



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.





Sagadi Manor Park.  
Estonia, 2022



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

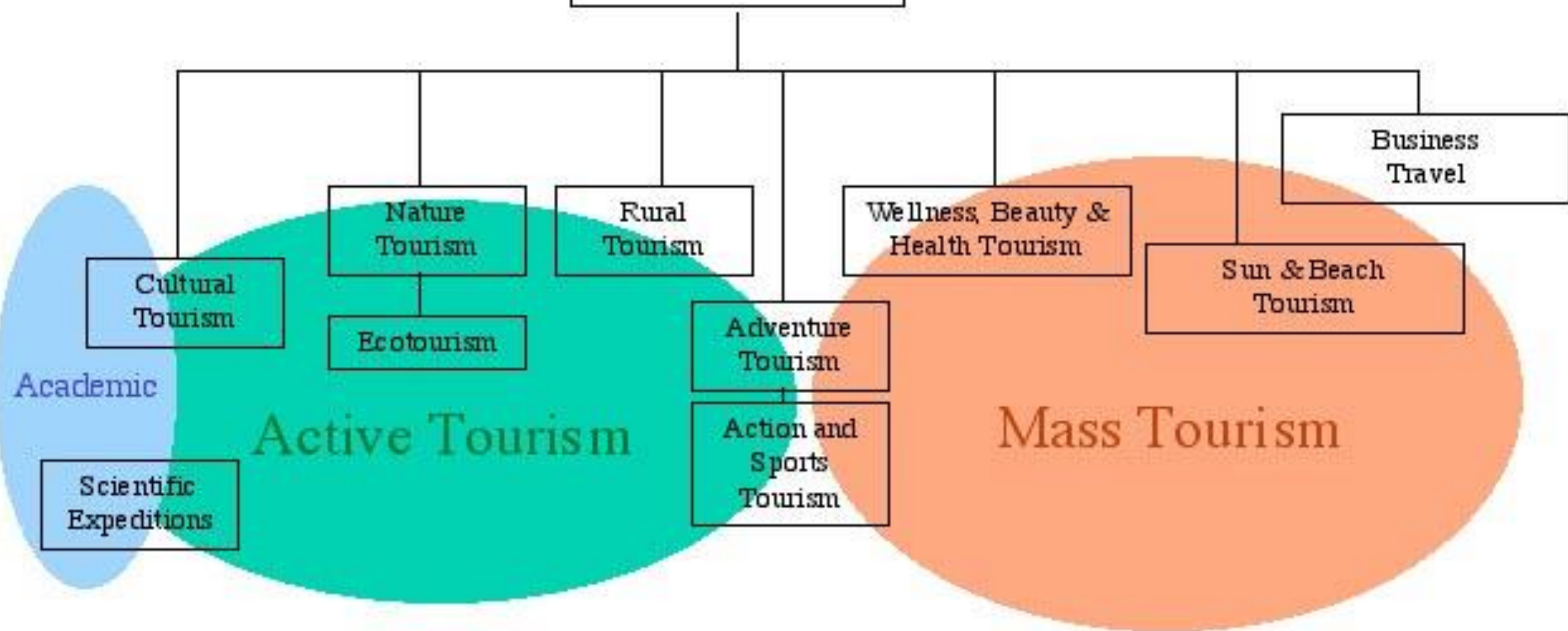
1. To collect all possible diverse and **interesting** information
2. Based on that: to prepare an **interesting** excursion
3. To guide an **interesting** excursion



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.



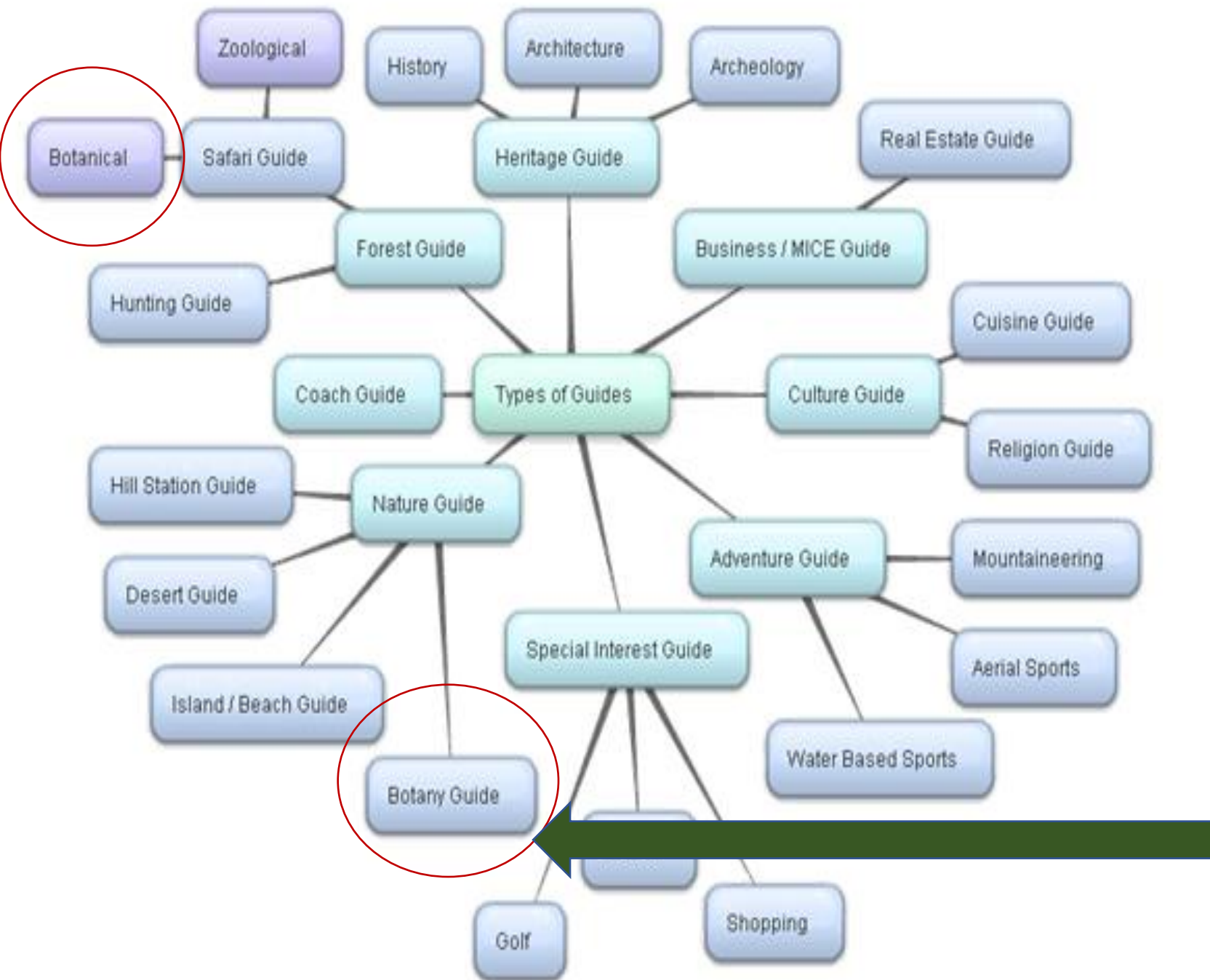
**Hylands Park, England.  
2009**



**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