pay attention to what you eat when traveling. In Korea, the best foods to keep up your energy are hearty and filling, from chicken dishes to noodles and seafood. Be sure to add these to your must-eat list for the next time you’re in Korea or at a Korean restaurant.

More Info

1330 Korea Travel Hotline: +82-2-1330
(Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)

* This column was last updated in August 2021, and therefore information may differ from what is presented here. We advise you to check details before visiting.

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Jeonbok juk

Jeonbok gui

Seafood-based dishes

Jeonbok & Haesintang

Seafood is another ingredient full of healthy nutrients; some of the best dishes to revive your energy use jeonbok, or abalone, as the main ingredient. Known to boost the immune system abalone has a savory flavor. One of the easiest jeonbok dishes to find is jeonbok juk, or abalone rice porridge, made using finely chopped jeonbok. Other popular cooking choices include jeonbok gui (grilled abalone) and bibimbap topped with chopped, cooked abalone.

For a really healthy meal, try haesintang, a soup that combines chicken, abalone, and octopus all in one! The addition of octopus adds in the benefit of taurine which helps with fatigue recovery. Since seafood takes on more of a rubbery texture the longer it cooks, its best to eat the abalone, octopus, and other seafood before the chicken. After getting your fill of the meat, you can add kalguksu (noodles) to the rich broth for a second serving.



Haesintang

Haesintang kalguksu



Kongguksu

Noodle-based dishes

chogye guksu & kongguksu

Chogye guksu is a cold dish, with noodles in an icy broth seasoned with vinegar and mustard sauce, and topped with shredded chicken and julienned pear and cucumber. While the noodles and chicken are the main part of this dish, the tangy broth is what really pulls it all together with a refreshing taste.

Another cool noodle dish to try is kongguksu, noodles in cold soybean broth. The ground soybeans make this dish high in protein, while also giving the broth a thicker consistency. Each noodle is coated in the sauce-like broth for a savory, nutty flavor. You can make your meal even tastier by ordering a side of bossam (vegetable wraps with pork)!



Chogye guksu

Bossam



Samgyetang

Nurungji baeksuk

Chicken-based dishes

Samgyetang & Nurungji baeksuk

Samgyetang, ginseng chicken soup, is by far the most commonly enjoyed food on this list, thanks to healthy ingredients that are easy to get. To make this dish, a small chicken is stuffed with rice, garlic, ginseng, and medicinal herbs and boiled, creating a flavorful broth. This broth is also great at warming up your insides, revitalizing your body.

Another popular chicken dish is nurungji baeksuk, whole chicken soup with scorched rice. While samgyetang comes in single serving sizes, nurungji baeksuk uses a much larger chicken that is shared with others. The chicken must also be boiled for a longer period of time, meaning you’ll want to place your order before arriving at the restaurant. Many

baeksuk restaurants are located along valley streams, making this a great choice for a summer dinner after playing in the water. After eating the baeksuk, the scorched rice is added to the broth for the second course, a filling chicken rice porridge.

To make your baeksuk even better, order a side of deodeok gui, grilled bellflower root. This root has a high level of saponin, the medicinal component in ginseng, without having such a bitter taste. It pairs perfectly with the rich flavors of the chicken soup while boosting the health benefits.



Deodeok gui with nurungji baeksuk