

EXTREME TOURISM OF RUSSIA: PROBLEMS AND PROSPECTS OF DEVELOPMENT

V. D. Ivanov¹, O. V. Marandykina²

¹*Chelyabinsk State University, Chelyabinsk, Russia*

²*Moscow State Linguistic University, Moscow, Russia*

The article considers extreme tourism, its definition, history of origin, species, directions, classifications. The issue of its development, popularity in Russia and all its aspects. All work is carried out on the basis of official scientific articles. According to the results of analysis of the information, conclusions are made about the course of extreme tourism in the future, its prospects in our country.

Keywords: *extreme tourism, active recreation, tourist route, tourism, extreme tourism in Russia.*

Topicality. In recent years in Russia, in connection with the interest of people to active rest, because of the constantly increasing number of lovers of tourism, has appeared new direction called “extreme tourism”, and began development. Unfortunately, the Russian legislation does not yet recognize and give an official definition of this category of tourism because of its little study and only the active development that has begun. Foreign countries have not yet recognized this industry. But the development of tourism in Russia as such is considered an urgent task, so it is obvious that this category already begins to receive an official approval and develops according to its special course and in agreement with the development of all tourism in our country. So far unofficially, the popularity of this type of active rest is growing. And one day, all official definitions will be given, and recognition will also be obtained, which is most important, in the scientific and legislative spheres, and in all others. In Russia, this tourism is increasingly popular, so all research is of great importance.

The main purpose of the research and its tasks is. To study Russian extreme tourism in all its aspects and to track further prospects for its development. In accordance with the set purpose, the following tasks are sought:

- formulation of the concept of “extreme tourism”;
- clarification of the main features of the object of research;
- identification of categories and types of object of study;
- consideration of extreme tourism as an active holiday type in Russia;
- identification of problems related to the development of this category of tourism;

– determination of opportunities for the development of extreme tourism in Russia in the future.

The results of the study and discussion about it. The analysis of modern scientific literature devoted to extreme tourism in all its aspects and within our country in particular was carried out. The first aspect of the study is to define concepts. Often, extreme tourism implies any travel with elements of extreme, risk. “Extreme tourism is a kind of tourism, which unites all the trips related to active ways of transportation and recreation in nature, aimed at obtaining new sensations, impressions, improving the tourist’s physical form and achieving sports results.” [9].

The above is one of the most accurate characteristics, including a large number of types of tourist-recreational activities, which are characterized by risk and danger. In general, extreme tourism is a kind of, but from it is no less popular kind of recreation. It includes visiting unusual objects (volcanoes, places of disasters, waterfalls, etc.), implies exotic activities (alloys, rock climbing, even safari), unusual means of movement (balloons, boats, dog sleds) [9].

Of course, this tourism also requires courage, good physical fitness, and special skills from the people involved. They are always in the open air and constantly on the move, for some extreme tourism has become both sports and a way of life.

In general, there are many categories and types of extreme tourism, but below is a relatively orderly and simplified classification.

1. Air: Parachutism, Skysurfing, BASE-jumping, hang gliding, balloons, aerating, kitboarding, paragliding, paragliding, paraseyming.

2. Ground: Mountain biking, auto-motorturism, speleology, geokesching, industrial tourism, horse

tourism, rapping, skateboarding, sleclaine, speleology, X-races.

3. Mountains: Mountaineering, snowboarding, mountain skiing, mountain tourism, ice climbing, dray-tuling, rock climbing, mountain biking, skitur, trekking, heli-ski

4. Water: Diving, wakeboarding, water skiing, wind-surfing, kayaking, rafting, kitesurfing, canyong, surfing [2; 4; 7]

Extreme sport is a big concept and extensive field for research, so it has many classifications. Such categorizations are more interesting for those who are engaged in research in the field of extreme tourism than those who are going to engage in such tourism. In any case, the presence of this category is also important.

But, since the type of tourism studied is characterized by constant risk in the process, requires courage and good physical form, in extreme tourism there are less pleasant categories. But they are also important for researchers and especially for tourists.

Monitoring of the safety requirements of extreme tourism should be carried out before the start of the tourist season and during the current inspections by authorized state bodies in accordance with their competence [1]. It is necessary to list also the most popular places in Russia for classes of extreme tourism:

- 1) Crimea;
- 2) Caucasian Mountains;
- 3) Ural and Ural Mountains;
- 4) South of Russia (most popular is Krasnodar region and Astrakhan region);
- 5) All Kinds of rivers, lakes, seas all over the country.

All the above categorizations are the main among the many classifications of different researchers and take into account the most important signs and details in extreme sports. The total number of categories in the subject under study is very large, so only a few basic categories are listed.

The possibilities of extreme tourism in our country are not limited only to natural resources of areas where there are mountains and water objects. On the contrary, flat landscapes predominate in Russia and forests are very common.

Travel through taiga, wetlands, semi-deserts, and the development of extreme tourism on temperate-zone plains, as well as in the Arctic, are promising opportunities that are almost out of reach at the moment. The probability of meeting with wild animals can also be (after a large revision of this idea) suitable for tourism development [6].

Extreme tourism is a kind of tourist-recreational activity for all seasons, but unfortunately traditionally only summer — holiday time is used. The summer in the climatic conditions that are characteristic of Russia is shorter in comparison with the winter. Yet the severity of winter in many regions may be a good prerequisite for the development of extreme tourism [8].

Extreme tourism has always been popular in Russia, even in the Soviet years — despite political, economic and many other problems. People always wanted to rest and many, especially in the USSR preferred active rest to the one on the beach.

The dismantled climate and landscape of our country always allowed to engage in all kinds of active recreation, extreme tourism, even if this method of pastime was not yet called this way.

Extreme tourism has always been quite affordable, unusual and, perhaps, the most interesting in its field. It is an excellent way to keep yourself in a tone, to spend rest and time with benefit, to learn new, to receive unforgettable impressions, to learn self-discipline [5]. Since extreme sports are usually not conducted alone, it is a good opportunity to get closer and learn new together, learn mutual support and trust. This is a somewhat dangerous but exciting way to learn how to behave correctly in difficult situations. There are many advantages. There are also disadvantages, but if you are properly engaged in this tourism, they can be avoided [3].

Summary. to sum up the results, we can say that in Russia there are many prerequisites for the development of extreme tourism. The weather and climate allow, the state increasingly supports this kind of recreation, scientific infrastructures are increasingly paying more attention to such tourism. And the main factor of development is people: The more people want to be in the tone and spend a breath of time, the more extreme tourism will develop. Here, too, everything depends on us.

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Поступила в редакцию 25 декабря 2023 г.

Финансирование. Исследование не имело спонсорской поддержки.

Конфликт интересов. Авторы заявляют об отсутствии конфликта интересов.

Для цитирования: Ivanov, V. D. Extreme Tourism of Russia: Problems and Prospects of Development / V. D. Ivanov, O. V. Marandykina // Физическая культура. Спорт. Туризм. Двигательная рекреация. — 2024. — Т. 9, № 2. — С. 103–106. DOI 10.47475/2500-0365-2024-9-2-103-106.

Information about the authors

Ivanov Valentin Dmitrievich — Candidate of Pedagogical Sciences, Associate Professor, Associate Professor of the Department of Physical Education and Sports, Chelyabinsk State University. Chelyabinsk, Russia. **ORCID ID:** 0000-0002-2952-3222. **SPIN-code:** 7693-1131. **Author ID:** 229821. **E-mail:** vdy-55@mail.ru

Marandykina Oksana Viktorovna — Candidate of Pedagogical Sciences, Associate Professor, Head of the Department of Physical Education, Moscow State Linguistic University. Moscow, Russia. **ORCID ID:** 0000-0002-9155-5014. **SPIN-code:** 7307-4794. **Author ID:** 943524. **E-mail:** o.marandykina@linguanet.ru

Экстремальный туризм России: проблемы и перспективы развития

В. Д. Иванов¹, О. В. Марандыкина²

¹Челябинский государственный университет, Челябинск, Россия

²Московский государственный лингвистический университет, Москва, Россия

Рассматривается экстремальный туризм в общем понимании, в пределах Российской Федерации в частности, и его развитие в будущем. Исследования приводят к выводу, что со всем его многообразием и с учётом разных факторов, которые влияют на его развитие в России, данный вид спорта имеет многообещающие перспективы.

Ключевые слова: экстремальный туризм, активный отдых, туристический маршрут, туризм, экстремальный туризм в России.

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Сведения об авторах

Иванов Валентин Дмитриевич — кандидат педагогических наук, доцент, доцент кафедры физического воспитания и спорта, Челябинский государственный университет. Челябинск, Россия. **ORCID ID:** 0000-0002-2952-3222. **SPIN-код:** 7307-4794. **AuthorID:** 229821. **E-mail:** vdy-55@mail.ru

Марандыкина Оксана Викторовна — кандидат педагогических наук, доцент, заведующий кафедрой физического воспитания, Московский государственный лингвистический университет. Москва, Россия. **ORCID ID:** 0000-0002-9155-5014. **SPIN-код:** 7307-4794. **AuthorID:** 943524. **E-mail:** o.marandykina@linguanet.ru



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