

LANDSCAPE-ARCHITECTURAL DESIGN OF THE BUKOVINKA FOREST PARK IN ZVOLEN

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Abstract

Leisure time is defined as a time after fulfilling all duties connected with work, study, family, sleep and personal life. There are reasons for exploring and visiting nature, forests and open landscape: physical exercise, mental refreshment, getting closer to the nature, enjoy the nature, learn something. Outdoor recreation and nature based recreation is very popular among the society of the big cities. In Slovakia, we can consider that cities of 50 000 and more inhabitants are big cities. In the 80ties of 20.century, the forest parks was established by the almost every big city. Recreation is often blend of physical, mental and emotional activity. Leisure activities can lead to personal development, increasing skills and getting known ourself better. The Paper describes the landscape architectural proposal of the educational trail in Bukovinka forest park in Zvolen city. There were proposed several types of mobilier, interactive elements and educational boards with various topics.

Keywords: recreation, leisure time, landscape potential, educational boards, outdoor activities

Introduction

Recreation as an activity is usually a blend of physical, mental, emotional and spiritual components (Broadhurst, 2001). Rossman and Elwood Schlatter (2008) described concept of leisure as a multi-phase experience with minimum of three phases: anticipation, participation and reflection. The specious present – the moment of participation, preceded by mental images of anticipation and succeeded by experienced reflections. Bell (1997) listed trends in demands for outdoor recreation as follow: demography, households, polarization, specialized tastes, commercialization, environmental concerns.

Recreation in the natural environment has the high positive effect on the human mental and physical health. The most valued ecosystem is forest, which can fulfill its recreational functions only when there isn't excessive exploitation and exceeding the carrying capacity through uncontrolled/unreasonable mining, construction and increased number of visitors concentrating on small space (Pichlerová, 2019).

Green infrastructure in all its scales support ecosystem services of the area (Šterbová, 2017; Tóth, 2022)) and increase recreational potential of the rural and agricultural landscape (Čibík et al., 2022); forests (Bell, 1997; Supuka, Bihuňová, 2018; Pichlerová, 2019), residential spaces and suburb zones (Simion, et al. 2020), even also brownfield zones (Hlavinková, Vařešková, 2023). Positive influence of nature on human health knows as well-being, is studied since the 90s of 20. century. It is believed that long-term benefits can gain from repeated and regular stay in nature and from different types of natural areas (Pichlerová, 2019).

Materials and methods

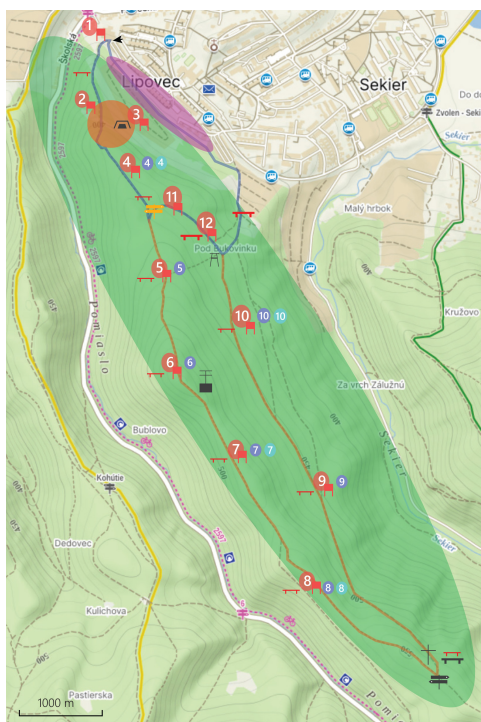
Zvolen is one of the oldest towns in Slovakia, it has about 39 453 inhabitants and 9 873 hectares. The proposed path is located near highly populated housing estate Sekier. Access to the recreational path is from several points by walk, by bike, by car and also by public transports. It has great location and potential for short term recreation in different types of forest ecosystems. Existing paths and roads have various width and length, what creates potential for walkways and cyclo roads. The forest is rich source of mushrooms, herbs.

As negative elements of the locality we consider: not well maintained paths and overgrowth alongside greenery, the presence of a high voltage line and its protection zone, the tourist paths passes through a active hunting area.

Results

The aim of the proposed recreational and educational trail in Lesopark Bukovinka is to create safe environment for short-term recreation for residents and tourists of all age categories. The proposed solution offers interaction of the visitors with nature and supports outdoor activities, which contribute to the regeneration of mental and physical health.

There were designed 12 educational boards, with different topics covered ecological awareness, history of the side and information about the hunter's life. Some of the stops are supplemented by interactive elements, designed for children, for better understanding of main topic of the stand. Forest path has several land art decorations, which are sensitively placed in the forest.



Legend:

Red numbers mark the stands and topics of the educational boards: 1- General information about locality, 2 – Safety instructions and recommendation, 3 – Information about the military object, 4 – Autochthonic tree species, 5 – Fruits of the trees, 6 – Insect, 7 – Mushrooms, 8 – Mycorrhize, 9 – Herbs, 10 – Hunting animals, 11 – What hunters bring to society, 12 – Hunting dog breeds

Blue numbers mark stands and topics of interactive elements: 4 – Leaf puzzle, 5 – Fruit puzzle, 6 – Insect hotels, 7 – Edible mushrooms, 8 – Mycorrhize puzzle, 9 – Herb puzzle, 10 – Animal foot puzzle

Fig. 1: Design of the educational path, with several stops and interactive activities.

The proposal focuses on creating an environment, which will allow visitors actively relax in their free time and provide opportunities for spending great time in the forest ecosystem by themselves, with friend or family. At the same time, the aim of the project is to improve and aesthetically modify chosen stands.

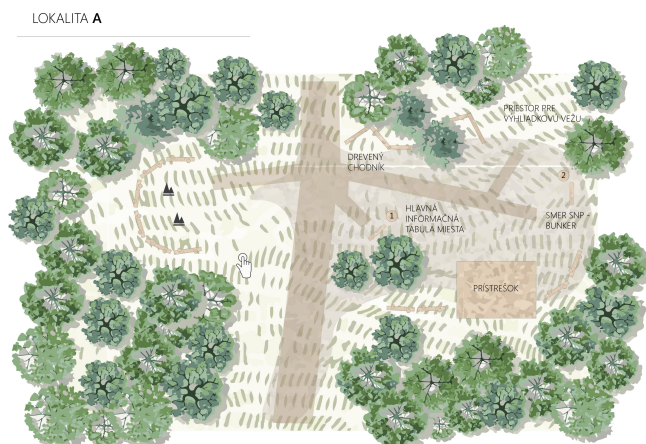


Fig. 2: Detail of the open space with rest zone, fire places and shelter

Conclusion

Leisure is a basic to the self-fulfillment and life enrichment of the individuals. How people use their leisure time is an important social question. Leisure and recreation are recognized as effective ways to enhance life satisfaction (Rossman, Schlatter, 2000).

Nature and its accessibility should definitely not be considered as luxury, but should form an inseparable and a daily part of the life of every age group (Pichlerova. 2019).

Urban environment consist mostly of the built up areas, with lack of green infrastructure elements. The potential for everyday recreational activities in the suburb zone increases with the present of forest areas. Zvolen is located in the hilly part of Slovakia with great connection to the nature and forests. Proposal of the educational trail in the forest park Bukovinka, associate recreational activities with educational and interactive elements, which could fulfill the basic demands of the society for outdoor recreation. On the other hand it also contribute to the better health and well-being of local residents.

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Souhrn

Volný čas je definován jako čas po splnění všech povinností spojených s prací, studiem, rodinou, spánkem a osobním životem. Důvody pro poznávání a návštěvu přírody, lesů a volné krajiny jsou různé: fyzické cvičení, duševní osvěžení, sblížení s přírodou, potěšení z přírody, naučit se něco nového. Rekreace v přírodě a rekreace v přírodě je ve společnosti velkých měst velmi oblíbená. Na Slovensku můžeme za velkoměsta považovat města s 50 000 a více obyvateli. V 80. letech 20. století byly téměř u každého velkého města založeny lesoparky.

Rekreace je často směsí fyzické, duševní a emocionální aktivity. Volnočasové aktivity mohou vést k osobnímu rozvoji, zvyšování kvalifikace a lepšímu poznávání sebe sama. Příspěvek popisuje krajinářsko-architektonický návrh naučné stezky v lesoparku Bukovinka ve městě Zvolen. Bylo navrženo několik typů mobiliáře, interaktivních prvků a naučných tabulí s různými tématy.

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