



Outdoor Recreation and Sports in Nature – Friend or Foe? A literature review

Popularity is increasing – reflection is needed

4th Euromet Sport and Nature
Conference, La Seu De Urgell,
September 2017

Lisbeth Kronsted Lund

Lake Tekapu NZ, 2014, Private Photo.

Background

Popularity of outdoor recreation and adventure tourism in Europe, with increasing..

- demand of natural recreational areas, management and planning
- evidence supporting the wellbeing and public health benefits of natural environments

But at the same time..

- concern of protecting landscapes from degradation, 'over-usage' and undesirable mass-tourism

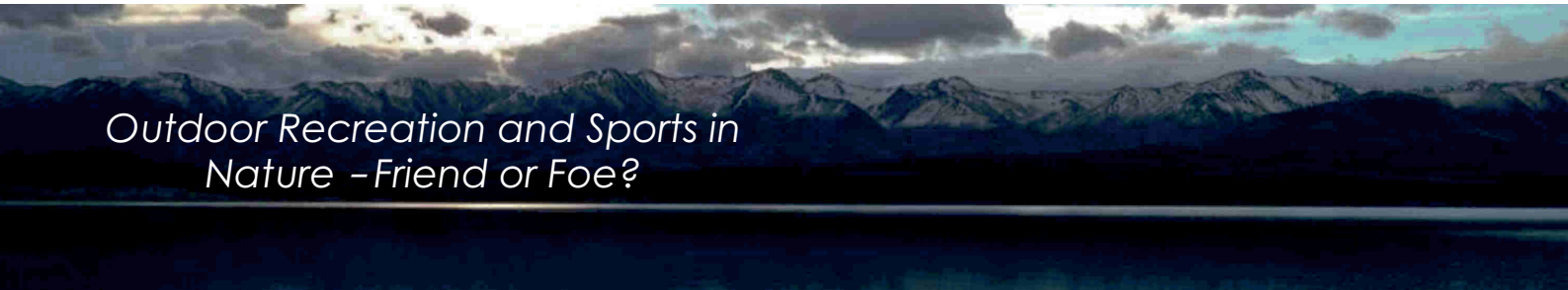
Bell et al. (2007). Outdoor recreation and nature tourism: A European perspective. *Living Reviews in Landscape Research*, 1(2), 1–46.



Photo from web

Main Question:

Should Outdoor Sports development be facilitated, due to the related health benefits or prohibited in concern of the environment?



*Outdoor Recreation and Sports in
Nature – Friend or Foe?*

Aim of presentation:

- Stimulate reflection of how nature is being used and with what arguments outdoor sports and recreation are validated
- Outline Friend – Foe aspects to provide a better understanding for management and policy-makers

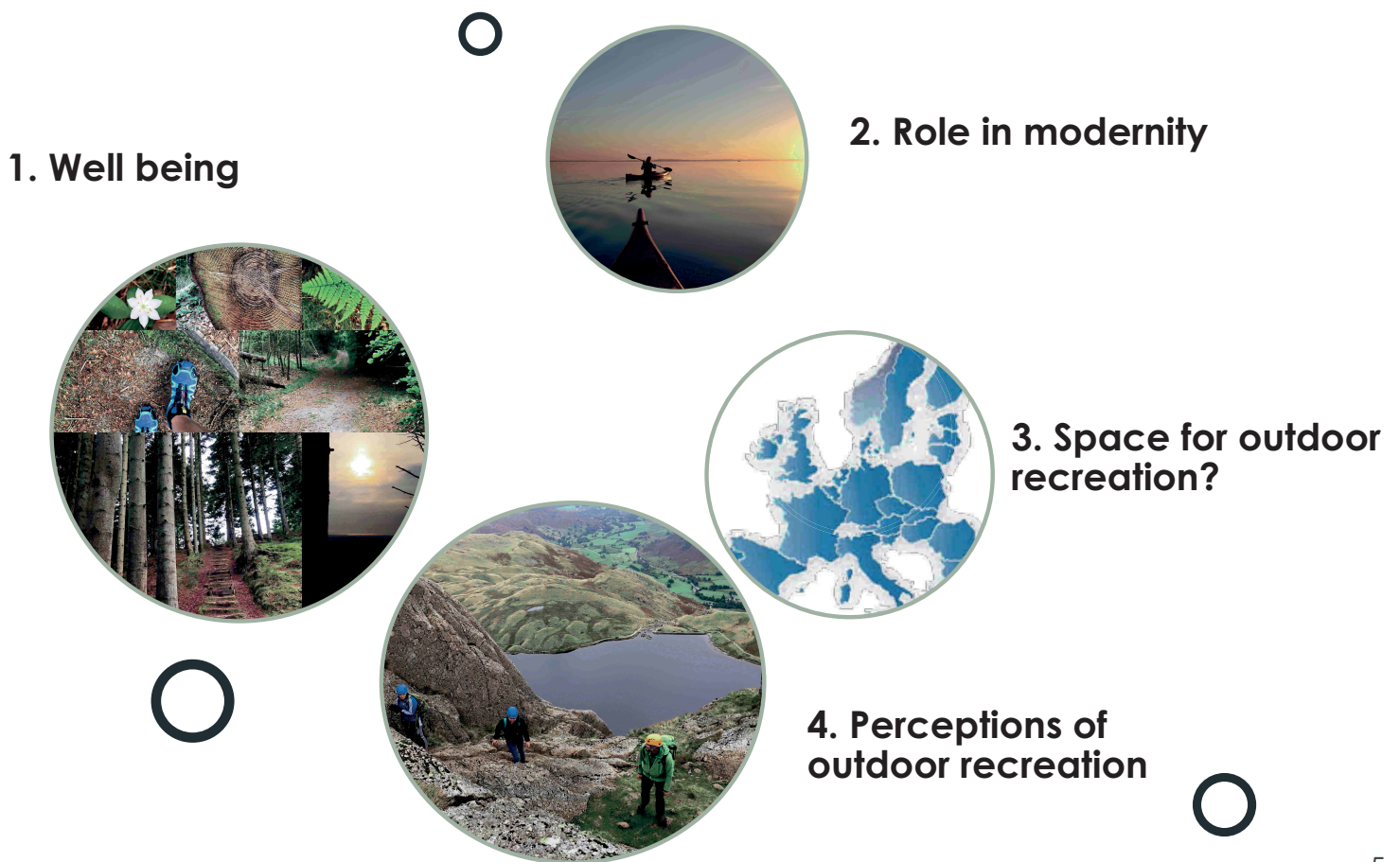
Literature Review

- Peer reviewed journal articles ranging from 1977 – 2016. Contemporary literature and research articles accounting for the majority

Terminology:

- Outdoor Sports, Outdoor Recreation, Adventure Activities, Extreme Sports, Nature Sports – Which are used?

Overview - Outdoor Recreation and Sports in Nature



1. Natural environments and human well being

- **Outdoor recreation activities sustain wellbeing and health – what is the research?**
 - **Additional mental health benefits** in comparison to indoor environments
 - **'Green space'** and **'Green Exercise'**
 - **Quality of life, improved wellbeing, stress relief**
 - A **'synergetic health effect'** of physical and mental health parameters in outdoor recreation

References provided upon request



Lisbeth Kronsted Lund, 4th Euro'meet Sport and Nature Conference.

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2. The role of adventure sports and tourism in modernity

- **Increasing health challenges in European context**

WHO Regional Office for Europe. (2013). Health 2020: A European Policy Framework and Strategy for the 21st Century, 190.

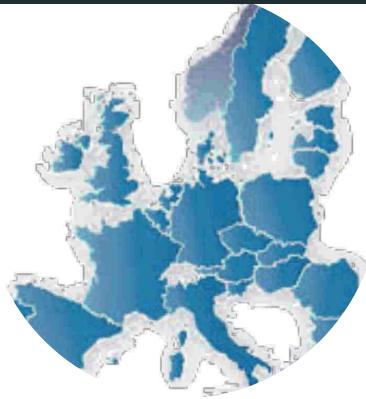
- **Natural recreational spaces and/or better public access improve wellbeing**

Abraham et al.. (2010). Landscape and well-being: a scoping study on the health-promoting impact of outdoor environments. *International Journal of Public Health*, 55(1), 59–69.

- **Natural environments impact people's outdoor recreation and physical activity participation**

Andkjær, S., & Arvidsen, J. (2015). Places for active outdoor recreation - A scoping review. *Journal of Outdoor Recreation and Tourism*, 12, 25–46.

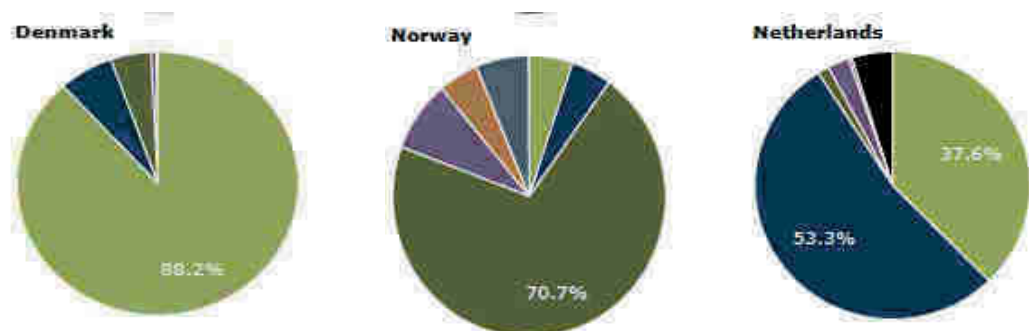
3. Space for Outdoor Recreation? European landscape policies



Conflicting use of land and space in Europe is a fundamental issue

"Tensions are rising almost everywhere as society's needs for both resources and space, conflict with the capacity of the land to support and absorb these needs"

Where is space for outdoor recreation positioned on the list of European societies priorities?



European Environment Agency (EEA) report on 'Land use' (EEA, 2008, p. 5)

4. Perceptions of outdoor recreation

- **A 'consumption of natural environments'?**

Urry, J. (1992). The Tourist Gaze " Revisited ": The Concept of The Gaze of the Tourist. *The American Behavioral Scientist*, Sage Publications, Inc. 1992, 36 Nov/Dec(2), 172–186.

Pomfret, G., & Bramwell, B. (2014). The characteristics and motivational decisions of outdoor adventure tourists: a review and analysis. *Current Issues in Tourism*, 3500(January 2015), 1–32.

- **'Extreme sports' causing over-usage of landscapes?**

Burgin, S., & Hardiman, N. (2012). Extreme sports in natural areas: looming disaster or a catalyst for a paradigm shift in land use planning? *Journal of Environmental Planning and Management*, 55(7), 921–940.

- **The 'use of nature' as 'thrill-scapes'**

Gyimthy, S., et al. (2015). Popculture tourism. In *Tourism Research Frontiers: Beyond the Boundaries of Knowledge* (Tourism So, pp. 13–26). Emerald Group Publishing Limited.



Private Photo



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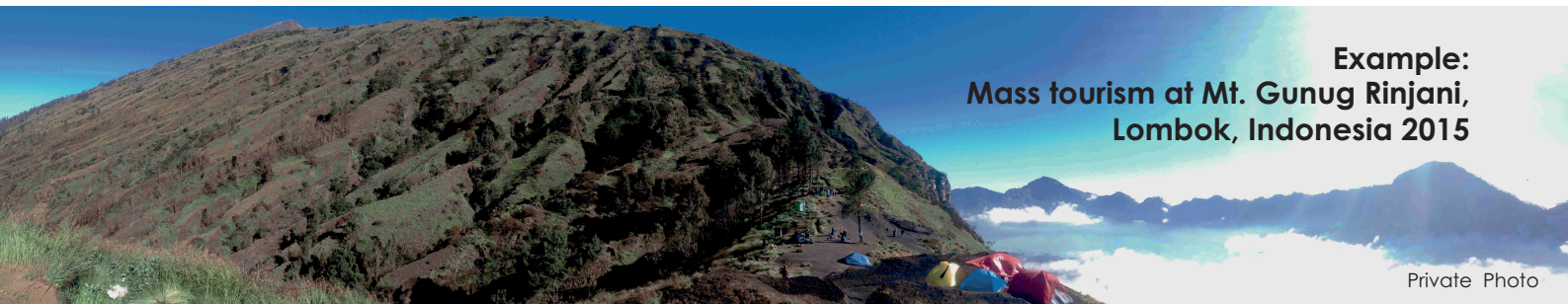
Kayaking? Which one is more accepted by society?

Outdoor recreation and the environment

- **Mass-tourism and 'over-usage' (miss management)**

Redpath et al. (2013). Understanding and managing conservation conflicts. *Trends in Ecology & Evolution*, 28(2), 100–109.

Fennell, D., & Dowling, R. (2003). *Ecotourism Policy and Planning*. Wallingford: Wallingford: CAB International.



Example:
Mass tourism at Mt. Gunung Rinjani,
Lombok, Indonesia 2015

Private Photo

- **Outdoor experiences and sustainability (awareness)**

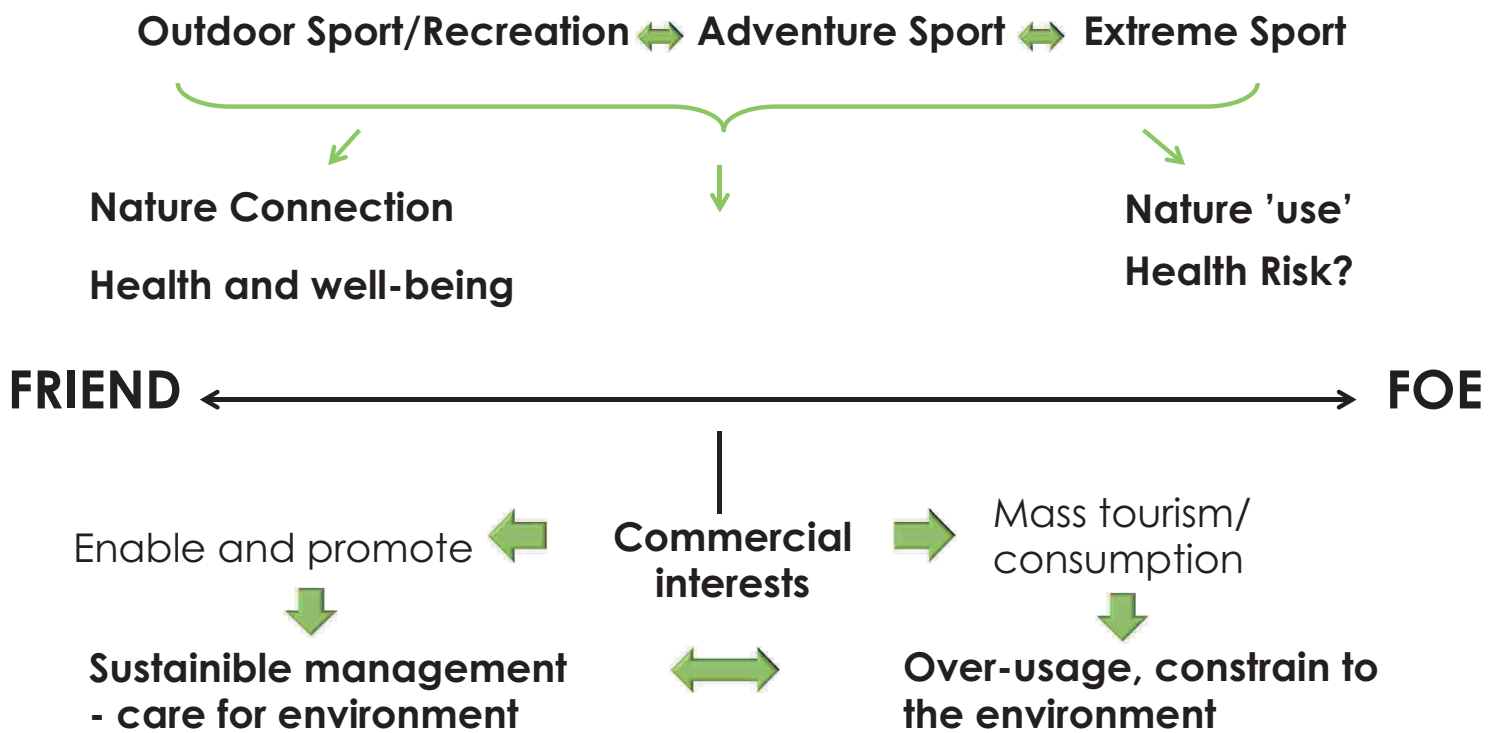
Prince, H. (2016). Outdoor experiences and sustainability. *Journal of Adventure Education and Outdoor Learning*, 17(2), 1–11.



Example:
“Surf-rider Foundation”,
facilitating BEACH CLEANUPS

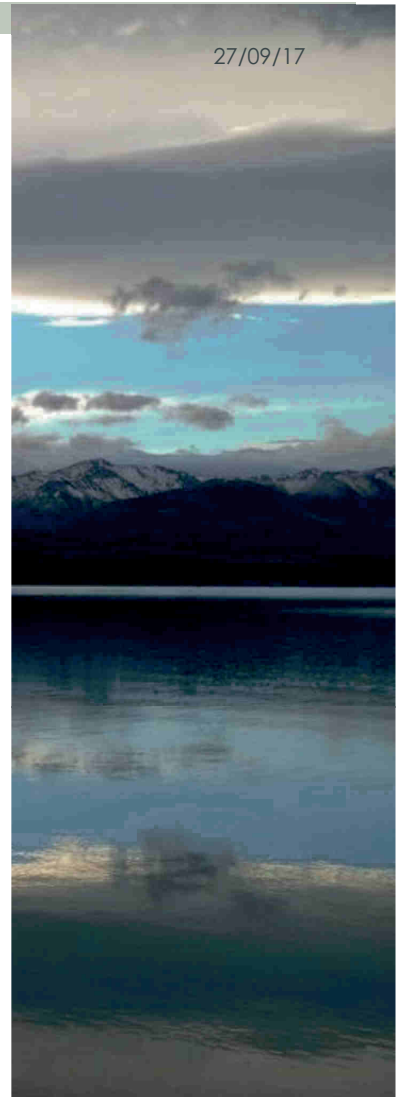
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Spectrum of Outdoor Recreation and Sports in Nature



Conclusion

1. **Outdoor recreation activities sustain wellbeing and nature connection**
2. **Conservation and outdoor recreation are not contradictory – if well managed!**
3. **Generally, 'use' of environment for outdoor recreation can be justified – but management and assessment tools are needed**





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Thanks for your interest!

Questions?

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