



ADVENTURE TOURISM

Week 2

LECTURE NOTES

Adventure travel is a type of tourism, involving exploration or travel to remote, exotic and possibly hostile areas. Adventure tourism is rapidly growing in popularity, as tourists seek different kinds of vacations. According to the U.S. based Adventure Travel Trade Association, adventure travel may be any tourist activity, including two of the following three components: **a physical activity, a cultural exchange or interaction and engagement with nature.**



Adventure tourism gains much of its excitement by allowing its participants to step outside of their comfort zone. This may be from experiencing culture shock or through the performance of acts, which require significant effort and involve some degree of risk (real or perceived) and/or physical danger. This may include activities such as mountaineering, trekking, bungee jumping, mountain biking, rafting, zip-lining, paragliding, and Rock climbing.

TYPES OF ADVENTURE TOURISM

Accessible tourism straddles the line between hard and soft adventure tourism, providing excursions for the mobility challenged that can take the form of cultural exploration and extreme activities such as bungee jumping or water rafting. Accessible tourism is a growing industry that seeks to provide individual with barrier to mobility a personally rewarding adrenaline inducing adventure experience that might otherwise be out of reach. Several companies dedicated to accessible tourism have recently opened providing those with disabilities a fully personalized adventure tourism package with specialized equipment and training.



Thrill tourism is the best known type of hard adventure tourism. □ Bungee jumping, mountaineering, parasailing, base jumping, rock climbing all are popular forms of thrill tourism but anything that incites an adrenaline rush and a sense of danger applies. □ This type of adventure tourism is generally done through an established company that provides appropriate safety and training, since most thrill tourism activities are extremely risky.



Ethno tourism is a form of soft tourism that brings participants into contact with culture and diverse people around the globe.□ It involves long treks into undeveloped areas. Ethno tourism does involve a certain amount of risk, but reputed ethno tourism companies take these considerations into account to ameliorate risk factors, such as exposure to disease social or political upheaval, food safety issues and physical demand.



□ Mountaineering □ Trekking □ Bungee jumping □ Rafting □
Rock climbing □ Rappelling □ Paragliding

□ Mountaineering or mountain climbing is the sport, hobby or profession of hiking, skiing and climbing mountains. While mountaineering began as attempts to reach the highest point of unclimbed big mountains.



It has branched into a specialization that addresses different aspects of the mountain and consists of two areas: rock craft, snow craft; depending on weather the route chosen is over rock, snow or ice, all require experience, athletic ability, and technical knowledge to maintain safety. Destinations: □ 1. Mount Everest □ 2. K2, 3. Mount Kailash, □ 4. Mount Kinabalu, □ 5. Mount Huang □ Nepal China, Pakistan Tibet Borneo China



Trekking is an activity in which people take multi-day hiking trips through rural, often rugged territory. Many people who are trekkers engage in longer trips through entire regions of the world, using trekking as a way of getting from place to place. It also can be incorporated with other outdoor sports, such as rock climbing or backpacking. Destinations: GR 20 Inca Trail Pays Dogon Everest Base Camp Indian Himalayas France Peru Mali Nepal India



Rafting or white water rafting is a challenging recreational outdoor activity using an inflatable raft to navigate a river or other bodies of water. This is usually done on white water or different degrees of rough water, in order to thrill and excite the raft passengers. The development of this activity as a leisure sport has become popular since the mid-1970s. It is considered an extreme sport, as it can be dangerous. □ Alsek and Tatshenshini Rivers □ Magpie River □ Middle Fork, Salmon River □ Río Upano □ Futaleufú River Alaska/Canada Canada Idaho Ecuador Chile



Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre-defined route without falling. Rock climbing competitions have objectives of completing the route in the quickest possible time or the farthest along an increasingly difficult route.



Rock climbing is similar to scrambling (another activity involving the scaling of hills and similar formations), but climbing is generally differentiated by its sustained use of hands to support the climber's weight as well as to provide balance. Destinations □ Mount Roraima □ Venezuela Grampians National Park

□ Australia Canyon de Chelly □ National Monument USA □ Cordillera del Paine Chile Meteora Greece



□ Rappelling is the controlled descent down a rock face using a rope, climbers use this technique when a cliff or slope is too steep and/or dangerous to descend without protection. □ Rope access technicians also use this as a method to access difficult to reach areas at height for various industrial applications like maintenance, construction, inspection and welding. Destinations □ Northeastern USA □ Japan □ Tajikistan □ Porto □ Lesotho Portugal

CONCLUSION

Adventure tourism means different things to different people. The Activity can vary depending on experience and extremity; however it must be classified as having some risk or taking the individual out of its comfort zone in order to be classified as adventure tourism.

REFERENCES

American Adventure Travel Trade Association (2005)

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