

# The simple enjoyment of leisure sports



## Like a movie hero

A shooting range offers thrill like nothing other, and even beginners can get started easily. Professional instructors who used

to be shooting athletes provide one-on-one coaching on gun safety. Free yourself from stress with that resounding "bang!" The following facilities all provide the utmost in safety and professionalism, and offer a wide range of firearms. Regulation ranges are 25 meters, and shorter target distances can usually be set.

## Taereung Eastern Castle

On one of Seoul's prettiest roads the Taereung Eastern Castle was once Korea's Olympic shooting range but has since opened its shooting lanes and sporting clays facilities to the public.



Sporting clays involves shooting a clay pigeon disc launched through the air at speeds of 40-90 km/hr. It comes from England's pigeon hunting history, and offers an experience similar to bird hunting. Usually five people form a group and fire five rounds per person per session. It's more dynamic than target shooting, and once you try you won't be able to escape its pull.

Fees begin at 25,000 won per session. If clays are not your forte, you can try the regulation target-shooting lane, with 10 rounds in a session for 40,000 won. It borders the Taegangneung burial site for the royals of the Joseon Dynasty. The queen of the 11th emperor Jungjong, her son Myeongjong (13th emperor of the Joseon dynasty), and Myeongjong's queen are interned here. Nearby is the Korea Army Museum (closed Mondays) in the Korean Military Academy, showcasing 1,800 interesting items.

- ※Inquiries: Taereung Eastern Castle Tel. 82-2-971-0741
- ※Korea Army Museum: Tel. 82-2-2197-8990, <http://museum.kma.ac.kr>
- ※Transportation: Exit 4 of Taereung Station, Seoul Subway Line 7 or Exit 6 of Seokgye Station, Seoul Subway Line 1



## Lotte World Shooting Range

This range in the 3rd basement of Lotte World amusement park

is almost new. With eight regulation lanes, it is the largest live-round range in Korea. The range offers one-on-one lessons from an Olympic shooting athlete. They are open from 9 AM to 8 PM. English, Japanese and Chinese languages are available. One-ten-round session is 40,000 won.

- ※Inquiries: Lotte World Shooting Range Tel. 82-2-414-4013/4, [www.lotteworld.com](http://www.lotteworld.com)
- ※Transportation: At Jamsil Station, Seoul Subway Line 2 or 8, follow the signs to Lotte World.

## Seocho Shooting Range

The Seocho Shooting Range is open from 9:30 AM to 8 PM and fees are 40,000 won per ten-round session or three sessions for 100,000 won.

- ※Inquiries: Seocho Shooting Range Tel. 82-2-586-0700
- ※Transportation: 5-minute walk from exit 6 of Naebang Station, Seoul Subway Line 7

## Seoul Shooting Range



The Seoul Shooting Range in Apgujeong-dong was built with the expertise of several shooting experts. Employees speak English, Japanese, and Chinese. A popular practice at the Seoul Shooting Range is to use blue jeans instead of a conventional

target. The shot up jeans are then worn with pride. Bullet holes are campy as well as more fray-resistant than tears made the old-fashioned way with scissors. Opening hours are from 10 AM to 9 PM, and one-session price is 40,000 to 50,000 and discounts for two sessions or more.

- ※Inquiries: Seoul Shooting Range Tel. 82-2-542-3999
- ※Transportation: Take Seoul Subway Line 3, and get off at Apgujeong Station. Take exit 5 and walk for 2 minutes.

## Haeundae Shooting Range



An indoor facility located next to the Haeundae Paradise Hotel in Busan, the Haeundae Shooting Range, is popular because it overlooks the sea and offers a fantastic blue-water view. Operating hours are from 9

AM to 8 PM weekdays, and closing time is extended to 10 PM on Fridays and Saturdays.

Travel is akin to a pilgrimage, finding undiscovered parts of ourselves. Korea offers not only abundant cultural artifacts and the glitter of major cities, but the allure of well-developed leisure sports facilities. Why not seek out the hidden confidence in yourself? Adults only.



## Batting the rough currents

For those who appreciate adventure and nature, we recommend river rafting.

Experience the hidden beauty and splendor of nature: all while taking part in a daring exploration with crewmates on a rubber boat. Teamwork is required in this enthralling sport, Koreans enjoy from spring through fall.

Sports known for the best rafting are on the Naerincheon, Donggang, and the Hantegang Rivers in Gangwon-do Province. They are all 2-3 hours from the Seoul area, a great day trip-or, overnight accommodations and other tourist attractions are readily found near the rafting areas.

Using a professional company running rafting programs is the best option. Reservations are necessary and long-sleeved shirt, long pants, and tennis or sports shoes must be worn. Shower is provided, so bring bath articles if you like. And, a change of clothes-you will get wet.

## The mecca for adventure sports-Naerincheon River

Naerincheon in Inje-gun, Gangwon-do, has a clear, strong stream of water and awe-inspiring valley vistas. There are rafting courses along the river of varying difficulty. Kayaking, bungee jumping, and mountain biking facilities are also in the vicinity, making this a gathering place for adventure sport enthusiast groups. The fee of 30,000 per person includes a guide, safety insurance, equipment rental, and shower facilities. Trips are two-and-a-half to half to three hours long.

- <Recommended professional leisure sports companies>
- Nexfree: Tel. 82-2-753-8005
- Hanbaek Leisure : Tel. 82-2-515-6633

## An unexplored heaven - Donggang River

The Donggang River, nestled deep in the mountains of Yeongwol-gun, Gangwon-do, provides a difficult approach for humans, which has preserved its glorious natural spectacle and ecosystem intact. It is said that the ancestors navigated the river by log raft. At each curve of clear rushing water are massive, imposing cliffs. Lucky rafters can be rewarded by sightings of otters or great leaping fish.

- <Recommended Company>
- Rafting Donggang Explorers: Tel. 82-33-375-1114



## Become one with a horse



Riding is an elegant sport that appeals to a wide range of clientele. Its popularity is gaining steadily in Korea with the recent opening of various public horseback riding stables.

Throw yourself into the fresh winds and cut across the earth on a trotting or galloping horse. It's a sensation of freedom that cannot be matched.

## Yong-in Horseback Riding Club

The Yong-in Horseback Riding Club is only an hour from central Seoul, offering a one-day program for beginning equestrians. The club is open from 10 AM to 6 PM with the Anyone over 6 can ride safely. Due to the sudden popularity of the establishment, making reservations may be prudent.

- ※Inquiries: Yong-in Horseback Riding Club Tel. 82-31-333-3359
- ※Transportation: From Yong-in Bus Terminal take a taxi. It takes 5 minutes.

## Jeju Green Horseback Riding Club

Jeju-do has long been home to indigenous Korean horses, and there are stables and horseback riding clubs all over the island. The Jeju Green Riding Club is 25 minutes from Jeju International Airport. What sets this ranch apart is its vast grasslands, and a ride is reasonable at 11,000won. A fascinating pony show also takes place four times daily.

- ※Inquiries: Jeju Green Horse Riding Club Tel. 82-64-792-5006



## Ilsan Horseback Riding Club

An hour from the center of Seoul, the Ilsan Horseback Riding Club has sand and grass riding grounds, and a 10-km trail. One-on-one instruction is 400,000 won (8lessons), and riding without instruction is 500,000 won (10 rides, 40 minutes each). Open from 7 AM to 6 PM except Mondays. Reservations recommended.

- ※Inquiries : Ilsan Horseback Riding Club Tel. 82-31-977-0227