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Видавнича група



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Christmas

AND HAPPY NEW YEAR

Ho, Ho
Ho!

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*v rámci publikační skupiny
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Recenzenti:

Karel Nedbálek - doktor práv, profesor v oboru právo (Zlín, Česká republika)

Markéta Pavlova - ředitel, Mezinárodní Ekonomický Institut (Praha, České republika)

Iryna Zhukova -kandidátka na vědu ve veřejné správě, docentka (Kyjev, Ukrajina)

Yevhen Romanenko - doktor věd ve veřejné správě, profesor, ctěný právník Ukrajiny (Kyjev, Ukrajina)

Humeir Huseyn Akhmedov - doctor of pedagogical sciences, professor (Baku, Azerbajjan);

Oleksandr Datsiy - doktor ekonomie, profesor, čestný pracovník školství na Ukrajině (Kyjev, Ukrajina)

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Oleksandr Nepomnyashy - doktor věd ve veřejné správě, kandidát ekonomických věd, profesor, řádný člen Vysoké školy stavební Ukrajiny (Kyjev, Ukrajina)

Dina Dashevská - geolog, geochemik Praha, Česká republika (Jeruzalém, Izrael)

Tým autorů

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Introduction. Long-term experience shows that sports and recreation tourism is one of the most effective and attractive means of recovery. It harmoniously combines sport and recreation, which have a positive impact on both physical and psychological health. The basis of the educational process in this type of tourism is a combination of physical development and spiritual and moral education. Within the framework of sports and recreation tourism, physical improvement of the individual is combined with the development of his or her moral sphere: consciousness, emotions, behaviour and relationships. In addition, this type of tourism integrates the most effective ways of recreational activities, especially useful for children and the elderly [3,7].

The health-improving function of recreational activities, including tourism, is to restore the body's functions. All types and forms of tourism can be called «recreational» because they contribute to improving health. The only difference between them is in the way this effect is achieved. In sports and recreation tourism, the process of recovery occurs through a change of activity, moderate physical activity, interaction with the natural environment during the trip, hardening and adaptation to new conditions, and good nutrition [2, 6].



The sporting component of tourism is aimed at developing general physical fitness, improving technical and methodological skills, and applying knowledge of tactics and techniques of tourist activities. Like other sports, sports tourism contributes to raising the level of sportsmanship, meeting standards, and obtaining sports categories and titles. As a result, tourism has a special place in the system of physical education. Compared to other sports, it provides greater opportunities for acquiring knowledge, skills and abilities that are useful in everyday life [3].

Outline of the main material. Each of the types of sports and recreation tourism is divided into subtypes and has its own characteristic features. In our country, it is represented by the following main types: hiking, mountain, water, air, bicycle, In practice, sometimes several types of tourism are combined in one trip. Such mixed tourism is called combined tourism. Of the wide variety of types of tourism, the most accessible are hiking and mountain tourism [7].

Hiking and mountain tourism have a lot in common. This is the way of travelling – on foot, and common techniques for overcoming difficult terrain and water obstacles. The difference is primarily in the fact that hiking is carried out in all regions of Ukraine, while mountain hiking is carried out only in the highlands.

Hiking sports and recreational tourism. Hiking has recently emerged as a separate area of sports tourism. Its essence lies in the fact that a group of travellers follows a planned route over a certain period of time, overcoming natural obstacles on rough terrain. The main advantage of hiking is that it is accessible to any practically healthy person, regardless of age or level of physical fitness. This type of tourism allows participants to choose routes that meet their aesthetic, cognitive or cultural interests. The complexity of the route is determined by factors such as the type of obstacles, the level of physical activity, geographical characteristics of the area, etc.



At the present stage, hiking tourism is developing in two directions: route tourism (hiking routes) and competitive tourism (preparation and participation in competitions in sports tourism techniques).

Hiking is divided into easier «hiking» and more difficult and longer «trekking» and «backpacking».

Trekking is a hike in the mountains. It takes several days and during it, tourists stop for the night in specially designated places in the wild, or on sections of the road that are most suitable for overnight stays.

The US dictionary defines hiking as «a long walk, for pleasure or exercise» [5].

Hiking involves a short hike in the mountains or forest, usually without an overnight stay. It is a type of physical activity where tourists walk along a clearly defined route in the morning to return to the point where they started their hike in the evening. This allows them not to carry heavy backpacks, tents, large food supplies and special equipment needed for long overnight hikes.

Backpacking is free movement in mountainous or forested areas without strict reference to the route. Backpacking is often referred to as a free journey with a backpack on your shoulders. Tourists can spend the night in hotels, as well as travel by transport [5].

Hiking can be carried out in all regions of Ukraine. At the same time, it should be noted that the territory of Ukraine, with the exception of two mountain ranges (the Ukrainian Carpathians and the Crimean Mountains), has a flat terrain and almost no natural obstacles that determine the difficulty of hiking routes. Therefore, in most regions of Ukraine, you can hike only up to the 1st category of difficulty, and hiking of the 2nd and 3rd categories – only in the Carpathians and Crimean Mountains [4].

When planning hikes in the Carpathians, it should be remembered that there are areas designated as nature conservation sites (Carpathian Biosphere Reserve,



natural national parks, nature reserves, etc.), which require permission from the relevant authorities and certain rules of conduct.

The most popular hiking routes in Ukraine: Hoverla, the Marmarosh Ridge, the Narcissus Valley, and Synevyr Lake. Weekend hiking trips to the Podillia Tovtry and Bakos are no less interesting: Podilski Tovtry and Bakota, Korostyshiv quarry (Zhytomyr region), Buzkyi Gard on the Southern Bug, Oleksandriia Park (Kyiv region), Mizhrichynskyi Landscape Park (Chernihiv region), Skole Beskydy [4].

Mountain sports and recreation tourism. Mountain hiking is a type of sport tourism that involves a group of people travelling along a route in a mountainous area using only muscle power [1]. Although elements of rock climbing may be used during the route, mountain tourism should not be confused with mountaineering. The main difference is in the goals: mountaineers aim to conquer peaks of a certain category of difficulty, while mountain tourists focus on completing routes that include several passes or peaks. The difficulty of such routes is determined mainly by the difficulty category of the passes they cover.

Mountaineering is a sport whose main goal is to climb natural and artificial rocks and walls, in particular, mountain peaks [5]. Mountaineering in Ukraine is developing in the Carpathian region and the Crimean Mountains.

The largest climbing sites in Ukraine are located in the city of Kamianets-Podilskyi, Khmelnytskyi region, Butskyi Canyon is located on the Hirskyi Tikych River in Cherkasy region, Denyshi is a popular climbing area in Zhytomyr region, Dovbush Rocks in Ivano-Frankivsk region, and Yuzhnoukrainska Rocks along the Southern Bug River in Mykolaiv region [4].

Speleotourism is a technically challenging type of tourism. Its difficulty lies in the passage of routes that are difficult in terms of terrain in the absence of natural light, high relative humidity and low air temperature [5].



Speleotourism has been developing in Ukraine for many decades and is closely related to karstology and speleology, cave exploration and research. Our country is extremely rich in caves. More than 1,100 caves of various types, ranging from small to gigantic in size, are known in Ukraine today.

Speleology is a mixture of tourism and science that studies cavities of artificial origin. It is closely related to speleology, but speleologists are not interested in caves, they are interested in penetrating any underground urban structures (quarries, underground temples and monasteries, mines, wells, etc.) [5].

There are 4 main areas of speleothems in Ukraine: Podillia, Bukovyna, Black Sea region and Crimea [4].

Ski tourism. One of the oldest types of outdoor activities. The very name of this type of sports tourism indicates that tourists move around on skis during a trip. Tourists are particularly interested in travelling to ski centres in winter. In Ukraine, ski tourism is developing in the Carpathian region, which is home to the Carpathian Mountains and covers the territory of 4 regions of Ukraine: Lviv, Zakarpattia, Ivano-Frankivsk and Chernivtsi. The most important ski resorts in Ivano-Frankivsk region are Bukovel; in Zakarpattia region - Dragobrat, Pylypets and Krasiya; in Lviv region – Slavske and Tysovets; in Chernivtsi region – Myhove [4].

Snowboarding is a sport that involves descending snow-covered slopes and mountains on a special snowboard.

Snowboarding has not been on the list of available extreme sports in Ukraine for so long, so the popularity of this sport is still growing. Our country has the conditions for snowboarding. First of all, these are the Carpathian ski resorts.

Heliskiing. A type of skiing, freeride, the essence of which is to descend on untouched snow slopes, far from prepared tracks with an ascent to the beginning of the descent by helicopter. The use of a helicopter for ascent allows to find different



options for descending from the mountains in the conditions of pristine nature, untouched by human intrusion, where it is impossible to climb quickly in any other way [5].

Water sports and recreational tourism. Water tourism (marine tourism, river tourism, lake tourism) is one of the types of tourism based on overcoming the route on the water surface.

Watercraft for water tourism: water skiing, water boarding; kayak, canoe (single or double-seater); catamaran, pedal (beach) catamaran (2 to 6 people); bagel (2 to 4 people); kayak (two-seater); raft (2 to 10 people); raft (4 or more people); inflatable rafts and boats (1 or more people).

There are several subtypes of water tourism: river rafting, rafting, sailing, kayaking, canyoning (overcoming canyons without the help of floating craft), windsurfing, wakeboarding, diving, yachting.

Rafting is an exciting rafting on mountain rapids along the most picturesque banks, on mountain turbulent rivers on inflatable vessels (raft, catamaran, kayak, canoe) [5]. Rafting is just beginning to develop in Ukraine. As a result, many companies offer rafting programmes. In Ukraine, only about 10% of rafting trips are carried out on rafts (rafting is more popular in foreign resorts). In Ukraine, rafting is mainly done on special catamarans and kayaks [4].

Kayaking is divided into slalom, rodeo and rafting.

Slalom is the basis of kayaking, which is the ability to manoeuvre a kayak and is used in Olympic competitions where athletes compete for speed.

Rodeo (freestyle) on rough water – the athlete's task is to perform the largest number of acrobatic figures [5].

Rafting is partly tourism, when you can just come to any river and raft for fun.

Diving. Especially popular among sports tourism enthusiasts, it is one of the most extreme sports. Diving to a depth under water. Diving is poorly developed in



Ukraine. Experts estimate that the Black Sea, which belongs to Ukraine, may be of no less interest to global diving than the resorts of Hurghada and Malta, which are currently popular with divers.

Cliff diving is jumping into a body of water from rocks in natural conditions [5].

Windsurfing is an oval carbon fibre board with a rough surface for stability and fins – stabilisers on the lower plane, and a small sail attached to the board. Surfing is the same thing, but without a sail. In fact, windsurfing evolved from surfing [5].

Surfing is riding a wave with the use of technical equipment: surfboards of various formats, or short fins and special gloves (body surfing) [5].

Wakeboarding is a water sport with a combination of water skiing, snowboarding, skateboarding and surfing [5].

Air sports and health tourism. Parachuting - Parachuting (or sky diving, literally translated as 'diving from the sky') is one of the types of aviation sports based on the use of parachutes [5].

Hang gliding is a type of aviation sport using hang gliders – ultralight gliders that take off and land using the glider's legs [5]. One of the world's most popular sports, today's gliders are incredibly stable and durable, and flights on them can only be limited by weather conditions and the experience of the pilot.

Rope jumping is a softer jump with access to a pendulum, while bungee jumping uses a rubber rope, which leads to an up-and-down motion [5]. Places for bungee jumping in Ukraine: Lan Bridge in Kamianets-Podilskyi, Tower over Dnipro in Hydropark, Zhytomyr Suspension Pedestrian Bridge, Arched Bridge in Zaporizhzhia, Pivdennyi Bridge in Dnipro, Ivanivskyi Bridge in Pervomaisk, Pedestrian Bridge in Kyiv [4].

Bicycle tourism. Bicycle tourism (cycling) is one of the areas of sports tourism based on travelling tourist routes by bicycle. It combines active recreation



with travelling along routes that include general tourist and specific objects of excursion interest. The difficulty of cycling trips can vary from easy to very difficult, and the routes are laid out in such a way as to maximise the benefits of the bicycle for fast and efficient travel. The main attraction of cycling is its high mobility, which makes this type of tourism convenient and versatile for many travellers.

Mountain biking is mountain biking [5]. This is an expensive type of tourism, as the cost of a bicycle for such tourism starts at \$300, and money is also needed for ammunition.

Independent tourism. Independent tourism – (backpacking, amateur, independent) [5]. This is an independent sport close to orienteering, adventure racing, mountain marathons and some other sports. Formally, it is a daily orienteering activity of choice.

Extreme tourism. Ukraine has favourable conditions and resources for the development of extreme tourism. However, the insufficient level of tourist infrastructure and social standards of the population hinder its development, which is why this area lags far behind global trends. According to Ukrainian experts, the potential of extreme tourism is significant and can be realised in the course of the country's overall socio-economic development. The most promising types of extreme tourism in Ukraine are ballooning, parachuting and rafting, which have every chance of becoming popular with proper infrastructure and organisation [4].

Conclusions. Sports and recreation tourism is an important component of tourism in Ukraine, which contributes to the promotion of an active lifestyle, strengthening public health and economic development of the regions. The article analyses the current state of sports and recreation tourism in Ukraine, identifies promising areas of its development, such as the organisation of active recreation (hiking, cycling, water routes), creation of specialised tourist complexes and sports



and recreation events. The main regions with high potential for this type of tourism are identified, in particular the Carpathians, Transcarpathia, Polissya and southern regions of Ukraine.

The development of sports and recreation tourism in Ukraine has a positive impact on the social sphere, as it promotes the integration of active recreation and tourism into educational programmes and corporate culture. In addition, it is an important factor in attracting tourists to the regions, which has the potential to increase the income of local communities.

The main development challenges are insufficient funding, poor infrastructure, low level of advertising promotion and limited public awareness of the opportunities of sports and recreation tourism. Attracting investment, upgrading infrastructure, developing a national strategy to support this type of tourism, and intensifying partnerships between the state, business, and NGOs are promising.

Sports and recreational tourism in Ukraine has all the prerequisites for active development and can become one of the key areas of the national tourism industry, contributing to the improvement of society and the economic recovery of the regions.

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