

The Definition of Extreme Tourism in the World Tourism

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Abstract: *Extreme tourism is a specialized type of tourism, the purpose of which is recreation and getting impressions, the implementation of which requires special knowledge, skills, equipment and equipment, is associated with certain loads under conditions of a clearly defined risk, the level of acceptability of which is determined by the minimum probability of harm to the life or health of citizens, their property, property of business entities, state and municipal property, the environment. Some unique characteristics and features of extreme tourism are following as: physical activity, contact with nature, contact with different cultures, uncertain outcomes, danger and risk, challenges, novelty, stimulation and excitement, exploration and discovery, contrasting emotions.*

Keywords: *extreme tourism, characteristics and features of extreme tourism, place of extreme tourism on types of tourism.*

Introduction

Extreme tourism is a rapidly developing sphere in tourism. Its aim is sports development, outdoor activities, camping. Extreme tourism includes a lot of extreme sports, all of its attendant risks. At present, extreme sports are actively developing among the young. This is due to the fact that extreme sports specifically provide with the maximum of emotions, physical activity and recreation. Extremetourism is directly linked with extreme sport as such sports as rock climbing, rowing and snowboarding are often organized by groups of people and include trips to particular, designated areas.

Extreme tourism is one of the new types of economic activity, which is a dynamically developing industry in the market of services. The organization of impressions in tourist activity opens new opportunities for the economic growth of the organizing company which is, in turn, focused on the satisfaction of rapidly changing requirements of society.

Methodology

A universal definition of extreme does not exist since this concept can be attributed to many types of activity, and for every person, the level of extremeness is absolutely individual. All extreme tourist directions are rather expensive and are designed for people who can afford entertainments of such type, since even equipment for extreme types of tourism costs considerable money, not to mention the place where it can be used. But since tourism is considered a widespread hobby and has to be designed for clients with different incomes, travel agencies need to develop extreme tourist directions with a diverse price policy – from mass to

elite.

Results and Discussion

The term *extreme tourism* is not easily described as a typology. Instead, it is better understood as suite of tourist activities, motivations, and industry practices that overlap with existing typologies, motivations, and practices, specifically occupying the outer edges of these. Often the “extreme” of extreme tourism refers to the location of that tourism, in some wilderness areas, for example, but also depends upon how well supported the tourist is in this environment by the industry. This level of support determines how extreme the activity is and how much the environment poses a risk to the tourist who, as a consequence, is or is not on the extreme. Some locations simply are extreme in the sense that there is very little infrastructure or industry support possible. These tend to be natural extremes like climate, isolation, or very wild landscapes, but they can also be cultural landscapes that offer intense and disorienting experiences.

While not typical of the term, some forms of extreme tourism are found in urban “wild places” and include phrases like “culture shock” or “dark tourism.” Latently, extreme tourism refers not so much to the practices of tourists, the location of these practices, or their motivations but to the tourism industry itself. Hypermobility is one such an extreme, as is exceeding carrying capacities or trafficking of people, drugs, and other contraband in the execution of extreme experiences. Whichever form of extreme tourism is being referred to, all of these have antecedents in the very nature of tourism but are magnified at the extreme end of the phenomenon.

Since there is a vast array of practices and locations that make up the umbrella term *extreme tourism*, there is no singular origin. Instead, these origins are in those of the practices associated with the particular extreme under consideration. Generally speaking, extreme tourism involves risk, it pushes an established boundary, and in the case of experience, it involves some form of thrill. All of these characteristics contribute to the early development of modern tourism and, before this, to the explorations of travelers. Indeed, it is the explorer who most often suits the character of the extreme tourist, although one tourist’s extreme is not necessarily an extreme to another. The value of the term is in recognizing and understanding the outer edges of tourism, be they physical locations, the practices of tourists, or the tourism industry. To better understand and manage tourism, extreme tourism is useful for keeping these parameters firmly within sight, remembering that today’s extreme tourism is tomorrow’s norm.

The tourism industry, as described through Erik Cohen’s¹ conception of the “tourist bubble,” was developed in part to address the extreme of inverting familiar routines for otherness, exotica, and the unexpected. Thomas Cook is one of the early organizers of this bubble aimed at smoothing out the otherwise extreme practice of leaving familiar environments, engaging technology in traveling unusual distances to partake in activities on the extremity of normal and ordinary life. In this way, putting oneself at risk has been, and remains, a compelling motivation for people’s travel choices as well as a motivator for the development of an elaborate tourism industry to perform the role of insulation against these risks (Figure 1).

Increasingly popular among young people becomes sports at increased risk, called extreme sports. These are sports whose practice requires extraordinary skill and courage to bear high risk, and also very often a threat to life. Sports with an increased risk, are all involving outside routes or areas not prepared for regular sport activity. Extreme sports include, in particular: base

¹ Jafari, J., Baretje, R., Buhalis, D., Cohen, E., Dann, G. M., Collison, F., ... & Fletcher, J. (Eds.). (2000). *Encyclopedia of tourism*. Taylor & Francis.

jumping, caving, air sports, mountain biking, motocross, riding on jet skis, motorboat racing, or high mountain climbing.

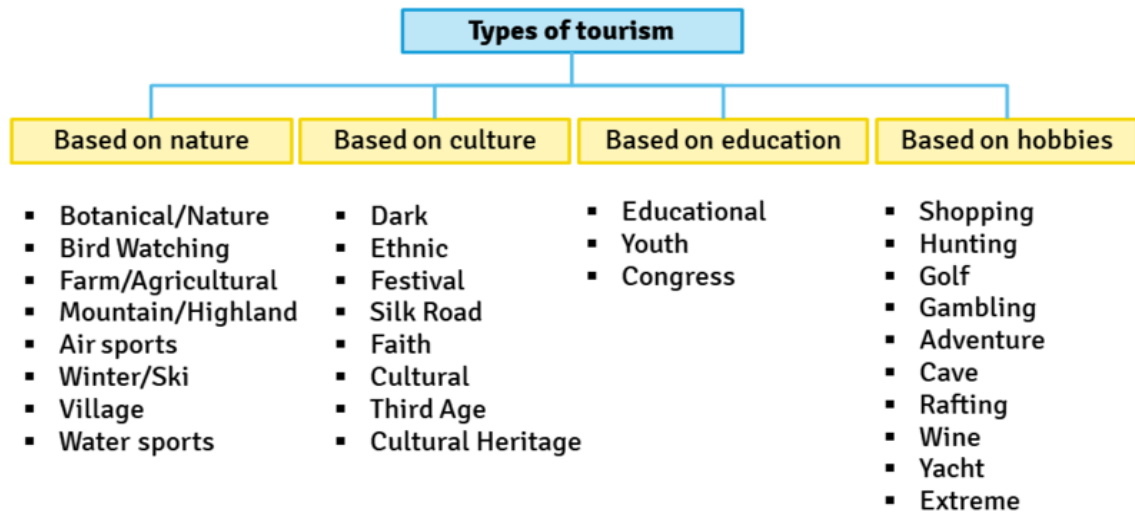


Figure 1. Place of extreme tourism among other types of tourism

Source: https://ceopedia.org/index.php/Extreme_tourism

The excitement associated with tourism to this day is an outcome of behavior that is comparatively extreme. With a definitional baseline in the ordinary or everyday life of the tourist, the inversion of ordinary life that tourism performs is characteristic of excitement and risk, combatting routine and undertaken in places that are often described as liminal. These early characteristics of tourism are the foundation for further extreme forms of travel and leisure that give rise to extreme tourism today.

A.V. Babkin considers extreme tours as a variety adventure tourism associated with active modes of transportation and recreation in nature, in order to obtain new sensations, impressions, improving the physical condition of the tourist and achieving sports results.²

According to A.B. Kosolapova, extreme travel is independent "type of tourism, associated with a significant degree of risk for tourists: climbing, diving, paragliding, skydiving and other sports that require the necessary skills and experience".³

A.S. Kuskov and Yu.A. Jaladyan called extreme tourism a form adventure, which is organized by tourists on their own and accompanied by a serious risk to health and life.⁴ V.A. Kwartalnov also does not single out extreme tourism as an independent type of tourist segment, classifying it as sports tourism (speleotourism, cycling, water, mountain).⁵

V.V. Khrabovchenko believes that the concepts of "adventure tourism" and "extreme tourism" are synonymous. Since their main features are adventure and risk are the same.⁶ T.K. Sergeeva does not single out extreme tourism, and some of its types are classified as ecological tourism

² Бабкин А.В. Специальные виды туризма // Ростов-на-Дону: Феникс, 2008. – 249 с.

³ Косолапов, А.Б. География российского внутреннего туризма/ А.Б. Косолапов. –М.: КНОРУС, 2008 – 272 с.

⁴ Кусков, А.С. Основы туризма: учеб. / А.С. Кусков, Ю.А. Джаладян. – М.: КНОРУС, 2008. – 400 с.

⁵ Квартальнов, В.А. Теория и практика туризма: учеб. / В.А. Квартальнов. – М.: Финансы и статистика, 2003. – 672 с.

⁶ Храбовченко В.В. Экстремальный туризм: учебно-методическое пособие. - М.:Финансы и статистика, 2003. – 244 с.

(trekking, cycling, diving, kayak tours, rafting, etc.).⁷

Refer extreme tourism to an independent species and several other Russian researchers. So, Yu.A. Matyukhina notes distinctive features of this type of tourism, including the possibility of dangerous situations, close connection with adventure and sports tourism, the need for certain physical training, etc.⁸

In the modern sense, this approach is closer to the truth, since The main goal of extreme tourism is to get thrills, feel the danger. Extreme - a person whose actions are associated with risk and are aimed at overcoming short-term danger.

There is an obvious similarity between extreme tourism and adventure tourism, but their main and essential difference lies in the goals and forms of implementation. Extreme tourism, like sports, associated with some physical activity, but it is not a species competitive activity and is not aimed at performing sports standards and obtaining categories and titles. Extreme tourism, as well as adventure tourism, full of impressions and adrenaline, but tourists are not the adventure itself attracts, but what he gets as a result of the journey: balancing on the edge of the impossible, satisfying the need for unusual, exciting sensations, test your strengths and abilities.

In my opinion, **extreme tourism** is a type of tourism that specializes in getting high adrenaline, the purpose of which is to relax and get an impression, which requires the use of special knowledge, skills, equipment.

The threefold combination of activity, nature, and culture marks adventure travel as an all-round challenge. Some unique characteristics and features of extreme tourism are following as: physical activity: activities involving physical exertion or psychomotor skills; contact with nature; contact with different cultures; uncertain outcomes; danger and risk; challenges; novelty; stimulation and excitement; exploration and discovery; contrasting emotions.

The functions of extreme tourism include the following:

- cognitive - expanding knowledge in various areas extreme tourism;
- wellness - contributes to the filling of strength and psychophysiological resources;
- cultural and educational - meeting the needs of the shift impressions;
- promotes the rational use of free time of people;
- Helps to increase the living standards of the local population.

Conclusion

Extreme tourism enables a person to most vividly show your individuality. Extreme - tours also found their fans among teams of various organizations. Gaining popularity (Team building) team building is based on the fact that rally the team to work together, trust each other and support each other friend. Many companies run adventure tours that allow the team to become one.

The development of extreme tourism in tandem with other types of tourism recreational and tourist-entertaining activities allows suggest that some of them may acquire a pronounced extreme component. This applies to complex excursions for persons with poor physical fitness, cultural and educational tourism in politically unstable areas, water tourism on rivers with a large

⁷ Сергеева, Т.К. Экологический туризм: учеб. / Т.К. Сергеева. – М.: Финансы и статистика, 2004. – 2004. – 360 с.

⁸ Матюхина, Ю.А. Организация туристской индустрии / Ю.А. Матюхина. – М.: Альфа-М; ИНФРА-М, 2011. – 304 с.

the number of waterfalls and rapids. Extreme tourism is one of the most dangerous types of tourism, its purpose is to sense the danger.

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