



Interreg V-A Latvia – Lithuania Programme 2014-2020

LLI-444 Sustainable Integration of Novel Solutions into Cultural Heritage Sites/
NovelForHeritage

Traditional and new ways for the use of historical parks

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- **What is a historical park?**
- **Formally – there are no historical parks in Lithuania – we have **historical green areas (istoriniai želdynai)****

- They are defined according to:
- *Period (periods)*
- *Style,*
- *Exceptional plants,*
- *Author,*
- *Important events,*
- *Famous personalities,*
- *Other facts*



Palanga Birutė park
in 2019
(By Édouard François André, 1897)

According to the Act on Immovable Cultural Heritage (2004) and Act on Green Areas (2007):

„Green area of any size having persistent stylistic or artistic value or belonging to important stages of urban development, or connected with social, cultural and state events or personalities, is considered a **historical green area**“

Park of Aukštoji Freda manor
(now Kaunas Botanical Garden),
Lithuania, 2006



Green area – a planted area not smaller than 0, 05 hectare with possible elements of small architecture, temporary buildings or engineering infrastructure



Park of the Jūra river in
Tauragė, Lithuania 2013

2013.12.05 09:55

- In 1981 ICOMOS *International Council on Monuments and Sites* – Tarptautinė paminklų ir vietovių taryba - **Starptautiska pieminekļu un vietējā padome** introduced a term for international use:

HISTORICAL GARDEN

**Parc de Saint Cloud
France, 2011**



What is interesting for a visitor in a historical park?

It depends on a visitor (tourist):

Roughly the tourists could be divided into such groups:

Professionals (landscape architects, dendrologists, other specialists)

“Ordinary” visitors

Young visitors (schoolchildren)

Every such group would require a bit different information according to their knowledge and interests, but the main reasons for visiting are: leisure (active and passive, massive or individual), learning (teaching) – history, landscape architecture, art, etc.

**REIELIHASTE
VENITUS** **5**

Hoia kõht ja tuhara-
lihased pinges;
tõmba kand
tuhara poole.

hoia 30 sek
1-2 korda



  Sagadi mõisa
treeningpark

**SÄÄRELIHASTE
VENITUS** **6**

Hoia varbad otse;
kandu tõstmata lükka
puusad ette, raskus
tagumisel jalal.

hoia 30 sek
1-2 korda



  Sagadi mõisa
treeningpark

Sagadi Manor Park.
Estonia, 2022

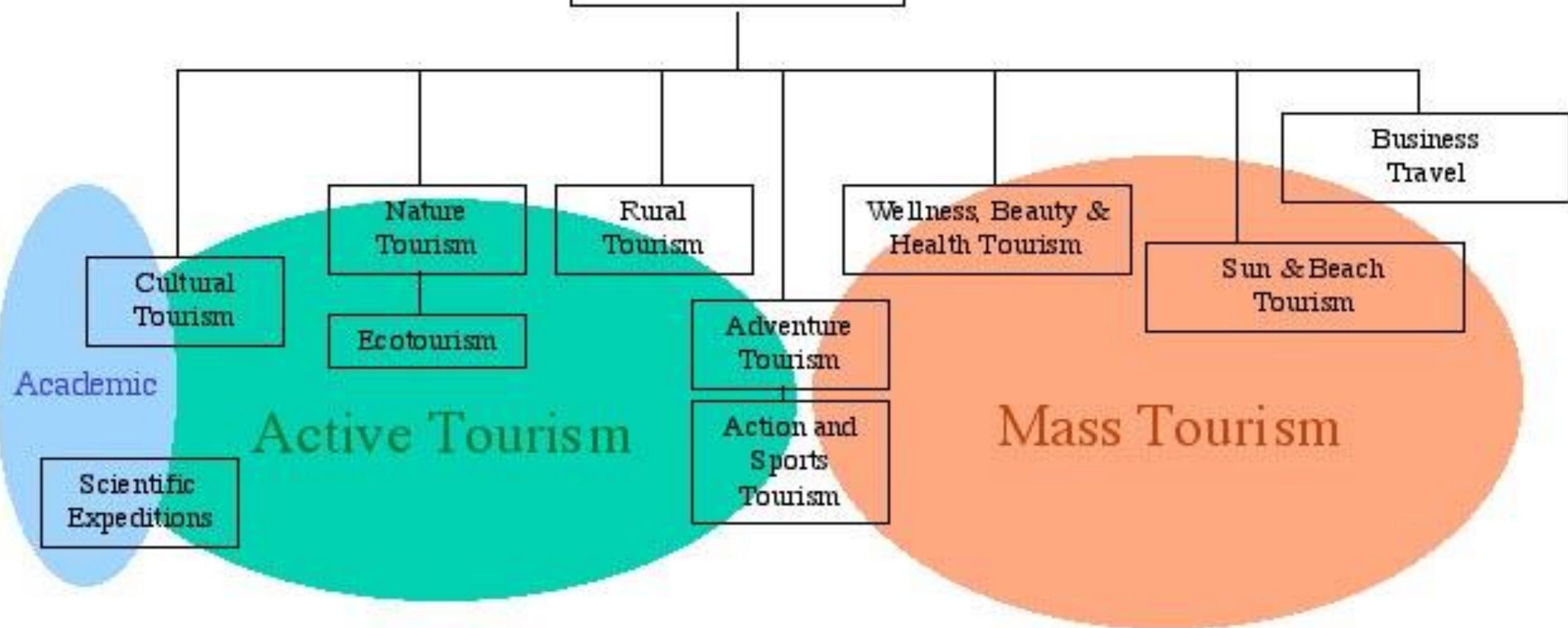
• *What is necessary for creating a popular and successful tourist route in a (historical) park?*

1. To collect all possible diverse and **interesting** information
2. Based on that: to prepare an **interesting** excursion
3. To guide an **interesting** excursion



Ramybė park in Kaunas.
Lithuania, 2019

Tourism Market



Professionals need a high quality guiding, could be almost without “innovations”.



Hylands Park,
England, 2009



Parque de Serralves.
Portugal, 2014

2014.09.21 17:55

Composition of Green Areas: a process and a method of forming spaces of cultural landscape



**Hylands Park, England in 2009.
By Humphrey Repton, 1797**

„Ordinary tourists“:

Part of information which is prepared for the professionals

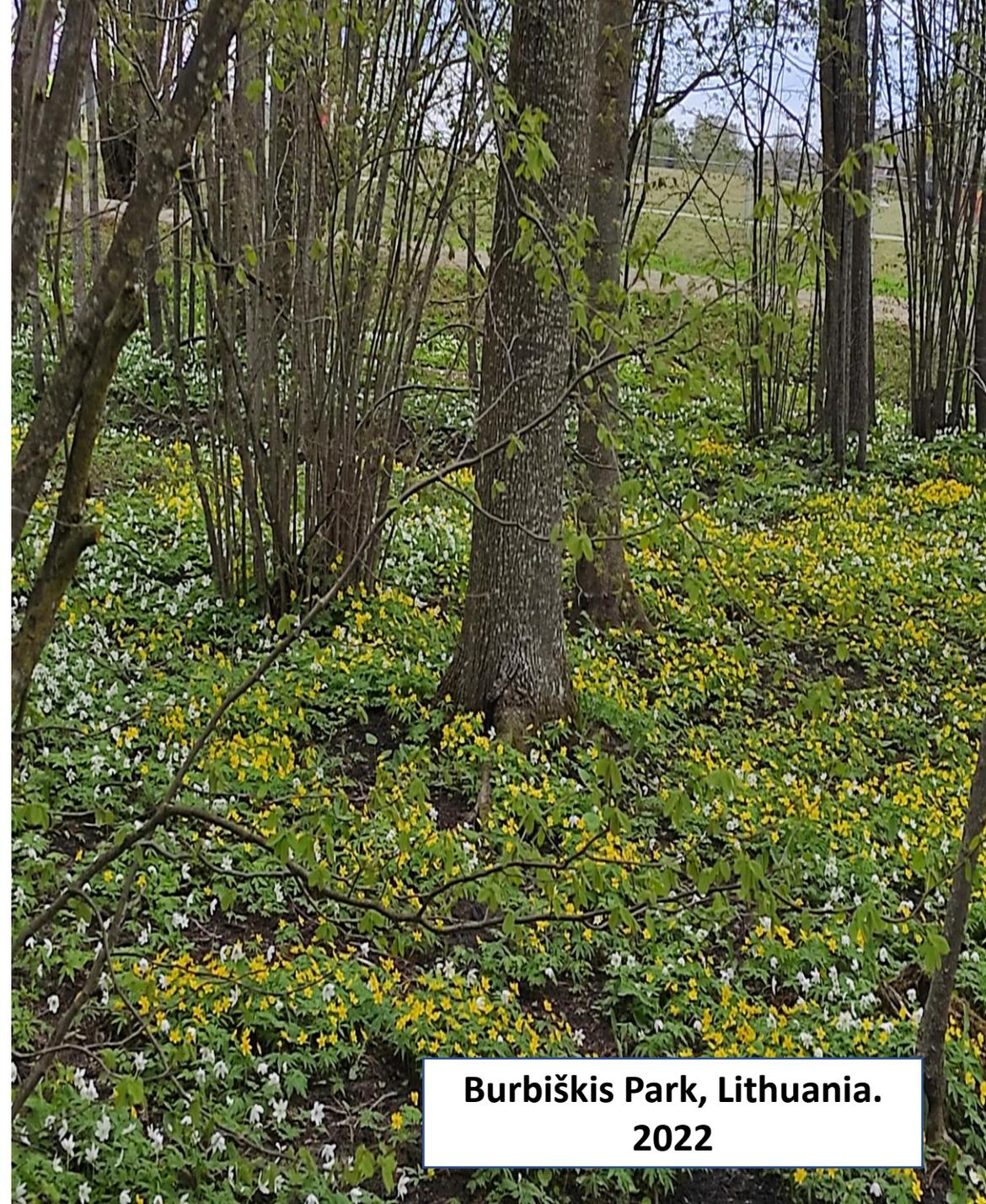
A short talk of wider context (styles, dendrology, ...)

Nice views

Some “innovations” (programs for recognizing plants, animals), funny stories and amusement

Real **Ecological education** –

NOT A PRIMITIVE GREEN WASHING!!! = experienced guides needed!



Burbiškis Park, Lithuania.
2022



**Unexpected? Interesting?
Ecological?...**

Young visitors (schoolchildren):
A part of detailed information
Active leisure, „amusement“,
„innovations“, which sometimes
do not seem to be innovations
any more
(especially for the youngsters)



**Sagadi Manor Park.
Estonia, 2022**

NATURE TOURISM

It is tourism, based on the natural attractions of the area.

Examples include birdwatching, photography, stargazing, camping, hiking, hunting, fishing, and visiting parks for leisure.

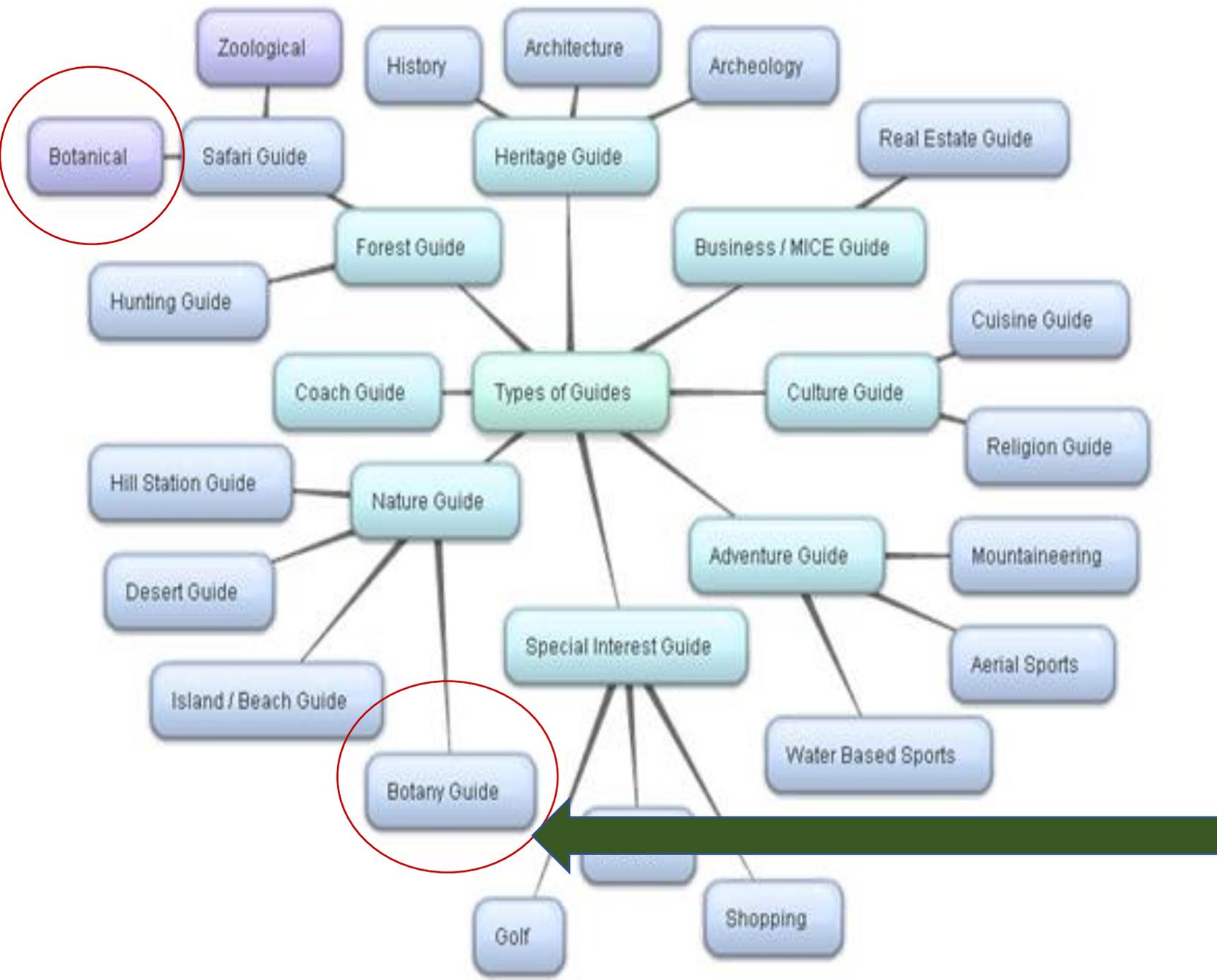
It is a very good tool for ecological education – people get really comprehensive information.



**Hylands Park, England.
2009**

**Parco dell Appia
Antica. Italy, 2013**





One of a few versions of guides' specializations

NEW
FOREST THERAPY
GUIDES

NATURE (FOREST, PARK) THERAPY

EVIDENCE BASED Public health practice.

Shinrin-yoku.

The main goal – to get rid of the stress.

All 5 senses of human body participate.

Try to see, to hear, to smell, to touch and (?) to taste.

Try to immerse yourself into a nature (HISTORICAL PARK) atmosphere.

Watch, notice, feel, wonder, follow your curiosity, associate with...



**Komorebi.
Girionys Park, Lithuania. 2022**

A few facts about Forest Therapy situation in Lithuania

Lithuanian Nature Therapy Association established in 2022

Kaunas Forestry and Environmental Engineering University of Applied Sciences signed a Memorandum of Understanding (still the only one in the country) with a leading world body of this field – INFTA

Lithuanian University of Health Sciences launched a new postgraduate program:

“Basics of Nature and Forest Therapy and its influence upon human health” in 2022.

We are already using parks for Nature Therapy!

Let's visit the parks: relax, improve your health, enjoy and study them

Thank you for your attention



Mäntymäki Park.
Finland, 2015