

Name of the property: Ringmängu			
<i>Lohusalu healing forest</i>			
Dimension			
Property No.:	12180450		
Cadastral reference:	29501:007:1666		
Owner	Lääne-Harju parish		
Contact	Lääne-Harju parish, Rae 38, Paldiski city 76806 Phone: 679 0600, info@laaneharju.ee		
Area			
Altitude	N/A		
Description of the land unit			
Culture	woodland (134 776 m ²) yard land (31 m ²) Other land (2 590 m ²)		
Use of the land	Public land 100%, used as a recreational forest		
Current use	Forest		
Water mode	Dry, nutrient-poor soils, highly flammable in summer		
Land ownership	Municipal estate		
Forest management plan	No forest management plan A proposal to grant local protection to the site is pending		
Age: %		Under 10 years	
		10-25	
		25-50	
	Pine groves, spruces	50+ years	80%

<i>Biota – stands and residents</i>			
Species community			
Site type	Site types of <i>Cladonia</i> site type and <i>Vaccinium</i> site type		
Former use	The dune forest growing in Lohusalu can be regarded as both a natural and a cultural heritage. In Soviet times, the undergrowth was removed, logging was carried out, but not too intensively.		
Potential natural community	The natural community is preserved, the area is occupied by VEP and the area is used as a recreation area. In the context of global warming, buffer zones for preventing forest fires must be considered so that self-demise is possible in the event of a fire. Forest allocations with numbers 1 and a 10 are rather of low value from the point of view of the old-growth forest and have been intensively used for outdoor activities, the human impact is quite noticeable, the same function may continue in those allocations. From the point of view of natural values, the parts of the forest are approximately ranked as follows (starting with the most natural value): 8, 2, 4, 9, 3, 5, 7, 6.		
Species %	Stand front	Pine In the undergrowth juniper, mountain ash, spruce.	

	<i>Shrub front</i>	<i>rugosa Rose (Rosa rugosa), mountain ash.</i>	1%
	<i>Grass front</i>	<i>In the grass front you can find groups of wood sorrel (Oxalis acetosella) , Common cow-wheat (Melampyrum pratense). The moss front, which is mostly formed by red stem moss (Pleurozium schreber), glittering woodmoss (Hylocomium splendens) and the broom forkmoss (Dicranum scoparium)</i>	
Flora and fauna			
Vertebrates			
Insects			
Birds			
Mushrooms <i>Phellinus pini</i>			
Plants small forest-pawe (domestic orchids), creeping lady's-tresses (<i>Goodyera repens</i>), lingonberry, common blueberry, heather (<i>Calluna vulgaris</i>)			

Forest as part of culture

Culture		
What has influenced woodland so far, is there any connection with the surrounding cultural peculiarity that has played a role in landscape design?	<p><i>Dune forests have been maintained based on aesthetic considerations and fire hazards.</i></p> <p><i>Coastal pine forests began to be protected from clear-cutting centuries ago, and there were several reasons for this: the embedding of sand for the protection of villages and fields, landmarks for the sea boats, military strategic goals (sheltering of the defenders of the coastline, as well as the rapidly available construction and firewood). In the 19th century, the sandy beach areas near major cities began to</i></p>	

	<p><i>develop into summer and recreation areas, and this is also the history of Lohusalu, the status of a recreation area was preserved in the 20th century, including during the Soviet period. During the Soviet period, the forests were managed following the Soviet forest protection methods. Traces of storms in the late 1960s are still noticeable today.</i></p>	
Society		
<p>What is the relationship between the forest and the community now.</p>	<p><i>Historically for the protection of the Lohusalu coastal landscape and dune forests, as well as for the protection of registered precious habitats.</i></p>	
<p>In the future</p>	<p>We assume that:</p> <ol style="list-style-type: none"> 1. Population density increases. 2. Visitor frequency increases 3. Pressure on the natural environment 4. Changes in the climate can lead to extreme changes (fire, storm surges, increased tree mortality) 	

Actions and intentions		
My Forest		Notes and questions
<p>Background story</p>	<p><i>Lohusalu forests began to grow about 250 years ago, there are probably only a few older trees in the area.</i></p>	
<p>The history of the place and the forest</p>	<p><i>Due to the purpose of using the beach strip, the stands were either kept quite sparse or, conversely, the free sand areas were reforested.. The local community is used to using forests for recreation.</i></p>	

Expectations	<i>Preservation of precious habitats in dune forests. Preservation of the recreation area. Creating a healing forest area/trail.</i>	
What does my forest offer to others	<i>Preservation of the recreation area. Creating a healing forest area/trail</i>	
Plan – in 10 years	<i>Created recreation area supporting the environment</i>	
Plan – in 50 years	<i>Created a healing forest area supporting the environment and recreation area. Monitoring the visitor load as the population density increases.</i>	
Who we need to reach the goal	<i>Local governments, local residents, some project funding</i>	

Suggestions and steps

What	Guide	Who
<i>Expert opinions on natural value and species composition</i>	<i>Need to find out exactly the protected and nature-valued species on the property allocations, map the VEP area</i>	<i>Anneli Palo, local government</i>
<i>Ordering a conservation management plan</i>	<i>It is necessary to find out exactly the age, species composition and possible activities in the framework of the preservation of natural values of the stand located on the property. There is a clear need to assess the need for forest fire prevention.</i>	<i>Forest taxidermist, local government</i>
Decision	<i>Which forest areas/allocations/polygons will serve a purpose</i>	<i>Local government</i>
<i>Construction of a car park (near recreation areas)</i>	<i>Car parks to be built should not reduce the natural and recreational value of the visited area. E.g. in the corner between 4 and 10c; the area of contact between the corners of polygons 5, 6 and 7a.</i>	<i>Local government</i>
<i>Tidy road (to recreation areas)</i>	<i>The road to be built should not reduce the natural and recreational value of the visited area.</i>	<i>Local government</i>
<i>Other necessary (to recreation areas)</i>	<i>Campfire sites, picnic areas, signposts, information stands, trash cans, trail cameras, security cameras (signs), lighting, playground</i>	<i>Local government</i>
<i>Information signs about the healing forest area to be built</i>	<i>Information stand and signs, information on the website of the local government and information about the principles of the healing area</i>	<i>Local government</i>
<i>Logging activities according to the conservation plan</i>	<i>Management of a forest that complies with the principles of healing forest a little further from recreational forests (no forest trails)</i>	<i>Local government</i>

<i>and known articles (heal forest area)</i>		
<i>Cradle creation (To recreation areas)</i>	<i>Cradle creation, recreation area for natural regeneration and diversity in forests</i>	
<i>Inspection of the stand and maintenance if needed</i>	<i>Regular thinning and planting, in some areas according to the conservation plan</i>	
<i>Voluntary implementation of conservation values by contract</i>	<i>It is not recommended to take under the protection rule, because from there they can no longer be expressed. 8, 4, 2 polygons, like the RMK, could be granted voluntary protection under a decree. The expert assessment prepared by Uudo Timm recommends taking it under protection - as an area of landscape protection. The proposal to take under local protection will be discussed in the council in August 2021</i>	
<i>Logging activities</i>	<i>Regular felling of undergrowth and overgrown trees - management as a permanent forest</i>	

Monitoring development

Time		

Inspiration

Literature	<i>Dolling, A., Bohlin, E. 2019. Forest Therapy in Sweden in: International Handbook of Forest Therapy. Eds Dieter Kotte, Qing Li, Won Sop Shin, Andreas Michalsen. Cambridge Scholars Publishing UK. pp 310-320.</i>	Healing effects of forests, methods of management for this purpose
	<i>"Metsamajandus"(Laas)</i>	Growing and managing species
Other sources	<i>Nature Conservation Act</i>	
	<i>Forest Act</i>	
	<i>Expert opinion (Palo)</i>	
Meetings		
Discussion with the project team		