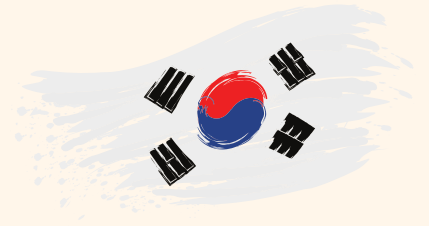


Travel



BUSAN

Like a Local

**An Insider Guide to Local Recommendations,
Nature & Hidden Gems.**



Welcome to **BUSAN**

Where City, Nature, and Culture Meet.

Busan is Korea's coastal city where mountains, beaches, and neighborhoods come together to create a unique atmosphere.

From forest trails overlooking the sea to lively markets & quiet coastal paths, the city offers many ways to explore beyond the typical tourist route.

This guide introduces some of **the places locals love** – from nature escapes and local food to hidden viewpoints and unique experiences.

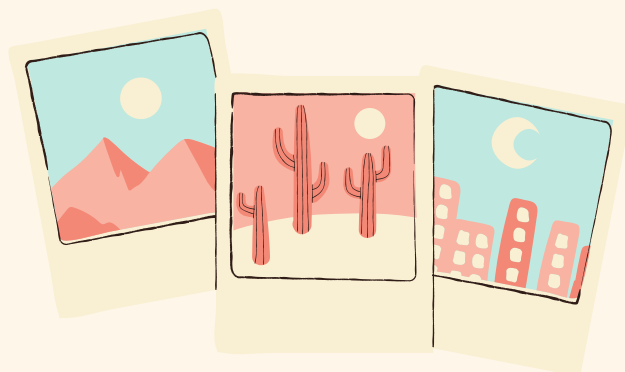


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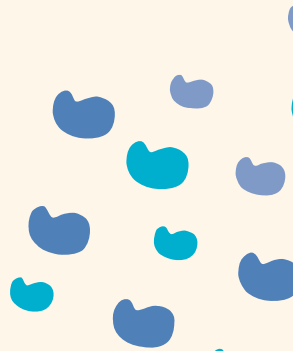
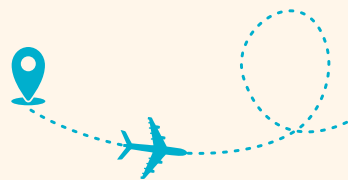
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BUSAN

SOUTH KOREA



Geumjeongsan

Seomyeon

Haeundae

Nampo & Jagalchi

Gwangalli

Gamcheon
Culture Village

Yeongdo

NATURE IN BUSAN



Forest Trails, Coastal Walks & Beaches

Busan is one of the few major cities where nature is always nearby.

Geumjeongsan Forest

Busan's largest mountain area offers peaceful hiking routes surrounded by forest. Many locals visit to walk slowly, enjoy fresh air, and escape the busy city.

[Discover More.](#)



Dongbaek Island



A beautiful seaside path surrounded by camellia trees. The trail offers scenic ocean views – Gwangan Bridge & Haeundae panoramic views.

[Discover More](#)

NATURE IN BUSAN



❖ **Haeundae Beach**

Busan's vibrant beach where skyline, sand, and sea come together. The heart of Busan's beach culture.

[Discover More](#)



Gwangganli Beach ❖

A lively beach known for its nearby cafés, restaurants, nightlife, and views of Gwanggan Bridge.

❖ **Dadaepo Beach**

A wide sandy beach known for glowing sunsets and mirror-like tidal flats that beautifully reflect the changing colors of the sky.

[Discover More](#)



A TASTE OF BUSAN



Dwaengi Gukbap

Busan comfort food: rich pork bone broth with tender slices of pork and rice. Hearty, affordable, and served everywhere.



Milmyeon

Busan-style cold noodles — chewy wheat noodles in chilled, tangy broth. Popular in summer, lighter but deeply satisfying.



Baekban

Rice with multiple side dishes and a daily soup. What locals eat for lunch — simple, balanced, filling, and affordable.
[Discover More](#)

A TASTE OF BUSAN



Kalguksu

Hand-cut noodle soup in anchovy or seafood broth. Simple and comforting — perfect weekday lunch, especially after a sauna.



Odeng

Busan's iconic street food: skewered fish cakes simmered in a light, savory broth. Warm, comforting, and perfect on chilly seaside evenings.



Nakgopsae

A bold Busan specialty: spicy stir-fry of octopus (nakji), beef tripe (gopchang), and shrimp (sae). Rich, spicy, and intensely flavorful.

SOLO TRAVEL IN BUSAN



Easy, safe, and perfect for exploring at your own pace.

Neighborhoods

> Seomyeon & Jeonpo

Busan's creative downtown with independent cafés & shops.

> Gwangalli

A relaxed seaside neighborhood with cafés and the night view.

> Beomeosa & Geumjeongsan

A historic mountain temple area surrounded by forest trails.

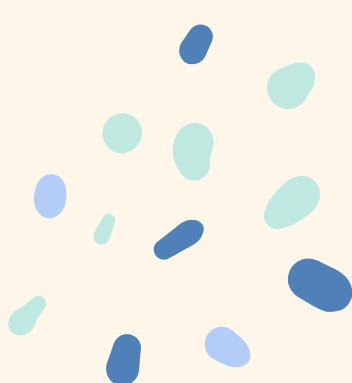
> Gijang

A coastal escape north of the city with seaside temples.

Solo-Friendly Things to Do

- Walk the **Dongbaek Island coastal trail** for ocean views.
- Watch sunset at **Gwangalli Beach** with Diamond Bridge views.
- Café hop along **Jeonpo Café Street** in Seomyeon.
- Take a forest walk on the trails of **Geumjeongsan**.
- Visit **Haedong Yonggungsa Temple** along the coastline.

[Discover More](#)



SLOW TRAVEL IN BUSAN

Best discovered slowly, between mountains and sea.

Experience Korean Sauna Culture

Traditional Korean saunas are a relaxing way to experience everyday wellness culture in Busan.

- **Spa Land Centum City:** A modern Korean spa with themed sauna rooms and relaxation spaces.
- **Heosimcheong:** Korea's largest traditional hot spring bathhouse located in the historic Dongnae hot spring district.

[Discover More](#)

Move in the Flow: Yoga & Surf

From ocean yoga to gentle surf beaches, Busan invites movement and flow.

- **Harbour Yoga & Movement:** Ocean-inspired yoga and mindful movement by Gwanganli Beach – ENG classes available.
- **Surf Bay:** A female-friendly surf school near Songjeong Beach, known for beginner-friendly lessons and a relaxed surf culture.

[Discover More](#)



UNIQUE EXPERIENCES IN BUSAN

Nature, Wellness & Local Culture

Beyond sightseeing, Busan offers experiences rooted in nature & holistic wellness culture.

Discover Busan through <**Busan in Seasons**>, special wellness experiences designed for a deeper connection with the city.



Forest Healing, Sauna & Sound Bath

A peaceful journey through forest trails, grounding earth, & deep relaxation.

Coastal Walk, Sea Scent Ritual & Sunset Earthing at Haeundae

A sensory coastal experience connecting ocean breeze, and sunset stillness.

Aroma Sauna Ritual & Sound Healing at Geumsaemtang

A unique wellness ritual combining traditional Korean sauna culture with aroma therapy and immersive sound healing.

[Discover More](#)

LOCAL TIPS & RESOURCES



〈Helpful Links for Exploring Busan〉

- Visit Busan tourism website

<https://www.visitbusan.net/en/index.do>

- Busan city exploration

<https://www.instagram.com/busancity.explore/>

- Busan wellness experiences

<https://www.instagram.com/lifeinspiredwithjuhee/>

Take your time &
explore it like a local.



Thank you **BUSAN**

