

## Trekking as a phenomenon of tourism in the modern world

PAWEŁ RÓŻYCKI<sup>1</sup> and DIANA DRYGLAS<sup>1</sup>

<sup>1</sup> AGH University of Science and Technology

*Department of General Geology and Geotourism,*

*Faculty of Geology, Geophysics and Environmental Protection,*

*A. Mickiewicza 30 Ave., 30-059 Krakow, Poland*

*(E-mail: itrozycski@o2.pl, ddryglas@agh.edu.pl)*

### ABSTRACT

Trekking is one of the latest trends in tourism in the world. It is treated primarily as a modern form of adventure tourism and geotourism. On one hand, due to the extreme terrain where it can be practiced and a certain dose of adrenaline, is treated as a form of an adventure tourism. The desire to achieve, acquire, and reach out to many of the most difficult places decide on the characteristics of a sports competition. Although, it seems that in today's world all the places have already been discovered, still there may appear new challenges. On the other hand, the beauty of trekking relies on that it is implemented in an extraordinary and stunning natural and geological environment. Although many challenges, tourists are attracted by geodiversity and fascinating landscapes, changing weather conditions or spiritual survival. It is often associated only with mountains, but it must be emphasized that one may distinguish eight types of trekking, these are: mountain, desert, tropical, glacial, polar, river, swamps and volcanic trekking. All of these allow a person to come true in very unusual circumstances. People also discover and learn about their own abilities, both mental and physical. Modern trekker has a much more opportunities of exploration of challenging environments. Comfortable clothing and equipment ensure a high level of safety. Adventurers and explorers functioned quite differently for ages, they were condemned to intuition, and had only to wipe the migratory paths on which now a larger and larger groups of tourists are wondering.

**Keywords:** trekking, adventure tourism, trekking types

### INTRODUCTION

Trekking is a form of adventure tourism practiced in difficult terrain and climate, requiring specialized equipment, clothing and food, implying connotations of risk, jeopardy, and wilderness (Weber, 2001; Hall & Weiler, 1992; Gyimóthy & Mykletun, 2004; Buckley, 2006). It is often practiced in the untouched and unknown areas. It enters among the other modern kinds of tourism, such as geotourism. Connection between trekking and geotourism result per definition from the fact that the learning objects and phenomena depicting the history of the

Earth (Hose, 1995; Newsome & Dowling, 2005; Słomka & Kicińska-Świdarska, 2004) may require special skills: the skills of climbing (Timčák & Vizi, 2010), penetrating caves or old mine workings (Schejbal, 2011; Rybár et al., 2012), long hikes as well as to taking risk (Erfurt-Cooper, 2011). Even the remotest Himalayan and Polar regions attract growing numbers of tourists performing various forms of trekking (Gyimóthy & Mykletun, 2004). One can distinguish eight basic forms of trekking. The most common form is mountain trekking, otherwise known as a classic. Other types of trekking are: desert, tropical, glacial, polar, river,

swamp and volcanic one (Różycki, 2009). Literature even stands out bike trekking and trekking in front of his own home (Baumann & Siller, 1996). However, as it seems, these are forms that clearly deviate from the above eight types and can be practised well in various places in the world, particularly in the residual area. Therefore, they are more like a recreation than tourism.

Trekking may have some connection with tramping, as it is often implemented without prior booking accommodation, meals and transportation. This is linked with a variety of conditions not only the terrain, but also the weather and is associated with the economic and sometimes with political situation on the explored terrain. 'Trekking' comes from the South African (Afrikaans) word 'trek' (Oxford English Dictionary, 1989). It was the language of the Boers, the descendants of Dutch farmers in South Africa. In connection with the expansion of settlers from England in the nineteenth century, they were forced to emigrate to the north of the country, coming across through the wilderness of southern Africa. This long and difficult journey (great trek), combined both the work and the arduous journey (Hike Nepal, 2014).

In 1965 the colonial army of colonel Jimmy Roberts introduced the word trekking into the world tourism vocabulary. As a former officer of Gurkhas force in Nepal and a representative of the British military government in Kathmandu, he spent much time wandering in the Himalayas (Hike Nepal, 2014). These were the beginnings of trekking expeditions, and now the events in Nepal are organized by specialized travel agencies. In the expedition also take part porters, cooks and pack animals, usually the yak. Accommodation is organized in comfortable tents, equipped with modern technology. However, it should be noticed that the first trekker in Nepal was Bill Tilman, who in 1949 obtained a permit from the Maharaja to explore Nepalese

Himalayas. Owing to that he took some trekking in the region of Mount Everest. His exploits in the Himalayas have been described and published in the fifties of the twentieth century. Both Tilman expedition and especially Colonel Roberts were an inspiration to the development of trekking agencies firstly in Nepal, and later in the world. Owing to them there was also developed the adventure tourism industry (Hike Nepal, 2014).

## CLASSICAL TREKKING

This is the most popular form, which primarily is identified with the colloquial meaning of trekking. This type of tourism was started as it has been previously mentioned by Jimmy Roberts in Nepal and popularized there. Most of today's trekking expeditions are organized mainly in the Himalayas. However, question should be risen what is the mountain trekking, what differs it from the usual walking tour through the mountain and climbing. The easiest way you can specify the classical trekking as an intermediate form between the tour mountain and climbing in which one must use specialized equipment. Whether a given form may be classified as trekking or hiking trips decide not only land, a place of exploration, but also the condition, experience and state of health of the participant or participants of the expedition. Trekking rules are very complex. It is worth to point out some issues that may be invaluable in implementing the event. In the high mountains the major concern is the process of acclimatization. It is assumed that on average up to 5300 meters above sea level man can acclimatize, above this height the adaptation of the organism is only possible for temporary period. Tanzanian Guides over the Kilimanjaro point out the gradual adoption of the organism to the final assault on the summit of 5895 m. In Swahili language they constantly repeat the word 'pole pole', which means slow, do not

accelerate. Even in simple conditions, with no technical difficulties it is needed to move relatively slowly, that above 5300 m the human body could tolerate without too much trouble growing lack of oxygen.

At an altitude of 5500 m above sea-level in the air there is only 50% of oxygen which typically is present at sea level, while at an altitude of 8500 m above sea level up in the air there is only 1/3 of oxygen, which is in the air at sea level (Baumann & Siller, 1996). The first extreme rock climbing and trekking in the Himalayas required a real strength, as there were achieved a considerable height without the use of breathing apparatus.

Geography of classic trekking is expanding all the time; the crucial point is the political situation in difficult to reach and highly attractive regions of the world. Currently, the most explored areas in the mountains of Asia are continuously Himalayas, especially in Nepal. The most popular tours include trekking around the Annapurna and the world's highest mountain - Mount Everest.

The places which are rarely visited are areas of northern India and Bhutan. Until

the mid-of XXI an interesting areas of the Himalayan peaks were available in northern Pakistan, the current political situation effectively discourages tourists. There are two interesting peaks Nanga Parbat 8125 m, which is the most westward point peak of the Himalayas and the K-2 8611m - the highest peak in the Karakorum, which lies on the border of China and Pakistan. From Rawalpindi in Pakistan to Kashgar in China there runs the famous alpine road Karakorum Highway, which runs through the pass of Kunjirab at an altitude of 4750 m. On its 1266km route there is very interesting Hunza Principality. If not trouble, and political uncertainty in Central Asian states, especially neighboring with Afghanistan, the crowds of trekkers would also visited the tour of Pamir and HinduKush.

From the Kazakh side many tourists venture in still virginal Tien-Shan Mountains. Less frequently visited are situated in Siberia, the Altai Mountains of Siberia, the highest peak of Bielucha 4506 m in Syberia. Russians arrive there most often. The same is true with other mountain ranges in Siberia. Most trekkers wander



Fig. 1 Region of Zermatt in the Alps (Switzerland), Source: photo made by Paweł Różycki

through the mountains lying near Lake Baikal and the Bajkalski Mountains in Sajon and their part - Chamar Daban mountains, located near the deepest lake in the world. Other Asian mountains are visited less frequently, of course, are a tasty morsel for seasoned trekkers, but so far there has not been developed trekking on a massive scale.

Trekking in Europe is traditionally cultivated mainly in the Alps. The abundance of trails, views and opportunities attract enthusiasts of this form of tourism from around the world. Alternative routes in pristine areas can be found in the Scandinavian Mountains, the Pyrenees, some parts of the Carpathians, as well as in Corsica and the Balkans. Before the Caucasus was on fire fighting, a lot of lovers of mountain expeditions chose the areas of Elbrus 5642 m, the highest peak of Europe (some geographers believe that the highest peak is Mount Blanc in the Alps with height of 4807 meters above sea level). North and South America abound in the many mountain ranges. The diversity of landscape and the vastness of the mountain ranges make the choice of courses quite huge. Highly recommended are tours in Chile, especially in the National Park Punta del Peine and Aconcagui region in Argentina. Moreover, there are many places in Peru, Bolivia, Venezuela and Ecuador, which can attract impressions thirsty tourists. The United States in the western part of the country have very many mountain hiking trails, some of the most beautiful landscapes offers Alaska. In Africa, the most interesting and accessible, what in this continent is not without significance, are the Atlas Mountains, especially in Morocco and the Drakensberg in South Africa. However, the most popular peak in Africa is Mount Kilimanjaro which is the highest peak and measures 5895 m. It is one of Tanzania's main tourist attractions. This volcano is also the highest freestanding mountain in the world, starting from base to the top. Low technical requirements attract trekkers of varying

advancement level of sophistication and preparation. The worth seeing is also the Upland Abisyńska in Ethiopia, which is called the 'Roof of Africa'. This region holds up to 80% of all the highest peaks in Africa. Wild, inaccessible regions with many cultural attractions are a real rarity for tourists. Extremely interesting mountain range is Simien which is inscribed on the UNESCO list. The diversity of mountain ranges, their uniqueness and exoticism create almost unlimited possibilities for exploration of still new destinations. Mountains are for enthusiast in sports, tourism and trekking in different geographical latitudes and they are perfect place to implement the most sublime passion as in the mountains there are combined the element of physical activity, sometimes even on the border of risk and passion for travel, sightseeing and exploring. Enjoying the beauty of the landscape may cause even the possibility to deepen their spirituality and interior life. The wealth of experience while doing even simple trips in mountain is unlimited; you can still discover new values, enrich your interior and see the value that cannot be seen in everyday life. Mircea Eliade points out even sacred nature, and considers human person by nature focused on the sacred and nature searching for it. Man finds hierophantic in all aspects of life, but especially sees it in nature. First of all, in the mountains, man feels closer to God. Thus while cultivating active tourism, overcoming difficult mountain paths people discover themselves, their weaknesses, analyze their own life. They sometimes take difficult decisions and in particular recognize the transcendent values (Eliade, 1996).

## **DESERT TREKKING**

Among the many kinds of trekking expeditions there are desert ones which are the most fascinating and yet the most difficult. The uniqueness of desert

exploration is caused on the one hand via unusual living conditions for the human functioning, on the other via great extreme experiences, which are the result of extremely harsh environmental conditions. The spell of desert is affected by the lack of water, surrounding sand, sometimes dry rocky hamads, unpredictable terrain, desert storms and searing heat. Those who have tasted such exploration, despite the harsh conditions, they miss this difficult and another world, where not only can 'find themselves' but also find meaning in life. By moving the Tuareg caravans, living among them man blends into desert life.

An additional problem which becomes significant is diurnal temperature variation, and even night-frosts. The day must secure the large amounts of water and carefully protect the body from the scorching sun. The desert can be traversed on foot, on skis or a car with four-wheel drive, but the tried and traditional way is to hike on a camel, which is called as 'desert ship'.

In Africa, the best areas for deserts trekkers are vast areas of the Sahara, the largest desert in the world. North African coast are visited by vast amount of tourists. Some of them are selected on optional, short trips into the desert, and then it is difficult to speak of typical sports - tourism exploring the difficult terrain. However, it may constitute a substitute, a foretaste of the great challenge of the desert environment. Both, in Tunisia, Egypt, Morocco and other countries, travel agencies organize various kinds and with varying degrees of difficulty escapades in the desert regions. One of the many interesting towns, situated in the edge of the desert is Zagora, lying in the east of the main chain of the High Atlas in Morocco. Many tourists reach there through a good asphalt road. However, the attention of almost every tourist attracts the information board that to the next town lying in south of Zagora are left 52 days of journey on a camel; this town is the famous commercial center of Timbuktu in Mali. Only such a trip allows people to understand what a

desert looks like, how the life in there, and what problems had residual people have to face in these areas for centuries. Difficult desert conditions learn humility, but also give the opportunity to learn about our own psyche, our own weaknesses. Exploring the nature and culture of people living and traveling in the Sahara are also invaluable intellectual wealth. In the south of the African continent the desert Namib attracts by its beauty which is considered the oldest desert in the world. Namibia's good infrastructure makes this country popular destination because of the other tourist attractions. Fortunately, there has not been developed mass tourism yet. Getting to the heart of the Namib Desert, with some of the highest dunes in the world is quite a challenge. Movement in a dry, sun-heated in the midst of sometimes thorny vegetation remains a lasting memory. Unlike to the other such sites in the world, it is located relatively close to the high level infrastructure that allows proper rest and recuperation. So this is not a typical desert trekking, which can be compared to sports exercise. However, it is accessible to tourists in almost all ages and with different physical condition. It is worth noting that the desert trekking is carried out very often in the form of short, even for a few hours in order to differentiate the stay of tourists. Long desert trekking are only for experienced tourists and are carried out relatively rarely and in small groups. However, this extreme form of contact with nature is perhaps still underestimated due to the considerable effort and multi-day struggle with burning sun and water shortages. Modern possibilities of supply and navigation capabilities make much easier to traverse through the desert. Sometimes the risks may be due to local conflicts and misunderstandings with the local population.

The other area of desert in Africa is the Kalahari Desert in Botswana, although with less landscapes than one might think. The most interesting areas of desert are in Asia on the Arabian Peninsula. Especially the



**Fig. 2** The Namib Desert in Namibia, Source: photo made by Paweł Różycki

desert Ar Rub al Chali in Saudi Arabia which may fascinate with wealthy of terrain. However, due to visa restrictions the widespread availability is limited. In Asia visited desert areas also are Takla Makan Desert in Kaszgarska Basin in China, considered the most difficult in the world. Some sources attempt to explain the name of ‘go and you will not come out’, although this term is probably exaggerated. Other places recommended to trekkers are the Gobi Desert between Mongolia and China and the Thar on the border of Pakistan and India. In Australia, areas which deserve attention are Gibson Desert, Great Sandy Desert and Great Victoria Desert. In the area of Chile in South America, the Atacama Desert is distinguished by the richness of natural and geological values. In North America, the areas which deserve attention are the Great Salt Desert, Sonoran Desert, Smoke Creek, Tule in Nevada, Amargosa and Mojave. Every continent, every desert area is really unique and it is difficult to clearly define where lays the dissimilarity, everything from the landscape by the climate, the animals and vegetation in the desert is fascinating.

## **TROPICAL TREKKING**

This form of tourism is practiced in equatorial climates, which is not friendly for everyone. However, on the other hand it creates ideal conditions for the development of the world's plants and animals. There are no seasons here; the air is moist all the time because the ponds, marshes and forests evaporate intensively all the time. Owing to such phenomena the average air temperature for all months are maintained at the same level. Diurnal temperature amplitudes are also negligible, usually at noon, when the sun is highest above the horizon, the heat becomes unbearable hard. In the afternoon there are storms, and there begins regular tropical downpour. After six o'clock the dusk falls very quickly and it gets completely dark.

Trees in the tropics zone usually create three layers. The highest layer creates, a single giant s sometimes reaching over 60 meters. The second layers are the trees which crowns reach up to 40 meters. The lowest layer is created by young trees with a height of several meters. There is competition among them, only after the collapse of an old tree, light reaches them



Fig. 3. Tropical forests in the Amazon (Brazil), Source: photo Paweł Różycki

and they can take the place of old trees. Stems are usually slender, and crowns relatively small, but densely leafy. There are many shade-loving ferns, which sometimes reach several meters in height. Ferns look completely different in New Zealand, where powerful fern forests resemble dinosaur age. In New Zealand, although it is no longer a region of tropical forests there are the highest in the world, exuberant fern forests.

Equally surprising is the richness of animals, which reproduce virtually all year round. Many species have a particularly impressive size. Among these animals we may distinguish insects, especially butterflies. There are many species of amphibians, reptiles, but the largest group stand insects. There are also large mammals, although already a few gorillas and predators, including jaguars and leopards. The upper branches of trees are inhabited by numerous birds and monkeys, which feed on fruits, flowers and young shoots.

This form of trekking deters many potential enthusiast of jungle and life reach in flora and fauna of rainforests. The reasons for this state of affairs are numerous tropical diseases, threatening

tourists with death toll of malaria. Areas of occurrence of the rain forests are the malarial zone and, although not everywhere there are outbreaks of disease, it remains a potential threat. Pharmacological securities are not sufficient and after the bite of infected mosquitoes may appear symptoms of the disease. So far, vaccine against malaria has not been invented. Those who opt for trekking in the jungle and will be absorbed by the green of the surrounding forest cannot recover from the overwhelming majesty of nature. Expedition into the jungle remains for a long time in memory. There live not only plants; the whole forest is alive, echoed by many voices of various animal species. Penetrating the thicket of tropics with a machete it is advisable to use caution and pay attention to even the smallest animals, but also to plants such as palms and spiky. Life in the jungle is not easy, but in these hardships you may find the size of the natural world and its importance in the life of the planet. Remember that stressful situations impede rational decision making, the threat can be a pain, fear, loneliness, thirst, hunger, heat, humidity and normal strain (Różycki, Tropical Trekking - organization and methodology of events,

2009). When going into the jungle it is necessary to take: hammock, tropical sleeping bag, mosquito net, a means of disinfecting water, string to tie the hammock and the necessary medicines for malaria (Pawlikowska, 2007). In fact, what most frightens the tropical trekking tourist are variety of tropical diseases. In many scientific publications, guides and handbooks which describe travel conditions in the tropics, man may find much information on various descriptions of symptoms, often of rare diseases. It is impossible to mention at this point and describe all their symptoms.

For tourists the knowledge of potential hazards is essential. Often, very accurate information discourages tourists to explore the beautiful areas of tropical forests. Diseases actually happen, the threat is real, but of course do not occur on a massive scale. In order to not cite all of examples of tropical diseases and to name only those that could cause the majority of health problems. The most dangerous is malaria causing the most cases among the inhabitants of the tropics. Others include Ebola, Lassa, Marburg, West Nile. Serious is the yellow fever, jaundice, African sleeping sickness, tetanus, cholera, Lyme disease, Japanese encephalitis and travel diarrhea. Many tourists before they go on journey in tropical regions try to vaccinate at least against certain diseases. A kind of fear psychosis against the disease causes that they sometimes spend on a vaccination considerable sum of money.

The most attractive areas for trekking are the tropical forests of Amazonia and the one in Brazil, as well as in Peru, Colombia, Venezuela, Guyana and Suriname. In the countries of Central America can be also found rainforests preserved in its original form. Amazing impressive jungle of Equatorial Africa. Here, you may find apart from the obvious advantages of the natural delights of the world the mystery of the lost villages and restless people leading the war for years. Even though conflicts die they still lurk between tribes and no one knows

when the war breaks out again. This happens for many years in the area from West Africa at its eastern coast. Recently Nigeria has become such a dangerous country for tourists, where at the end of 2011 there have been attacks on religious grounds. Persecution of Christians also poses a danger to potential tourists. Events publicized in the media around the world are able to effectively deter even the least frightened trekkers and travelers. Thus, despite the many attractions, some African areas also pose a barrier for political reasons which is not to break. Excellent tropical areas are also the world's largest archipelagos of Indonesia, Malaysia, the Philippines and the countries of Indochina Peninsula. The island of Borneo, Sumatra and New Guinea are a paradise for trekking expeditions. Another advantage of these places is very interesting culture and traditions of the local population. On the Indonesian island of Celebes (Sulawesi) one may observe extremely interesting funeral rites of Toraja. As one of the few ethnic groups in the world they have celebrated the burial of ancestors in a ritual way for generations. Tourists arriving there, not always with a passion for trekking practice however, there are areas particularly suited to this form. Similarly to other types of trekking it connects the nature of the cognitive elements with the nature of extreme sport. The exploration itself and the desire to overcome the tropics are often doomed to failure due to immense forces of nature. Therefore, the best way to traverse the jungle is admiring its unique beauty of nature is in line with the sporting approach to some kind of attempt to overcome the vastness of nature. Of course not about to struggle with nature, but to face the force of nature.

## GLACIAL TREKKING

This form of tourism is carried out in extremely dangerous, treacherous terrain. Glacial areas usually occur in the polar





**Fig. 4** Equatorial forests maps, areas where you can go trekking in particular tropical (Lasy deszczowe mapa, 2014)

areas and high mountains of all climatic zones. Glaciers are formed from accumulating snow, which under the influence of low temperature, high humidity conditions and under the pressure of successive layers of snow, decreases in volume, partially crystallized and slowly transforms first into firn and then ice. The terrain usually favors the accumulation of large amounts of snow, lack of sunlight, which would melt the snow. Low temperatures also do not conduct to melting. In the high-altitude glaciers often descend to sea level. To the formation of glaciers contribute mostly flat and domed peaks and gentle valleys. Places of snow accumulation and ice formation are called firn field. Glaciers are constantly moving or begin to move, when the thickness of the accumulated ice starts to exceed a certain critical value. Exerted pressure causes the glacier becomes plastic and begins to flow. Glacial speed, depending on altitude, latitude, and the thickness is sometimes varied. The upper layers of ice are moving much faster than the lower ones. Between the glacier and the substrate there is produced friction, which increases the amount of water between the two layers. Glacier flows in a form of tongues and using various types of valleys. Glacier may be able to 'stop' and it happens when the supply of new ice is balanced by losses caused by melting (ablation). If the ice growth is larger there may be observed the

glacial transgression. However, in situations where glacial coverage caused by the dominance of ablation increases it causes the regression of the glacier. Tourists usually penetrate the mountain glaciers in the upper parts of the glacial where cirques are formed, from which flowing glaciers form carve U - shaped glacial valley. Deposited material is carried in the form of moraines. In some mountains glaciers take different colors due to carried on, it sometimes recall the rock of a gray tint. But there are also beautiful white and blue colours which on particularly encourage trekking up on a massive scale.

Like the classic trekking it is also practiced mostly in the mountains. As the name indicates the glaciers that cover the mountain tops of their caps. Navigating on the glacier is much more difficult, require specialized equipment, maintain attention and consideration. Please note that the glaciers are constantly in motion, especially in the high mountains, where the insolation is high, the glaciers melt during the day filling the mountain valleys' trough with water. In some mountain ranges there are organized professionally prepared by the guides trekking events. Examples may include tours to the Alps in the region of Chamonix, Scandinavian Mountains with glaciers Svartisen, Jotunhaimen and Jostedalbree or in a remote New Zealand's Fox Glacier. There, after renting the equipment one may participate in well



Fig. 5. Aletsch Glacier (Switzerland), Source: photo made by Paweł Różycki

prepared adventure on the glacier. There are places where with a use of a helicopter one lands on top of the glacier.

There are also organized trips to the glacier face, the most interesting trips are observed in Chile in the area of the Balmaceda, Serrano and Grey Glaciers, as well as in Argentina and Alaska, where you can sail by the ship. Alpine glaciers provide an unforgettable experience, where the trekking is not only fashionable but also very well developed skiing. Of course you can practice glacier trekking in all the

highest mountains in the world, and almost the whole area of Antarctica.

### **POLAR TREKKING**

This form of tourism, it is possible to practice in high latitudes, it can be assumed that beyond the north and southern Arctic Circle, and therefore in the Antarctic but most of trekkers go to the north of the globe. The most popular, thus relatively inexpensive areas are regions of northern



Fig. 6 Glacier Serrano (Chile), Source: photo made by Paweł Różycki



Fig. 7 Polar regions, northern Siberia, Source: photo made by Paweł Różycki

Scandinavia and the Kola Peninsula of Spitsbergen, Russia with Franz Josef Land, as well as Alaska, northern Canada and Greenland. The most attractive are the expeditions to the poles, but at the same time very expensive, so not everyone could afford it. An additional attraction of winter travel in the vicinity of the poles is the phenomenon of the aurora borealis, thus a glow of positively charged dust particles of solar, collected nearby the magnetic poles of the earth. Watching colourful drapes wandering in starry, frosty sky is a unique addition to the extensive travelling. Polar areas it is the best to traverse with the use of dog-sled, but you can also trace skiing. Hike is strenuous and in some areas almost impossible. The most annoying for trekkers in polar conditions are frost and wind, which enhances the feeling of cold. Particularly important is the polar equipment. Excellent contemporary clothing ensures comfort, even in strong winds and frost. Always remember to protect part of body, even these which are exposed for a short time. Frostbite can be an unpleasant reminder of the extreme polar and costly expedition. Tourists traveling in the organized groups, under the polar

guides employed by travel agency guaranteeing at least a minimum of care and concern for the health and safety of trekkers.

### **RIVER TREKKING**

This form is also known as rafting, practiced in raging rivers, in an attractive natural environment. Particular attention is paid to scenery and spectacular attractions in the vicinity such as waterfalls, cascades, interesting rock formations. Rafting is practiced usually on pontoons or rafts across wide rivers, pouring over a wide area. Good examples are the Siberian Rivers such as Lena, Yenisei, Ob and Irtysh. River trekking is usually short, we talk about pontoon, sometimes risky rafting. For tourists who turn into trekkers it is sufficient just hour or even a few minutes to taste the incredible experience in surf and face the element. River trekking is organized in various parts of the world sometimes in the area of a typical holiday regions such as Turkish Riviera or in France. They are also less accessible places, such as the Zambezi River near Victoria



**Fig. 8** River trekking nearby Iguazú Waterfalls(Argentina), Source: photo made by Paweł Różycki

Falls on the border of Zambia and Zimbabwe, and many rivers of New Zealand. With the world's greatest waterfalls Iguazú on the border of Argentina and Brazil, tourists can experience the sensation typical of trekking, watching the streams of water pouring sometimes right on the head. Fast boats give a lift for tourists to the heart of the waterfalls. All, even short trips cannot be overestimated, and they remain in the memory of each visitor as one of the biggest attractions of the holiday.

### **SWAMP TREKKING**

It can be regarded as a survival school or college experience. Some compounds are also evident for Survival. Like a river trekking are usually relatively short trip, sometimes a few hours or half-day. Trekkers are equipped with the poles and usually wander through the wet area accompanied by experienced guide. Crossing the isolated wet lands is particularly dangerous, in that case you should carefully look for solid clumps of grass, all the time the area has to be examined by a pole or stick.

Boggy place needs to be run or jumped (McManners, 1995). If trekkers decide to stay in this environment much longer, it takes the form of school survival. Most long-term events are held in distant locations such as the Amazon or Siberia. Short escapades are available in Europe, in Poland, even in the Biebrza Marshes. Excellent sites in Europe has Finland. One of the most interesting places is the Urho Kekkonen National Park in northern Finland. In addition to slushy environment, the main difficulty for the expedition participants are typically plague of mosquitoes. During the short Scandinavian years swarms of mosquitoes in a unique way make life difficult. In addition to the wetland's surface insects make life difficult for most adventurers. Currently there is used a lot of chemicals to combat mosquitoes. However, it is impossible to completely eliminate a troublesome threat. It seems that a good way proven by trekkers is relatively fast walking, such a way of movement reduces the risk of mosquito bites. The recommended way to protect yourself from mosquitoes is also a mosquito net worn on the head. This method is also practiced in the tropical trekking and in the different regions of the

world where not only mosquitoes, but also troublesome flies impede exploration of land. This happens, for example, in the heart of Australia's near famous Ayers Rock and Kata Tjuta, where very many tourists arrive. Trekking in the swamp is not very popular form of tourism, however, provides extremely unusual sensations, and lined with it a large dose of adrenaline, especially in unfamiliar territory. A major threat to tourists unfamiliar with the area may be not only those connected typically with marsh, but also muddy, waterlogged after heavy rains or muddy slides descent. It is a huge threat as it sometimes takes and destroys roads, cuts off inhabited areas from the world. This type of place you can meet, inter alia, in the Philippines and Indonesia. In Papua which is the Indonesian part of New Guinea, where live among other very exotic for tourists Dani tribes, mudslide cut off there several villages from the world. Tourists can use roads known only to local people, wandering through such dangerous area without local guides can expose the unprepared tourists, even to death. It is obvious that traveling at such extreme conditions is always dangerous, but there

always remain reason and experience, which absolutely must be used and not pursue their own purposes at any price. Each continent has marshy areas. Excellent and in the same time extremely difficult areas of this type occur in South America. The exploring of the Amazon is often regarded as a typical tropical trekking this is due to the climate and luxuriant vegetation. In Africa, very interesting area are the Okavango swamps lying in Botswana region. This is the largest inland delta in the world. There were prepared an interesting tourist product for tourists arriving for the cognitive purposes from all over the world. The overcoming of backwaters is connected with exploring the nature, both the world of plants and animals. Okavango owing to numerous television programs is one of the most popular areas of this kind in the world. Visitors can find small boats, called 'Mokoro', usually in addition to the guide they can take two more people. Several hours of poring through the reeds in connection with sightseeing and trekking on small islands provide the participants an unforgettable experience. Natural



Fig. 9 Mudslide on the island of New Guinea (the Indonesian part). Source: photo made by Paweł Różycki

surroundings, the heat pouring from the sky and the damp ground provide unforgettable adventure. Therefore, even a few hours cruise on the Okavango swamps, is a fascinating experience. European wetlands, especially those situated in national parks are usually well marked and encourage wandering even not fully skilled tourists. Whether the tourists will be willing to undertake the challenge of overcoming the swamps and wetlands, despite the many dangers that remain only in the imagination, providing the security conditions will be ensured almost on one hundred percent depend on tour organizer and well-developed tourism product.

### **VOLCANIC TREKKING**

Navigating through the volcanoes, especially active, requires exceptional courage and skill. Experience plays here a great role. Volcano trekking can be divided into two following those which are extinct and separately the active ones. The first type is very similar to the classic trekking as volcanic cones usually remind mountains. However, the specificity and origin of these peaks is different and the experience from these hikes has a different weight. The most interesting volcanic areas stretch in the so-called fire ring from the North Pacific by the Kamchatka, Japan, and Indonesia to the New Zealand. Everywhere one can find active or extinct, towering volcanic cones. Frequently, most of them remain extinct and you never know which one and when she wakes up. Similar attractions can be found in Africa in the Great Rift Valley. The Andes are also studded with numerous volcanoes. In Europe, countries in which you can practice this type of trekking are mainly Iceland and Italy, with Mount Etna and the Aeolian Islands. The variety of attractions which can be seen owing to trekkers cause that it can be perceived as one of the most attractive forms of active tourism in the modern world so looking for news. Among

the many types of tourism it is also very popular, and perhaps if not certain requirements and risks it would transform into the area of tourism, which would generate substantial profits, even in the whole world, not just in the selected region. Exploration of active volcanoes, is a kind of sport, it is not that the truth about the rivalry, but triggering a specific dose of adrenaline. A certain degree of risk that accompanies some forms of sport is no strange on the trekking trails around and on the same volcanoes.

Many trekking events on active volcanoes are held after dark as then there is a wide range of colors, fire and thrown out ashes, it is very attractive for spectators. Even just walking on volcanoes does not make so much satisfaction as just admiring the beauty and contrast of light, fire, ash and lava ejected from the craters of volcanoes. Several extinct volcanoes in the world are a great place to combine volcanic trekking and typical mountain trekking, which is classical. Extremely popular among trekkers, sportsmen and tourists is the highest mountain in Africa, Mount Kilimanjaro with a height of 5895 meters above sea level. At the same time it constitutes one of the most important tourist attractions of Tanzania. This is the highest freestanding mountain in the world, from base to the top. It is also one of the highest volcanoes in the world. All these make that follow there tourists 'pilgrimage' avid for challenges and views. Another advantage is the fascinating nature. Overcoming of Kilimanjaro is similar to the crossing through all climate zones from the equator to the pole. Tourist while entering the Kilimanjaro National Park stands like at the equator in the tropics, reaching the summit is like crossing the arctic zone in the vicinity of the poles of the earth. And though the ice on top of the crater is melting from year to year more and more, it still leaves a feeling of overcoming the passage similar to the journey from the equator to pole. How do scientists predict probably in a few decades, perhaps even



**Fig. 10** Pico del Teide Volcano (3718 m.), Canary Islands, Tenerife (Spain), Source: photo made by Paweł Różycki

earlier snow and ice will disappear from the top of the highest peak in Africa. With the present anomalies of weather and climate, different variants are possible. Another equally interesting volcano rising above the mountain range is Mount Elbrus in the Caucasus. It reaches 5642 height m above sea-level. The whole upper part of the former volcano is covered by a glacier. As in the case of Kilimanjaro, where in good weather from the summit it offers a magnificent panorama of vast areas of both Kenya and Tanzania, as in the case of Elbrus peaks of almost the entire chain of the Caucasus grow over the sea of clouds and mists. View from the top is impressive, different from the Alps or even from the Himalayas and Karakorum, where many peaks are of the same height and their majesty do not make so great impression. An additional advantage of the highest peak and the volcano in the Caucasus is the geotouristic value. It is scientific discipline which is increasingly fashionable, but it also stands a form of tourism which encourages enthusiasts to explore the

geology of these areas. Volcanic tuff emerges from Elbrus glaciers, in some places there are still gaps, from which volcanic gas escapes. All this makes the volcanic, glacial and classical trekking come together here in this place on the border between Europe and Asia. The problems which often appear during the trekking and sportive competitive tops reaching are political realities and local conflicts which are located in many parts of the world and make difficult to meet tourist and sports objectives.

## CONCLUSION

Organization of each of trips whether of adventure, sport or scientific character demands the utmost conscientiousness, precise objectives, choose the best equipment and apparel. The vital meaning has the selection of the season, although weather anomalies in recent years affect the lack of predictability of the best weather conditions. For individual trips, without the

help of local people well familiar with the area, it is necessary to determine the exact route and alternative routes in case of unforeseen circumstances. An important role play properly composed diet and food selection. We need to remember about preparation of adequate supply of potable water, without which operating in extreme conditions, has no reason. Do not leave anything to chance, otherwise, every mistake can be very expensive. Organizing trekking expedition one should possess above all the imagination and be able to anticipate situations that cause concern. Comprehensive knowledge of geography, climate, social and even political conditions substantially affect the implementation of events in the difficult, often inaccessible terrain. For many years the most famous explorers paid attention to precisely prepared expedition. Alexander von Humboldt had a remarkable talent for organization, among others, considered as the father of modern geography. Almost with the pedantry paid attention to all details of the project. Perhaps due to this approach he has achieved so much in the field of science and in the field of discovery (Palkiewicz, 2006).

The success of the expedition or even ordinary commercial trekking depends in large part on the selection of participants. During the hardships of travel and movement in extreme conditions the extremely important is the character and personality of each participant of the expedition. Lack of privacy and the possibility of acting out in loneliness cause discover of own weaknesses. Then you can see what people are really what is hidden in them and how they can respond. Theatrical behaviors that are common in a comfortable home surrounding are not sustainable and can be quickly unmasked. Fear, discomfort, sleep deprivation, isolation from a secure environment, tension and stress aggravate and expose the true face of man. Survival and trekking tours troubles are a great area to meet people. At the end of an extreme expedition it is possible to judge whether

people are suitable for this type of similar expeditions. Whether, they should take part in the next trekking expedition. During this type of exploration new friendships lasting for many years are born. People who understand each other and are complement during the trekking organize and arrange their next trip. Repeatedly trekkers who are 'checked' in extreme conditions become close to each other. People sharing the same passions and coping in a similar way with difficult trekking routes are close enough to each other, in such way they may form marriages implementing the same idea to life.

Trekking is undoubtedly a phenomenon of the turn of the XX and XXI century. More and more people are looking for new destinations, seeking contact with nature in many extreme situations which at the same time allow checking themselves.

## REFERENCES

- Baumann, B. and Siller, T.** (1996) *Trekking*. Znak, Kraków.
- Buckley, R.** (2006) *Adventure tourism*. Biddles Ltd, UK, 515 p.
- Eliade, M.** (1996) *Sacrum i profanum*. Wydawnictwo KR, Warszawa.
- Erfurt-Cooper P.** (2011) *Geotourism in Volcanic and Geothermal Environments: Playing with Fire? Geoheritage*, vol. 3, issue 3, pp. 187-193. doi: 10.1007/s12371-010-0025-6
- Gyimóthy, S. and Mykletun, R. J.** (2004) *Play in adventure tourism: The Case of Arctic Trekking*. *Annals of Tourism Research*, vol. 31, nr. 4, 855-878.
- Hall, C. and Weiler, B., eds.** (1992) *Special Interest Tourism*. Belhaven, London.
- Hike Nepal**, available at: <http://www.hikenepal.com/trekking/history.php> (25. January 2014)
- Hose, T. A.** (1995) *Geotourism and interpretation*. In: *Dowling R. K. and Newsome D. (eds.) (2005) Geotourism*. Elsevier Butterworth-Heinemann, Oxford, 221-241.
- Lasy desczowe mapa**, available at: <http://blackbrother.cba.pl/Lasy%20desczowe%20mapa.JPG> (15. February 2014)
- McManners, H.** (1995) *Z plecakiem przez świat*. ABC trekkingu. Galaktyka, Łódź.
- Newsome, D. and Dowling, R. K.** (2005) *The scope and nature of geotourism*. In: *Dowling R. K. and*



- Newsome D. (eds.) (2005) Geotourism.* Elsevier Butterworth-Heinemann, Oxford, 3-25.
- Oxford English Dictionary** (1989) Michael Proffitt, UK. 22 000 p.
- Palkiewicz, J.** (2006) *Pasja życia.* Zyska i S-ka, Poznań.
- Pawlikowska, B.** (2007) *Poradnik globtrotera czyli Blondynka w podróży.* National Geographic, Warszawa.
- Różycki, P.** (2009) *Zarys wiedzy o turystyce.* Proksenia, Kraków.
- Różycki, P.** (2009) *Trekking tropikalny – organizacja i metodyka prowadzenia imprez (w) Survival w teorii i praktyce (red.) Bergier J., Sroka M., PWSZ im. Papieża Jana Pawła II w Białej Podlaskiej.*
- Rybár P., Molokáč M., Hvizdák L., Štrba E.** and **Böhm J.** (2012) Territory of Eastern Slovakia - area of mining heritage of mediaeval mining. *Acta Geoturistica*, vol. 3, nr. 2, pp. 29-35.
- Schejbal C.** (2011) Possibilities of using abandoned mining sites in tourism. *Acta Geoturistica*, vol. 2, nr. 2, pp. 17-25.
- Słomka, T. and Kicińska-Świdorska, A.** (2004) *Geoturystyka - podstawowe pojęcia.* *Geoturystyka*, 1, 5-7.
- Timčák G.M. and Vizi L.** (2010) Organic climbing, surveying and exploring terrain fit for climbing and the subjective experience of climbing. *Acta Geoturistica*, vol. 1, nr. 1, pp. 25-39.
- Weber, K.** (2001) Outdoor Adventure Tourism: A Review of Research Approaches. *Annals of Tourism Research* 28, 360–377.