

# Case study

Skógræktarfélag  
Reykjavíkur –  
Reykjavík Forestry  
Association

Iceland



Reykjavík's Forestry Society has, since its beginning in 1901, been the visionary society of the people of Reykjavík who have wanted to grow a forest for outdoor recreation.

Reykjavík's Forestry Society manages **Heiðmörk**, a 3.200-hectare nature reserve east of Reykjavík. After decades of reforestation, mostly by volunteers, the once eroded land is to a large extent a healthy and diverse forest. It is one of the most popular outdoor recreation areas in the country. Reykjavík's Forestry Society also manages the forest and outdoor recreation area in Esjuhlíðar north of Reykjavík.



SKÓGRÆKTARFÉLAG  
REYKJAVÍKUR

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Education



Wellbeing



Activity



Forestry

## Education



## Activity



## The forest and wellbeing



The organization promotes knowledge, research and participation in most things associated with forests.

It cooperates with a wide array of stakeholders: schools and universities, governmental institutions, commercial companies, NGOs, artists, designers, carpenters and dozens of associations.

Reykjavík's Forestry Society organizes participatory planting for schoolchildren and the general public; seminars and workshops for specialists and amateurs; and a variety of outdoor events. Woodworking, environmental- and climate issues are also among the education provided in the forest.

In **Heiðmörk** the main activity was in the beginning to plant trees and nowadays the forest is well known due to its diverse outdoor recreation opportunities and public health-enhancing effects. A lot of work has taken place in infrastructure development, e.g., on creating resting places, roads and trails for hikers, skiers and cyclists that increases the possibilities for varied outdoor activities in the forest

**Reykjavík's Forestry Society and Nature and Forest Therapy Iceland** are this winter (2023-2024) offering a monthly **forest bathing in Heiðmörk**. Forest bathing is used both as prevention against diseases and as part of treatment. Forest bathing is growing in popularity all over the world. Research has confirmed the connection between forest bathing and stress relief and improved mental and physical health. Participants are invited to an experience that can make it easier for them to relax, use their senses and strengthen their connection with nature and themselves or sit in silence and later share their experience with other participants.

## Green Friendly Approaches



### Energy

Iceland is known for its renewable energy - almost every house in Iceland is heated by geothermal heating or electricity that is produced with hydropower. Electricity in Iceland is mostly produced with hydropower. In addition to that Reykjavík's Forestry Society is strongly concerned about sustainability in all their work, whether it's related to driving, heating or the use of their devices.



### Waste

Sustainability is a guiding principle in all of Reykjavík's Forestry Society work and that goes for purchasing and waste as well as other things.



### Social responsibility and activity

Dozens of events and activities are held by Reykjavík's Forestry Society every year, e.g., during Halloween, Christmas, and Easter. Many different educational events are on offer: forest runs, art and craft's events, mushroom and berry picking and much, much more.

Running an outdoor recreation area where promoting the health of the local community is a big part of the work, is a guiding principle towards an environmentally friendlier world.

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