



# Day 1:

- Morning: Arrive at Daegu, a major city in South Korea, which is the closest city to Haeinsa Temple.
- Afternoon: Take a bus or train from Daegu to Hapcheon, the county where Haeinsa Temple is located. The journey takes approximately 2-3 hours. Upon arrival, check into your accommodation in Hapcheon.
- Evening: Relax and explore the local area around Hapcheon. Enjoy a leisurely walk and sample some local cuisine.

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#### Day 2:

- Morning: Start your day by visiting Haeinsa Temple. Explore the temple grounds and marvel at the beautiful architecture and serene atmosphere. Take your time to soak in the spiritual ambiance of this historic place.
- Afternoon: Visit the Tripitaka Koreana, the world's oldest intact Buddhist canon, housed at Haeinsa Temple. The Tripitaka Koreana consists of over 80,000 woodblocks engraved with Buddhist scriptures. Take a guided tour to learn about the history and significance of this remarkable cultural treasure.
- Evening: Participate in a temple stay program at Haeinsa Temple if available. Experience monastic life, engage in meditation sessions, and enjoy vegetarian meals. This immersive experience will provide a deeper understanding of Korean Buddhist traditions.





## Day 3:

- Morning: Take a hike in Gayasan National Park, which surrounds Haeinsa Temple. The park offers beautiful trails and scenic viewpoints. Choose a hiking route that suits your fitness level and enjoy the natural beauty of the area.
- Afternoon: Explore the nearby Hapcheon Image Theme Park. This unique park showcases various sculptures and artwork from around the world. Take your time to appreciate the art installations and enjoy the park's tranquil setting.
- Evening: Return to Haeinsa Temple and participate in a traditional Buddhist ceremony or evening chant. Witness the rhythmic chanting of the monks and experience the peaceful ambiance of the temple at dusk.

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### Day 4:

- Morning: Join a meditation session at Haeinsa Temple to start your day with mindfulness and tranquility. Learn basic meditation techniques and enjoy a moment of inner reflection.
- Afternoon: Visit the Haeinsa Temple Museum, located on the temple grounds. The museum houses a collection of Buddhist artifacts, artworks, and historical relics. Learn more about the rich cultural heritage of Haeinsa and its significance in Korean Buddhism.
- Evening: Take a leisurely walk around the temple grounds and enjoy the serene atmosphere. Capture the scenic beauty of Haeinsa Temple during the evening hours.





# Day 5:

- Morning: Check out from your accommodation in Hapcheon and travel back to Daegu.
- Afternoon: Explore Daegu city before departing. Visit the vibrant markets, such as Seomun Market or Dongseongno Street, where you can find local delicacies and unique souvenirs. You can also visit Daegu's historic sites like Daegu Yangnyeongsi Museum of Oriental Medicine or Daegu National Museum.
- Evening: Depart from Daegu, either by train, bus, or flight, depending on your next destination.





#### **For More Information Contact Us:**

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