

Prof. Dr. Beyza Merve Akgöl
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ECORECREATION

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yayınevi

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Prof. Dr. Suat Karaküçük is a highly experienced academic with a strong background in sports science and educational administration. He graduated from Ankara 19 May Youth and Sports Academy in 1982, and went on to complete his Masters at Gazi University and his PhD in Educational Administration, Supervision, and Planning at Selçuk University. From 1983 to 2022, Dr. Karaküçük worked at the Faculty of Physical Education at Gazi University, where he held various administrative positions, including the chairmanship of the department. An accomplished writer, Dr. Karaküçük's notable works include 'Recreation: Leisure Evaluation', "Urbanisation and Recreation", "Ecorecreation: Recreation and Environment", "Therapeutic Recreation", and "Leisure, Recreation and Islam", all of which have reached their 6th edition. Dr. Karaküçük is a respected figure in academia who has significantly influenced the discourse in the field of leisure and recreation over the course of his multi-decade career, educating numerous undergraduate, graduate, and doctoral students, and bringing many distinguished sports scientists into the field. Since 2023, Dr. Karaküçük has continued his impactful career as the Head of the Department of Sport Management at Yozgat Bozok University, Faculty of Sport Sciences.

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INTRODUCTION

The increasing demand for recreational activities has increased the pressure on resources used for recreational purposes. This situation has made it necessary for environmental or ecological issues to be on the agenda and to remain on the agenda constantly.

The intensive use of recreational resources places great responsibility primarily on those who prepare these programs, recreation leaders or experts, and the participants of the activities.

This study is a product of that responsibility that we also feel.

Ecorecreation gives the message of adopting a protective and sustainable understanding without harming the ecological system and its functioning, especially during the use of natural resources, with the planning and policies of the materials, facilities, and areas, and applications of all kinds of sportive, artistic, voluntary and recreational tourism activities carried out in leisure time. It aims to minimize the environmental impact of recreational activities carried out in a sustainable and nature-friendly manner in harmony with the natural environment and to protect natural resources.

Ecorecreation refers to planning recreational activities on an “ecological” basis. It focuses on protecting ecological balance and biodiversity.

Ecorecreation is also the name of a group of recreational activities.

Ecorecreation also meets the concept of “outdoor recreation”.

What kind of vitality, movement, relationships, and diversity does life exhibit as it continues in a layer we call the “biosphere,” where the air around the earth meets water and soil?

What is going on around us, visible or invisible, when we are hiking, hiking, mountaineering, orienteering, or doing any other leisure activity in nature?

For example, the countless species that exchange nutrients, recycle wastes, live in microscopic or invisible microscopic sizes, underground or above ground in the forest ecosystem; birds, insects, animals, fish, and other creatures that live in any biological region in nature, adapted to the climate and soil of that region.

As in all areas of life, it is imperative to consider this large network of relationships in the biosphere in the planning of recreational activities, most of which are formed by nature.

Recreation leaders and other practitioners who use nature for recreational activities may see the relationships, beings, and their behaviors in nature as good, bad, beautiful, ugly, innocent or wild, and some plants as poisonous or non-poisonous, bitter or sweet. This does not require them to be evaluated as good or bad. They show what is natural, that is, the behaviors in their nature. The consciousness of “accepting things as they are” and “believing in the necessity of preserving their natural state” should be shown.

Nature is hardly aware of what people think of it. Indeed, while humans can only survive in and with nature, nature can survive - perhaps even better - without humans.

Nature can survive without human beings. However, without nature, there is no way for humans to survive.

Recreation leaders and practitioners should be aware of the laws of nature, learn about them, make an effort to apply them correctly, and benefit from them without conflicting with nature. An approach that neglects and ignores the laws of nature cannot be sustained healthily.

Negativities that may arise as natural reactions of nature during recreational activities should be foreseen. For example, knowing gravity will require you to take precautions when entering the water. Because gravity will pull someone who does not know how to swim under the water and cause them to drown. However, knowing how to swim means staying above the water and moving forward despite gravity.

A basic knowledge of ecology is needed for the conservation and sustainable use of natural resources. This knowledge is most necessary for “recreation leaders”.

Good knowledge of ecological realities and ecosystems by reaching information beyond hearsay or newspaper reports requires, on the one hand, the necessity of protecting nature only because it is “nature” (ecocentric). On

the other hand, it should be known that the excitement, vitality, and diversity of recreational activities, as well as most of the natural resources, can continue to be enriched and enriched. At the same time, the vitality of “commercial recreation” can be realized with a “nature-centered” environmental protection approach.

Therefore, recreation leaders or experts and ecorecreation practitioners must be informed about basic issues such as terminology related to “ecology,” ecosystems, national and universal dimensions of environmental problems, causes of human-environment relationship, natural life, right to life, environmental law, environmental education, and biodiversity.

Of course, even more importantly, recreation specialists who will plan leisure activities using nature, develop policies, or lead people in many activities that can be done in nature should have developed “social sensitivity” and then “environmental sensitivity” or “awareness.”

Considering the features of leisure time activities such as volunteering, health, pleasure, joy, socialization, curiosity, and self-development, and the fact that the relations of recreationists with nature are carried out consciously will add more meaning to the subject. Ecorecreational activities enable people to connect with nature and, at the same time, contribute to protecting the natural environment.

In addition, people’s instinct to “protect what they love” will result in more conscious and comprehensive protection of nature through well-planned and implemented ecorecreation, and activities can be carried out without harming nature.

The monotony and exhaustion of working life have led people to care more about their free time and to turn to relaxing and entertaining recreational activities. Among the recreational activity preferences, urban open spaces and activities in natural areas outside the city have come to the fore.

People’s interest in natural areas is also increasing. On the one hand, this situation highlights the type of ecorecreationist who has internalized the consciousness of nature conservation along with the love of nature. On the other hand, ecorecreationist leaders are trained in the awareness of ecorecreation, as well as knowing ecosystems and their functioning and recognizing the natural characteristics of the regions where they are located. This raises the expectation and necessity of people who are aware of biodiversity, know its functions, recognize the delicate balances in nature and the elements that make up these

balances, environmental problems and their causes, environmental protection, and law, and the units responsible for putting these into practice.

The book aims to contribute to realizing recreational activities with ecological sensitivity, conservation, development, and sustainability awareness, which are gradually increasing ecological pressure on nature.

For this purpose, it is desired to contribute to the promotion and widespread use of the concept of “ecorecreation”, which is hidden in the message of nature conservation and awareness, to be more visible and spoken in scientific and popular life.

In 2016, after our Turkish book “Ekorekreasyon: Rekreasyon ve Çevre” was published by Gazi Publishing, this time, we are publishing the book “Ecorecreation” in English with its improved and renewed edition to reach more readers.

We hope that this book will be useful primarily for undergraduate and graduate students, graduates, and those who are interested in the subject.

RECREATIONAL RESOURCES

Artificial, natural, or cultural areas that provide opportunities and possibilities for leisure time for recreational purposes constitute recreational resources.



These resources are supported by terrestrial, aquatic, and related facilities, finance, and organizations (*Gold, 198, cited in Pigram and Jenkins, 1999*).

Quality of recreational resources (functional use of both artificial and natural areas for recreationists) and quantitative (in terms of number, carrying

capacity, and diversity) classification is very important in determining and planning the potential of resources.

The quality of recreational activities depends on the existence and functionality of the resources that can be used for this purpose in the area. It is known that the ability of a recreational resource to meet user demands is very important in gaining value and that an area is more protected, visible, and valuable thanks to its recreational usability.

Only an area's site characteristics are insufficient in determining the recreational resource; accessibility and user demands are also important in determining the recreational resource (*Clawson and Knetsch, 1966, cited in Pigram and Jenkins, 1999*). In other words, man-made artificial areas or natural environmental elements that provide sufficient opportunities to meet recreation needs may be considered sufficient for the resource (*Kreutzwiser, 1989, cited in Pigram and Jenkins, 1999*).

The literature shows that recreational resources are classified in different ways.

The resources used for recreational purposes show a richness parallel to the rich variety of recreational activities.

Recreational resources can primarily be categorized as “urban” and “non-urban” resources. In-city resources consist of “indoor facilities” such as sports-fitness, cinema, theater, entertaining science centers, cafes, etc., where social venues and similar recreational activities are carried out, and “regulated outdoor recreation centers” such as parks, picnics, gardens, bicycle and walking paths, urban forests or carpet fields and similar sports. In addition, outdoor or indoor cultural and archaeological recreational resources such as museums can be counted in this category.

Non-urban recreational resources (we can also call them ecorecreational resources) consist of natural areas organized by man and natural wild life protected areas such as national parks, nature parks, nature conservation areas, nature monuments, wildlife development areas and other areas.

Ecotourism or other forms of tourism and ecorecreation often make common use of resources. Natural resources or indoor activity centers used for recreational purposes within local or regional boundaries can also be used as “recreation” or “recreational tourism” activities for tourists. The use of recreational resources by tourists is often viewed negatively by the local people due to the concern that the carrying capacity will be exceeded and that they may be damaged due to misuse.

The classification of resource-oriented and man-made recreation areas is described below (*Chubb and Chubb, 1981, cited in Pigram and Jenkins, 1999*).

- Undeveloped recreational resources (water, fauna, soil, etc.),
- Private recreational resources (private gardens, night clubs, private farms, etc.),
- Commercial private recreational resources (shopping centers, sports centers, amusement parks, etc.),
- Public recreational resources (urban and regional parks, tourist facilities, etc.),
- Cultural recreational resources (libraries, galleries, etc., which can be located in the public and private sectors),
- Professional recreational resources (areas specifically made for the organization of recreation and needing political and financial support).

Hart (1966) used the concept of recreation resources as the total natural value of a special arrangement or rural area (*Pigram and Jenkins, 1999*). Accordingly, a quiet natural area and picnic and camping areas are recreational resources that fit this definition.

The region's existing natural, cultural, socio-economic and environmental factors constitute the effective factors on recreational resource value. While natural factors form the value of the recreational resource, socio-cultural factors and environmental quality gain importance in the demand and development of resource use.

Natural factors affecting the value of recreational resources are natural elements that have occurred without human contribution. Natural elements that constitute a source for recreational activities consist of geographical location, topography, geological structure, climate, soil structure, water resources, flora and fauna. The values that constitute cultural and socio-economic factors are historical, archaeological and architectural values, population and demographic structure, economic structure, existing land uses and transportation. Cultural and socio-economic factors can be changed by human beings and can be developed in the desired direction, allowing the value of tourism and recreational resources to be increased to a certain extent.

While urbanization is a factor that increases recreational activities on the one hand, on the other hand, it can be a factor that limits recreational activities with the negative environmental factors it creates. In this case, air quality,

water quality, visual quality and noise can be considered environmental factors affecting recreational resource value.

The use of recreational resources is carried out by commercial or non-commercial organizations.

Non-commercial recreation organizations include amateur organizations such as “arms”, “clubs”, and “collectives” formed in individual, universities and other educational institutions, organizations formed within public or private organizations to evaluate the leisure time of their staff and families, and organizations with social content (elderly, disabled, poor, etc.).

Recreational organizations for commercial purposes are expanding their potential in quantitative and qualitative terms worldwide and in Türkiye every day.



Many alternatives such as concerts, watching sporting events, surfing, paragliding, canyoning, trekking, mountaineering, diving, caving, golf, yoga or farming, and experiencing different living environments are carried out by private sector organizations for commercial purposes.

Şimşek (2014, p.38) divides these recreation organizations into eight groups:

1. *Adventure Recreation Organizations*: These consist of activities that require certain levels of “skills” at certain predefined “risk” levels, usually with a small number of participants, with short, medium, or long-term training depending on the type of activity, often requiring technical equipment and mostly carried out in medium and long term leisure time with a leader-expert guide.
2. *Sports, Concert, and Festival Organizations*: It covers many organizations such as sports organizations, concerts, and cultural festivals as recreational activities with local, regional, or national dimensions and as tourism activities with international dimensions.
3. *Social and Educational Organizations*: Courses or activities such as sports, science, arts, crafts, etc., organized by the private sector, municipalities, or other public institutions.
4. *Private Sports Centers Organizations*: These multi-purpose and multi-branch organizations serve commercially.
5. *Therapeutic Recreation Organizations*: These are organizations carried out by experts trained in therapeutic recreation for the disabled, the elderly, and the sick. The aim is to rehabilitate, rest with treatment, have fun and experience happiness.
6. *Recreational Shopping Organizations*: Shopping malls are a good example of such organizations. Local product markets, provincial promotion days, etc., are other examples.
7. *Entertainment and Animation Organizations*: Theme parks include “recreational” activities in indoor and outdoor resources for entertainment, animation, and other recreational purposes within tourism.
8. *Industrial Recreation Organizations*: It covers the realization of sports, art, etc., activities for employees and their families during non-working hours to increase the work efficiency of employees by increasing their moral and physical health development and developing a sense of belonging.

The evaluation of recreational activities and organizations, their artificial and especially natural resources with a protective and sustainable approach and environmentally friendly policies makes it necessary to highlight and make visible the concept of ecological recreation, namely “ecorecreation”, which aims to raise awareness in the face of the problem of “global warming and environmental pollution” in today’s world, which tends to evolve towards a natural disaster.



ECORECREATION DEFINITION AND CONTENT

In terms of relevance to our topic, it would be very meaningful to start with a definition of recreation made by Glikson in an attempt to define ecorecreation.

Glikson defines recreation as “the revitalization and improvement of man’s own life and the life of his biotic and physical environment” (*Özgüç, 1984, p.3*).

Biotic environment is the name given to all living beings in an ecosystem that affect each other directly or indirectly. On the other hand, the physical (abiotic) environment refers to the environmental conditions in which living things can continue their lives (*Yıldız, 2008, p.27*).

Recreation, considered necessary for the “quality life” of human beings and the sustainable use of natural resources, should also have a positive impact without interfering with the functioning of ecosystems in destinations or regions where activities are carried out and by exhibiting responsible behavior. This is because humans create more or less some differences in nature with their lifestyle and activities.

It is also worth mentioning that recreationists’ efforts to improve their biotic and physical environment ultimately positively affect the “social environment”.

Glikson’s definition of recreation, which emphasizes the development and protection of ecological environments and human happiness and development, reveals the necessity of why we use the concept of *ecorecreation* and try to make conceptual analyses.

The concept of *ecorecreation* can bring environmental protectionism and environmental awareness to the agenda with the very mention of its name and draw attention to the functioning of ecosystems and the need for them to be sustainable.



In other words, “*ecorecreation*” as a title; first of all, all kinds of recreational activities in nature and artificial and natural organizations to be built in or outside the city for recreational uses, the equipment to be used and the facilities to be built for this purpose, by protecting and observing the ecological balance, without trying to change the environment, preventing its destruction and improving the environment.

Based on the necessity and importance of definition in scientific studies, we can define *ecorecreation* from different perspectives.

Ecorecreation is the general name for environmentally-nature-friendly leisure time activities.

Ecorecreation is taking the necessary measures to ensure that recreational activities are carried out within ecological rules and conscious practices.

Ecorecreation is the responsible use of leisure time activities by protecting natural resources sustainably without changing or destroying them.

Ecorecreation is the practice of recreation activities in natural areas based on the principles of environmental sustainability and protection of natural resources.

Ecorecreation is “outdoor recreation”.

Ecorecreation is the implementation of artificial or natural recreational areas, facilities, and all kinds of consumption and durable materials used with ecological sensitivity in recreational activities and organizations.

Or ecorecreation is the name given to leisure planning and implementation policies.

Ecorecreation can also be described as a recreational activity, a group of leisure activities, and a group of leisure practice policies.



When ecorecreation is considered as a recreational activity group, it consists of all kinds of activities carried out for recreational purposes in natural areas located in the city or outside the city, organized or unorganized in open spaces.

Ecorecreation, recreational sports, arts, voluntary activities and recreational tourism with all kinds of tools and materials used in nature and natural resources or in urban or non-urban artificial facilities and areas are considered as a *recreational activity group*.

Ecorecreation can also be used as “outdoor recreation,” “nature-friendly recreation,” or “green recreation.” As ecorecreation activity types, mountaineering, trekking, rafting, caving, mountain biking, sailing, rowing, surfing, windsurfing, paragliding, tandem, scuba diving, skiing, camping, wildlife photography, scouting, orienteering, and activities such as bird watching, examining ecosystems, watching lives, understanding nature, and activities whose purpose is nature itself can be given as examples. In addition, artistic activities such as painting, music, theater, games, dances, and volunteer activities such as disabled people, elderly people, and recreational tourism are examples of ecorecreation.



Ecorecreation as *the name of a leisure activity group*;

- To make observations in the ecological habitats of individuals in their free time, that is, in unspoiled wildlife and natural areas, or to engage in various activities in these areas,
- The use of natural environments for adventure, excitement, new discoveries, recognition and all the positive qualities of natural environments under various names, with or without tools, with artificial or natural materials,
- Individuals participating in recreational benefit from natural resources as part of the ecosystem,

- In the recreational activities that individuals participate in their leisure time, there is a situation of participating in activities by acting with the awareness of protective and sustainable use without harming the ecological system.

When ecorecreation is considered as a *leisure time application policy*, it *emphasizes the* sustainability of leisure time activities in open or closed areas with ecological rules and planning in accordance with the system, paying attention to issues such as facilities, roads, carrying capacity of regions, sensitive protection of fauna and flora.

“Nature-centered”¹ environmental practices are adopted as a basic principle to be observed and implemented in ecorecreation activities.

It is based on efforts to transfer environmental awareness and sensitivity to all life through ecorecreation activities.

Measures are developed to ensure that wildlife is sustainable and human interventions are minimized.



To this end, legal safeguards and necessary oversight mechanisms are put in place.

Ecorecreation includes policies in line with the idea of preserving nature and leaving it as a legacy to future generations.

¹ The opposite of the view that nature is essential insofar as humans benefit from it, “nature itself is important” and should therefore be protected, explains the nature-centered view. For more information, see the book’s footnote explanations on environmental ethics.

From a very young age, ecorecreation helps people to establish a healthy and lasting connection with nature, both mentally and physically.



Ecorecreation, “ecorecreation consciousness” (internalizing environmental awareness by having an eco-mind or eco-thought) and practices contribute to increasing the environmental awareness of individuals participating in

recreational activities. On the one hand, this situation enables activities to be carried out in more environmentally friendly environments, and on the other hand, it results in the individual's environmental awareness and consciousness being carried to other areas of life.

Attention is paid to “ecological” sensitivities in the creation of leisure time planning and programs. Ecosystem rules and functioning are the primary determinants in the implementation plans and programs of recreational activities.

Ecorecreation policies require approaches that comply with basic environmental rules such as site selection, regional and natural building materials, the use of renewable energy, ecoarchitecture, and the use of renewable energy for recreation areas that will be created inside or outside the city, with priority given to open space recreational areas.

In addition, ecorecreation emphasizes that all kinds of clothing, tools and materials used for recreational purposes should be produced and consumed within ecological rules.



Ecorecreation, in fact, refers to the implementation of practices by prioritizing the “environment” phenomenon and putting the environment at the center in the realization of the production, consumption, planning, programming and policies of all kinds of leisure activities.

In this respect, the necessity and importance of ecorecreation, businesses that provide recreation services commercially, educational institutions that

train staff for the recreation sector, and legislators and supervisors to adopt the “ecorecreation approach” as a basic policy is increasing day by day.

Businesses that provide recreation services are expected to be businesses that plan their activities in line with the principles of environmental sustainability and aim to protect natural resources. Such businesses are generally businesses that adopt environmentally friendly practices that organize campsites, trekking, hiking, mountaineering and other nature-related adventure sports and ecotourism, sports, nature education outdoor activities for nature-related entertainment and sports. It is important for ecorecreation businesses to have certificates of environmental sustainability, etc. Legal permits and licensing, ecological location suitability of facilities and areas, environmental training of employees, communication with local people are essential for the success of an ecorecreation business. When this compliance is ensured, the business can operate in a way that is both eco-friendly and sustainable.

Thus, while recreational activities are enjoyable for people, the protection and sustainable use of the natural environment is ensured.

Within the framework of these explanations, we can make a general definition of ecorecreation as follows:

Ecorecreation is the realization of all activities, policies and practices of leisure time called recreation with the sensitivity of “environmental protection” and “sustainability”.



WHY ECORECREATION?

As a result of people's increasing awareness of nature, the awareness that their relationship with nature can have a great impact on every period of their lives and especially in their future has increased their interest in concepts such as "environment", "nature", "natural life", "ecology", "ecosystem".

This increased interest has begun to make itself feel more strongly about how life is lived in terms of food and drink, clothing, objects used, work and non-work leisure time activities. Concepts such as ecomarketing, eco-city, eco-club, ecotourism, eco-market, eco-product, ecoculture, eco-living, ecomedia, eco-environment, eco-attitude, ecotour, ecostructure, ecopark, eco-car, eco-house, ecoenergy, eco-garden, eco-travel have started to be heard frequently. Thus, in cases where actions and activities are associated with ecology, the addition of "eco" (eco), which is the abbreviation of the word "ecological" to clearly define the word, has become widely used. In software, the prefix "eco" is used contiguously, separately or as "eco-..." In this study, eco is used contiguously, which is the preferred form.

"Ecotourism", widely practiced worldwide as a name and type of tourism activity, constitutes a similar example. While ecotourism is defined as a type of tourism that includes ecologically built farms, food and beverage, outdoor activities and similar activities, ecotourism is also the naming of an application policy that aims to carry out all types of tourism without harming nature, protecting nature and according to the principle of sustainability.

Ecotourism is one of the leading tourism activities of recent years and is seen as an important source of income. For this reason, it is sometimes criticized that the "eco" suffix at the beginning of the word tourism, which is used in an ecological sense, points to its "economic" priority, albeit ironically. However, ecotourism, with its name, already implies that this tourism event should be

carried out with environmental sensitivity in the foreground, completely and differently from other tourism practices. The conscious and unethical economic utilization of ecological values diminishes the innocence and real function of ecotourism.

An important dimension differentiating recreation from tourism is that recreational activities do not require much expenditure and are not fully commercialized. This shows the innocence of the suffix “eco”, which comes at the beginning of the word recreation and has a purely ecological meaning.



Ecorecreation, similar to ecotourism, represents the concept of “ecologically based” leisure activities, whether indoor or outdoor.

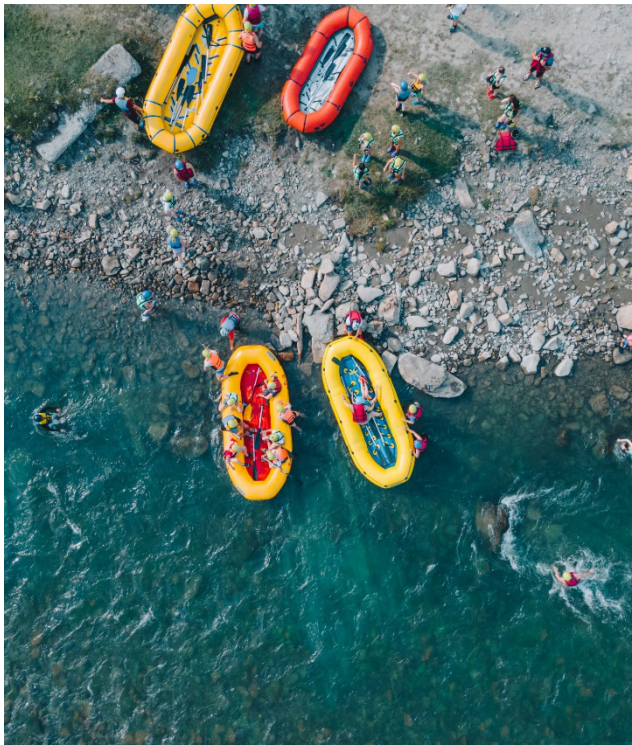
In other words, with the awareness that the phenomenon of “ecology” or “environment” is at the forefront of the recreation phenomenon, we can say that using the concept of “ecorecreation”, which tightly associates recreation with ecology, is a necessity and necessity in a way.

Ecorecreation can be regarded as a concept that has been developed in recent years in response to increasing environmental problems and is preferred to be used because of the necessity of the activities and the environments and artificial formations created for this purpose, including responsibility towards

nature, protecting nature, not trying to change it, sustainable and leaving it unharmed to the next generations.

It is observed that with the increase in income, education, industrialization, urbanization, health, and quality of life, people are trying to manage their leisure time more consciously and are more oriented towards recreational activities. It is known that especially activities that can be done in open spaces and nature are preferred. This situation increases the pressure on natural environments and often exceeds the carrying capacity.

Undoubtedly, this situation highlights the need for re-planning of recreational areas, especially in non-urban areas, and reorganizing their use with conservation approaches. However, what is important here is that individuals or organizations using nature for recreational purposes should act with the awareness that they are in an ecosystem, that the main owners of the natural environment other than themselves are the living creatures living in that environment, that they are temporary and guests there, and accordingly, it should be ensured that they are respectful, responsible, away from interventions, without disturbing it, and that they show a sensitivity of love with the instinct of protection.



In science, naming, defining, and interpreting are important. Terminology development is an effort to establish acceptable criteria and concepts for properly communicating a concept with all related and related fields. Terminology development helps to ensure clarity and understandability by establishing standards and avoiding miscommunication and misunderstanding as much as possible.

It is conceivable that articulating the concept of “ecorecreation” can evoke and reflect as much as possible all these values, what should be, and the meaningfulness of how to behave and what is.

Ecorecreation is a concept that aims to bring environmental awareness to the forefront of leisure policies and to ensure that “environmental sensitivity or awareness” has an important place as a reminder and stimulus in the daily home and work lives of individuals both during and after activities.

Unfortunately, it cannot be said that ecorecreation practices, which have already taken their place in developed countries, have been fully adopted in our country, especially in outdoor leisure activities, and that they have been regulated and partially controlled.

Although insufficient, we can say that the sensitivity, which exists, emerges primarily with the sensitivity of recreationists who can act consciously and responsibly towards the environment. As a matter of fact, it is possible to say that the education, income and culture levels of people who can plan their leisure time well, see recreation as a need, practice it and especially use nature for recreational purposes are generally above normal. It can be said that naming and defining these approaches as “ecorecreation²” will make it much easier to explain the subject.



2 This concept is not widely used in scientific studies around the world, and although it is rare in commercial enterprises, it is seen to be used more.

The concept of ecorecreation was used and elaborated for the first time in Türkiye in the book titled “Ekorekreasyon: Rekreasyon ve Çevre” written by S.Karaküçük and B.M.Akgül and published by Gazi Publishing in 2016, which is a scientific study. After this study, it is gladly observed that dozens of scientific studies on ecorecreation have been published, and new studies continue to be widespread).

Again, in cases where environmental problems and leisure time activities are carried out both by using nature and by creating artificial spaces and materials for recreation applications, it cannot be ignored that the approach and name of “ecorecreation” can be taken to the center and it is easier to examine and create solutions.

“Ecorecreation”, a concept that has recently started to be used in Türkiye and that we hope will continue to be used, is used as a continuation and result of an understanding and approach such as “conservationist”, which prioritizes the protection of environmental elements such as natural habitats, water resources, plant and animal life during activities; “sustainable”, which aims to use natural resources in a sustainable way to meet the needs of future generations; “informative”, which aims to raise awareness of the environment and nature among participants; “reducing carbon footprint” and “eco-economic” revitalization.

In fact, “ecorecreation” is a message.



Because ecological problems have ruthlessly engulfed the whole world and every aspect of our lives. With each passing day, the dose of human intervention in natural life increases.

Natural habitats are gradually decreasing. Summer, winter or chalet houses, i.e. second residences with very short periods of use, artificially organized parks, gardens, promenade-picnic areas created by changing their natural environments, on the other hand, hunting with all its savagery and ruthlessness, wetlands destroyed with the appetite for more consumption and more products, pastures opened for development, roads and similar interventions to wild nature under the name of mines and transhumance, conversion works in forest areas and others...

All this contradicts the fact that “the world is unique and its possibilities are limited”. However, population and consumption continue to grow rapidly, pushing the problem to unsolvable levels.



Remaining sensitive to environmental problems is a human duty and a serious responsibility that world citizenship places on the shoulders of every human being.

It is inconceivable that the planning, policies and practices of non-working time, which is as important and institutionalized as working life, should remain outside of environmental awareness.

In recent years, the rapidly increasing need for the utilization of leisure time and the diversification and intensification of people's interest in open spaces have made "ecological values" a mandatory agenda of leisure and recreation circles. The concept of "ecorecreation" was brought to the agenda in such an environment.

Ecorecreation is everywhere.



At home, in gyms, swimming pools, fitness centers, indoor or outdoor spaces in the city, in parks, gardens, picnic areas, forests, mountains, lakes, seas, rivers. At every point in nature, that is, everywhere, people can find places to spend their leisure time, they try to realize their activities by using different clothes, tools, equipment and other consumer goods. And the realization of all these efforts within ecological systems and with environmental sensitivity determines the subject of ecorecreation³.

³ Recreation has multifaceted environmental, socio-cultural and economic relations. Considering the dimensions and impact areas of these relationships, the importance of creating and implementing "ethical" rules emerges.

Many problems that arise in recreation are often related to ethical practices. The resources used in recreation are natural and cultural resources that should be protected and used with sustainable policies.

All parties involved in recreation, i.e. recreationists, ecorecreationists, leaders, experts, managers, politicians, recreation businesses, recreation workers and local people have a number of important responsibilities in the sustainable and protected use of these resources.

Ethical behavior is based on: religious or faith, social and individual factors. Ethical behavior associated with religious or belief factors refers to an unquestionable, unquestionable, non-universal and scientifically unprovable situation that is unquestionably accepted and rejected.

Social factors, the form of social political and economic organization and rules are effective in the formation of ethical behaviors. It is difficult to gain universality.

Ethical behaviors based on the individual are formed under the influence of many factors such as the individual's personality, education, living environment, habits and cultural values. It may differ from individual to individual.

This is exactly the message of Ecorecreation.

The concept of ecorecreation reminds us that in response to the great pressures on ecosystems, at least recreational activities should be carried out, and the materials and equipment used for this purpose should be consumed in accordance with ecological rules, for protection and sustainability, and to keep a policy in this direction on the agenda.

Ecorecreation allows people to establish a close connection with nature, allowing them to interact directly with nature and through this interaction to understand it more closely. This undoubtedly leads to an emotional and mental connection with nature.

All kinds of activities in and with nature can help people adopt and maintain a healthy lifestyle.

The basis of environmental ethics approaches is “environmental protection consciousness or awareness” that starts with “social sensitivity”. Here, society is the world. Starting from the family, which is the smallest unit of society, local, regional, national and finally all nations constitute the limits of human “sensitivity”. In the “Earth is our home” approach, there is no point in drawing a border between all the forests, all animals, plants, in other words, all natural assets of the world as a whole within an ecosystem.

Just as archaeological artifacts from prehistory and from many different countries cannot be demarcated as the common cultural heritage of humanity.

Environmental ethics gained meaning with the industrialization period, when natural areas and living beings started to be damaged, and different approaches emerged as environmental problems reached global dimensions.

Environmental ethics refers to the basic principles that shape behaviors, values and thoughts towards the environment and determine approaches (Ertan, 2015, 98). Environmental Ethics approaches aim to ensure the functioning and survival of natural areas and ecosystems, including human beings, within the existing balance and integrity.

When all human beings’ beliefs and thoughts on existence and creation are examined, it is seen that they generally perceive Nature, whose functioning and mysteries they have never fully grasped, in two different ways. In other words, either as an order in which he himself is a part of, or as a source to sustain his own existence...

Two understandings commonly and generally underlie environmental ethical approaches. The first is the determination of the value of a natural asset in terms of whether it is useful to humans. The second is that the same natural asset is valuable regardless of whether it is useful for humans or not. These modes of understanding lead us to anthropocentric (anthropocentric) and ecocentric (ecocentric) approaches to ethics.

Anthropocentric Environmental Approach: Anthropocentric approach is based on the idea that the human species, life and existence are superior to everything else in nature and that all elements related to nature exist for human beings. The anthropocentric view has made humans the owner and master of nature. Human beings do not feel any responsibility towards natural life outside themselves. Nature is valuable as long as it serves and benefits humans. Otherwise it has no importance. Anthropocentrists want to protect the environment because it is indispensable in improving the quality of life of people and sustaining human life. According to them, the environment should be protected for the benefit of humanity and protecting the environment means protecting human beings. Environmental pollution (air, soil and water pollution etc.) should be prevented because it threatens our health. Natural resources should be used sparingly so that we do not run out of energy in the future and our quality of life does not decrease.

Nature-centered (Ecocentric) Environmental Approach: The ecocentric approach is an approach that emerged as the opposite of anthropocentrism and in the face of intensive scientific and social efforts in the face of rapidly growing environmental problems. It puts “nature” at the center instead of human beings. The basic argument on which the ecocentric approach is built is the view that humanity is a part of nature (Davis, 1996; DeMares & Krycka, 1998; Scull, 1999; Lundmark, 2007; Brymar & Gray, 2010).

This is in contrast to the view that human beings are the most unique and special beings in the universe, superior to animals and all other living or non-living beings, and that humans are only a part of nature, just like all other living beings (Williams & Parkman, 2003). The nature-centered perspective adopts a holistic perspective.

In an anthropocentric approach, the subject of value is “human beings”, whereas in a nature-centered approach, it is “ecological integrity” or “nature itself”, which includes all living and non-living things. In nature, “everything is connected to everything else”. That is, everything is interconnected with everything else through air, soil and water. In this context, the human being is a “mere member” of the biotic community; therefore, humans have no right to use the elements of nature as they wish (Özdağ, 2005: 23-24).



In other words, “ecology or environmental awareness” should always be on people’s minds, in their habits and in their teachings as parents or teachers-leaders in leisure time life as in all areas of life, and this message is tried to be given at the very first step by using the name “ecorecreation”.



ECORECREATION OR ECOTOURISM?

Ecotourism was defined by the World Tourism Organization in 2002, and its rules were determined. “Natural resources” were protected in the face of the intensity of tourism. The rapid increase in the world population, the development efforts of countries, the consumption frenzy, the routine of working life, and the awareness of a healthier and more beautiful life have increased the demand for recreation. From this point of view, local, regional or central governments and the World Tourism Organization at the international level should define recreation as “ecorecreation” and determine the implementation rules, just like tourism.

In this section, we would like to further elaborate by analyzing the similarities and differences between these two concepts.

The definition and analysis of the concept of ecorecreation brings it very close to ecotourism. These two concepts have the potential to raise issues similar to the debates about the similarities and contrasts between recreation and tourism. Indeed, ecorecreation represents a leisure policy and a group of recreational activities, whereas ecotourism is considered as an implementation policy of tourism or a type of tourism.

What both concepts have in common in terms of perception or practices is that they emphasize environmental and ecological values and systems. In other words, it will only be possible to understand or define ecorecreation and ecotourism based on the use and protection of nature.

Although they have a lot in common in terms of policies and practices, events and activities, not every activity carried out in nature and in accordance with ecological rules can be defined as ecotourism or ecorecreation.

In order to be able to relate and explain ecorecreation and ecotourism more clearly, it will first be necessary to relate the concepts of recreation and tourism and to know their similarities and differences. Recreation and ecorecreation are concepts that are already intertwined with tourism. Their evaluation together is also considered necessary in terms of the integrity of the book.

Although some vague and forced evaluations differentiate or analogize these two concepts, there are also some evaluations that clearly relate them.⁴

It is possible to come across many definitions, analyses or evaluations that include tourism within the scope of recreation or recreation within the scope of tourism. These evaluations are mostly related to which of the windows that take tourism or recreation as a basis is viewed from.

When the event is approached as a relocation for leisure purposes or participation in recreation away from home, “tourism includes recreation”; when tourism is considered as one of the sports, arts or cultural activity groups, “recreation includes tourism” emerges. Or, as a common point, a situation called “recreational tourism” is formed by participation in different outdoor activities within a tourism event.

Recreation and tourism have similarities in terms of the purposes of realization and the resources used in practice. When we look at their common goals, it is seen that they overlap in terms of pleasure, vacation, visits to relatives, religious activities, education, knowledge, etiquette, curiosity, adventure and similar desires. Regarding the similarity of the resources used, they use the same facilities, for the same consumer money.

Compete with each other, produce approximately similar effects when the same activity is performed, and produce common social and psychological outcomes for their participants (McKercher, 1996).

4 But is this necessary? In other words, what is the relationship between recreation and tourism, or ecotourism and ecorecreation that develop in parallel? What are their similarities and contrasts? Which concept covers which one? The answers to these questions are addressed within the limitations and requirements of the book, revealing some basic similarities and contrasts, while drawing attention to many unclear points. The developments in social, economic, technological and working conditions that affect the use and management of “leisure time”, which are the common nourishment points of tourism and recreation, the formation of new life trends and the occurrence of serious changes in leisure time habits often make the search for a relationship between these two concepts meaningless. We can say that this situation “weakens” the efforts to search for similarities and contrasts between tourism and recreation.



Undoubtedly, both groups of activities take place in leisure time and their visitor populations are partly similar. Still, tourism's business travel reveals an important dimension of the difference between recreation and tourism. Of course, other differences are decisive, such as those who travel in tourism or do not travel in recreation. At this point, Leiper (1979) proposed seven criteria to distinguish tourism from recreation.

1. The nature of moving away from and returning to normal living space and its associated activities are more prominent.
2. Travel time is longer.
3. The frequency of tourist visits is less than the frequency of other recreational trips.
4. Tourism offers wider social opportunities than other routine recreation and leisure activities.
5. The cost is usually higher.
6. The experiences gained can be more privileged.
7. The tourist trip is considered more discrete and memorable.

Tourism and recreation share many common psychological and behavioral outcomes. Nevertheless, they have differentiating or similar aspects. It is possible to evaluate much more than these distinctive features of Liper. In this study, these characteristics are categorized under eight headings.

These differences and contrasts will be summarized below within the limitations of our study.

However, it should be noted that the points where tourism and recreation are identified in these assessments are not as clear-cut as cutting a block of cheese in half with a knife, as is the case in other definitions of these fields. In each difference analysis, it may be possible to see some intertwining.

Although there are some difficulties and shifts in meaning in the definitions made from the perspective of both tourism and recreation, based on “leisure time use,”; The similarities and differences between tourism and recreation can be summarized as follows under main headings such as purposes, participation types, participation periods, economic dimensions, individual behaviors and motivations, activity diversity, frequency of participation and development processes (Mieczkowski, 1990; Hall, 1999; Krippendorf, 1996; Sağcan, 1986; McKercher, 1996; Colton, 1987; Mannell & Iso-Ahola, 1987; Fedler, 1987; Karaküçük, 2008; Özdemir, 2013):

In terms of objectives:

The primary expectation from participation in recreation is to cope with the health problems caused by urban life and to increase “work or academic efficiency” by continuously regaining the energy lost in the daily repetitive work life. This is sustained through frequent and repeated use of daily or weekend leisure time.



This is not the predominant expectation from tourism. The priorities of tourist expectations may differ in tourism-oriented leisure time practices that take longer intervals. It can be said that tourism activities (other than recreation),

which are carried out for adventure, curiosity, sightseeing, different experiences and many other similar purposes, are not exactly aimed at increasing “work or academic efficiency”.

While recreationists participate in recreational activities to get rid of or reduce the boredom of a routine or monotonous life such as working life, school and family life through recreational participation, tourists have the aim of “turning from the ordinary to the extraordinary” by moving away from the environment they live in with the need for “escape”.

While it is aimed to gain “physical development” by overcoming “inactivity”, which emerges as a negative consequence of urban life and technological opportunities, and “mental health” by participating in continuous and regular recreational activities to cope with “stress”, which is one of the serious life problems that arise as a result of urban life, tourism aims to relax and heal in wider leisure time periods.

“Socialization” is an important goal for recreation participants. Making new friends, establishing close relationships, sharing new environments and their continuity are at the forefront for recreationists.



For tourists, this purpose is manifested in the form of “social interaction”. Relationships are often more distant. Tourism offers wider social opportunities than other routine recreation and leisure activities. The experiences gained are more privileged and in many cases differ from those of recreationists.

“Hedonic” (excessive enjoyment) goals show significant differences in both concepts. In tourism, such activities are emphasized. Some hedonic activities can even be named as a type of tourism. Such as gambling tourism, sex tourism.

In “hedonic recreation”, the situation is different. Participation in recreational activities primarily results in personal or social benefits. It is aimed to be actively or passively involved in a sports activity, to engage in a type of artistic activity, to have hobbies, to take part in a voluntary socio-cultural group, or to evaluate leisure time to experience hedonic feelings by participating in games, entertainment or dance activities.



As in tourism, gambling, drugs, alcohol, and similar hedonic activities are not included in the scope of recreation, although they are mostly done in leisure time.

Recreation takes place in leisure time. However, not all leisure time can be called recreation. Criminal acts, excessive alcohol consumption, drugs, or antisocial activities that are not related to recreation can be mentioned as atypical leisure time behaviors (*Ibrahim, 1997, 47; Mieczkowski, 1990, 17; Kelly, 1990, 15*).

Almost all recreational activities can be included in tourism. It is also called recreational tourism. The objectives of the participants are similar to those of recreationists, such as rest, fun, movement, competition, and excitement. Tourism, on the other hand, can be carried out for special visits that do not include recreational activities in their program, such as faith, to relieve serious health problems or for political movements and similar special visits.

In terms of economic dimensions:

The “budget” allocated to activities differs in terms of tourism or recreation participants.



The tourism participant always has to allocate more budget to activities. Indeed, it is in the nature of tourism that tourists spend money and are encouraged to do so.

On the other hand, the recreation participant sometimes does not need to spend money at all for many activities. A stroll in the park, exercise in outdoor sports facilities, jogging, etc. However, in cases where leisure time is preferred to be spent on “serious leisure” activities, it is often possible to spend a certain amount of money, depending on the nature of the activity.

An expensive hobby, volunteer work that requires expenditure, or training in an art form, or ongoing expenditure on materials, tools and other necessities.

Tourism is a major purchasing event in terms of spending money and time. In this sense, tourism is generally seen more as an investment area from the buyer’s point of view. At the same time, recreational services or products, which are considered more narrowly, are included in the usual consumption habits of the person.



In tourism, the flow of capital, employment and tourist expenditure is high. In recreation there is a limitation. Employment is usually part-time.

Tourism creates significant economic value and is commercial. The value that comes to the fore in recreation is primarily the individual's happiness.

The private sector, the real tourism owner, commonly thinks about how much money it can make before people are happy. Governments, too, naturally look at tourism as an economic value and approach it from an economic point of view, such as employment, foreign currency inflow to the country, and the supply sector. However, realizing recreational activities are primarily public and not for economic purposes. Practices are based on "social and individual value". In most cases, the activities are "free of charge".

Undoubtedly, the private sector is a major force for meeting recreational demands. This is more likely to be the case in developed countries. In these countries, "investing in leisure time" has become a business line for the private sector. Many companies in Türkiye call themselves "investing in leisure time" and are engaged in entrepreneurship in this direction.

Small-medium enterprises are more willing to continue their development efforts. Undoubtedly, the development of the leisure sector is closely related to development, education, democracy, and modernization.

The demand for "leisure time utilization" in society leads to the private sector's desire for "supply" in this direction. It concentrates on its investments and efforts to diversify and increase the quality of recreation services. Thus, a group of recreationists emerges who are encouraged to purchase private sector services. Therefore, on the one hand, recreation services are provided free of charge or with very low fees by the public sector for priority purposes such as public health. On the other hand, they are provided by the private sector with a small to large fee.

There is no free practice of tourism. Nor does the public send anyone to free tourism activities for free for public health or any other purpose.



Another difference that distinguishes tourism from recreation in the economic context can be evaluated within the framework of “competition”.

Tourism is a sector that requires significant investment and is expected to survive primarily by increasing the number of foreign tourists. This requires strong international competition.

Recreation is not considered at this scale and is more “local”.

In terms of duration and location:

When the tourism phenomenon is roughly categorized as “leisure tourism” and “business tourism”, the “use of leisure time” constitutes a very basic common point between leisure tourism and recreation.

Recreation takes place entirely in leisure time. Although a significant proportion of tourism is in leisure time, according to the World Tourism Organization, this proportion does not exceed three quarters. The remaining tourism participants are engaged in work and tourism that is not primarily leisure.



Tourism requires the consumer to leave home to obtain it. However, there is no such “obligation” in recreational activities. Recreation can be done at home or in the neighborhood. Tourism, however, cannot be brought to the individual in this sense. In this sense, one of the most obvious contrasts between recreation and tourism is “traveling”.

Traveling from one place to another is one of the main characteristics of tourism. However, traveling is not “compulsory” in recreation. While many activities that do not require travel are carried out for recreational purposes in the living area where the home and workplace are located (in the city),

many different activities can be carried out as recreation by making day trips or accommodation trips outside the city. In addition, recreational activities included in tourism activities are characterized by the “necessity” of travel since they are carried out as a part of tourism. This situation can be called “recreational tourism”.

The time spent on tourism is an indefinite and single frame. The time allocated to recreation is continuous and regular. Recreation is the use of leisure time for shorter periods, while tourism is the use of leisure time for longer periods. Recreational activities are mostly localized and usually do not require much relocation. Overnight stays in some nature activities are rarely more than one night. This can vary depending on the time available to reach the destination (time-distance) and the type of activity (duration of participation).

The main element in tourism is “accommodation”. The longer this period can be kept, the higher the tourism value and the duration of the tourist’s stay is determined by the duration of the stay.

Recreationists repeat the same activity repeatedly, which shows the serious leisure characteristic of recreation. It is natural for a person who prefers to play tennis in his/her free time to receive training in this sport, to participate in competitions as an amateur when necessary, to experience excitement, sadness, defeat, success, joy, injury or injury and similar situations and emotions (Stebbins, 1992, p.3).



A tourism participant cannot expect such a frequency of participation or an expectation from the activity they participate in that is similar to that of a recreation participant.

In short, the frequency of tourist visits is less than the frequency of other recreational trips. On the other hand, no tourist wants to take risks that may cause injury or excessive physical fatigue and similar situations during their activities. On the contrary, they want to have a stress-free vacation in comfort and comfort, without getting tired.

In terms of resources:

Recreation and tourism often use the same resources. When carried out, the same activity generates similar impacts and produces common social and psychological outcomes for its participants.

One dimension of the common use of resources is the use of historical, archaeological, natural and ecological resources, sports, arts, entertainment and other similar areas and venues in a particular region for “touristic” purposes by tourists visiting that region and for “recreational” purposes by the people of the region.

The use of the recreational resources of the region for touristic purposes or the interventions made in natural areas to make new investments for this purpose or to increase the capacities of the existing ones may sometimes cause the reaction of the people of the region. They think problems may occur due to carrying capacity, damage to natural resources, and deterioration of calm living environments.

In a region that has both tourism and recreation potential, conducting research on the preferences of the people of the region for using the facilities of the region for touristic or recreational purposes and the reasons for this will give important clues about the more functional and purposeful activities. With such research, important data can also be collected on the attitudes, education, and awareness levels of the people of the region towards the environment.

In tourism, resources are predominantly used during “seasons”, which refer to different times. It is sensitive to excessive demands. Users are limited to the “accommodation” provided in the area. Overcapacity also damages resources.



There is a continuity in the recreational use of resources. Weekends and short vacation days are very busy. This intensity is related to the access to and capacity of the areas and places for recreational purposes.

In the joint use of resources, developments favoring international tourism are often taken for granted. In this case, there are limitations in the use of resources by the local population and domestic tourists. In this case, there is a need to take some measures, such as the realization of investments in public beaches, gyms, and similar investments as part of balancing social policies.

In terms of organization:

Some similarities and differences between recreation and tourism can be argued in terms of organizations that bring recreationists or tourists together with the region, facility, area, or places where the activity will be carried out under certain conditions.



Service procurement in tourism is mainly done through commercial enterprises established for tourism organizations. Tour organizers or agencies of various sizes and scales have assumed major roles in this regard. Commercial organizations established at national and international levels serve the sector. Businesses established for this purpose constitute an important pillar of the tourism sector.

In recreation organizations, clubs, communities or similar organizations with a predominantly amateur aspect provide this service. In local and limited regional recreational activities, efforts are more individualized.

The rate of individual behavior in tourism is quite low. Objectives are decisive in the quality of organization of both tourism and recreation services. When the organization is approached in terms of commercial enterprises that will serve recreationists and tourists, the common point is to generate income by selling “service”.

The quality of service and diversity of activities in the tourism sector requires serious investment and professionalism. Recreation organizations do not have such a dimension. In addition, as an exception to the commercial dimension, a significant portion of recreation services are provided free of charge or at very low fees by the public in order to achieve social and individual health and similar benefits.

In terms of developmental processes:

Some differences or parallels can be mentioned in terms of sociological, economic, political and other factors affecting the development process of tourism and recreation.

The increase in leisure time, improvement in health conditions, improvement in retirement conditions, technological developments, increase in female employees, increase in education level, increasing welfare level, increase in activities and alternatives, formation of many intrinsic and extrinsic motivational factors and many other positive factors cause tourism and recreational participation to be positively affected. Of course, it will also be negatively affected in cases where conditions do not exist or are inadequate. These conditions can create different reactions in tourism or recreational participation. For example, it is known that one of the important reasons for the development of tourism is related to the “good economic situation.” One of the prominent factors in recreational participation is related to a “high level of education, quality of life and level of awareness.”

As a matter of fact, while it is a priority for individuals participating in tourism to have money “saved” or “spendable” for tourism, no such savings or income is needed in recreation.

While political developments are particularly influential in international tourism and, to a certain extent, in domestic tourism, they do not pose a problem in recreation in its “local” dimension.



Environment;

The relationship between recreation and tourism is also getting closer in the environmental dimension. Ecological problems threatening the world are the most important agenda item of recent years. Among these problems, the misuse of the natural and cultural environment for tourism purposes leads to problems that are very difficult to repair, and the frequent confrontation with such environmental problems constitutes an important argument in terms of the relationship between tourism and recreation.

The environment is the most important raw material for recreation and tourism. Damage to the environment primarily means damage to a significant part of the activities that can be carried out for both recreational and tourism purposes. Türkiye, in particular, is a bad example of tourism practices with coastal looting, concretization, tourism-induced pollution, negative pressure on flora and fauna and other similar problems.

In order to overcome this, first of all, sustainable tourism and recreation policies should be implemented (ensuring the continuation of the attractiveness of tourism and recreation by protecting and developing the features that are the source of tourism and recreation), environmental resource, should be well known and inventoried in order to protect them, ecological carrying capacities of places with high value in terms of recreation and tourism should be determined and ecological carrying capacities should not be exceeded, Measures can be taken such as opposing planning that will harm the environment, raising public awareness, distributing tourism investments evenly, going for individual tourism instead of mass tourism, keeping ecotourism and ecotourism on the agenda, diversifying tourism, ensuring the use of old buildings for this purpose instead of new construction.



To summarize, in terms of the environment, the pressure of tourism on the ecological system cannot be underestimated. In some developing countries and in Türkiye, this pressure is more pronounced, and irreparable ecological problems arise. The fact that tourism investments have been and continue to be made without considering ecological factors and adequate supervision may create long-term negative effects on tourism and recreation activity types, organizations, and participation.

It can be argued that recreation practitioners and participants are considerably more responsible, sensitive, and aware in relation to their level of education, culture, and consciousness in relation to the environment than tourists and other elements of the tourism event.

The fact that this work, which emerged with the efforts of placing the concept of “ecorecreation” at the very center of the recreation event and bringing it into the terminology, will be taught as a textbook for educational institutions and organizations that will train recreation leaders and experts, businesses that will produce services in this direction, policymakers and practitioners and related departments of universities can be seen as a small indicator of this.

In this regard, tourism, which has priority in the unconscious, uncontrolled and economic panic use of common natural resources, has caused a serious narrowing of the limits of recreational use by damaging natural resources.

In terms of the characteristics of the activities:



Tourism and recreation activities differ in terms of the “abilities” of the participants. Tourists generally do not need to demonstrate a skill to take a trip, participate in an excursion, engage in a recreational activity, or engage in any hedonic activity. However, a large proportion of recreational activities may require a certain level of physical or mental ability, often including training, to engage in a voluntary and enjoyable activity.

Indeed, recreation is becoming the center of so-called serious leisure and increasingly the center of special skills, special hobbies, and special voluntary activities. Painting, playing the guitar, piano, ballet, swimming, table tennis, woodcarving, etc. are activities that require talent. For these and similar activities, it is often necessary to receive training and to fulfill the care and responsibility required by the activity. In addition, these activities often require continuous and regular participation. This understanding constitutes the basis of recreation and the quantitative majority of participation.



Some recreational pursuits do not always require skills. They may require little or no training. They may involve disorganization, passivity, and mediocrity. All of the above activities can be done and may not require skill (casual leisure). This approach also applies to recreation, but it is not very inclusive in terms of quality. However, its quantitative participation is intense.

In terms of individual behavior:

Some differences and similarities can be observed in the behavior of individuals participating in tourism and recreation in terms of intrinsic and extrinsic motivations. The differences of attractive and repulsive factors in the orientation to the preferred activity by centering on the purposes of leisure time evaluation can be evaluated as significant.

In terms of “definitions” and “positioning” between recreation and tourism, a holistic conclusion is often not reached. We can make some “debatable” assessments on this issue.

First of all, recreation is an “urban” phenomenon. Recreation has become an irreplaceable need for urban individuals as a result of city-centered working and living conditions. This need is met primarily in places such as cinemas, theaters, entertainment venues, indoor and outdoor sports centers, art galleries, parks, gardens, zoos, etc., located close to people’s homes, workplaces, schools, and residences. Recreation activities in these places usually take place during the few hours of *fragmented leisure time* that occur during the day.



People who need to get away from the city center turn to natural areas outside the city. Trekking, mountaineering, water sports, skiing, paragliding, angling, and many other activities using natural environments are very different from activities such as football and tennis, although they are carried out in the city and in open spaces. Such activities are carried out in both short and long leisure time periods and in places that can be reached by traveling outside the city.

Those who participate in recreation in the city center and travel for recreation purposes usually participate in weekend or multi-day activities. The distance adjustment can be limited to travel between cities within the country. This situation should not be confused with the domestic tourist type. In tourism, the concept of domestic tourists is not adopted and does not have an exact equivalent. National leisure time activities can generally and mostly be called “recreation”. The World Tourism Organization considers international tourism, not national tourism, as the main issue.

Mieczkowski (1990) considers activities with overnight stays for a distance of up to 100 kilometers from home or workplace for students, employees, club members, and the like, whose daily leisure time is a few hours or a day, and up to 200 kilometers on weekends and longer holidays within the limits of recreation. Activities longer than 200 kilometers may include national parks or wilderness activities and similar activities, drawing attention to the relationship between the realization of activities from near to far and the decrease in recreationist participation.

Özgüç (1984), on the other hand, extends the limits of recreational activities to 400 km. and further depending on the purpose of the activity (Figure 1).

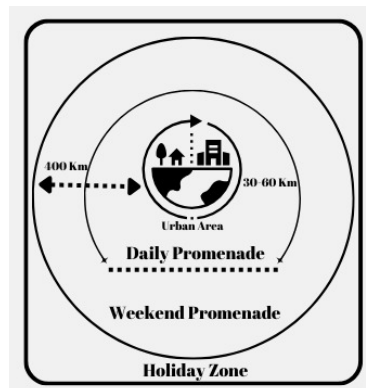


Figure 1. Recreational Activity Zones around the Urban Area (Özgüç, 1984, p.7)

To give an example, when members of a nature club in “Ankara” go trekking for a day in “Beypazarı”, 100 km. away, this activity can be defined as recreation. Can a 2- or 3-day activity of the same club members with tent accommodation for climbing the summit of “Hasan Mountain in Aksaray” province, 220 km. away, also called recreation, or is this a tourism activity?

If the same group participates in the summit climbing of “Mount Ararat in Ağrı” province, how is the activity named?

What is the name of the activity in “Beypazarı” when these group members stay in a hotel for two days or more overnight and participate in sightseeing, trekking, entertainment, and similar activities in the region?

Based on these questions, local tourists and recreationists are very similar in terms of their activities and participation purposes. There are also difficulties in evaluating the relationship between tourism and recreation on the scale of “local tourists” and “recreationists”. In many cases, the activities of these two groups overlap and appear intertwined.

When it comes to tourism, international tourists are what comes to mind all over the world, and if the phenomenon of local tourists is excluded except for “outdoor activities”, all participants in the above example can be defined as “recreationists” in their different purposes and locations.



Hiking and mountaineering groups can be called “recreational hikers” or “recreational climbers”. A person who paraglides as a serious leisure activity can be called a “recreational paraglider”, a person who flies paragliding as a tourist in a region can be called a part of “recreational tourism” or a tourist’s “recreational activity”, and those who paraglide professionally can be called “professional paragliders”.

Skiers who come to a ski resort to engage in serious leisure activities can be considered “recreational skiers,” while others who come to a ski resort to spend their holiday, stay in a hotel, and mainly engage in skiing activities can be considered as “ecotourists” or “domestic tourists.”

The most prominent activity group distinguishing recreation activities from tourism is outdoor activities outside the city. Outdoor recreationists generally do not purchase accommodation and similar services or products from the region they visit, unlike tourists, in their activities that last for a day or a few days.

In the region where the activity will be carried out, there is usually no need or expectation for organization, physical structures, or similar services. (In some cases, for lighter activities closer to the city centers, it may be possible to provide services in forests or other natural places arranged for picnics, etc.).

Urban indoor activities (such as indoor sports, artistic pursuits, shopping mall visits, internet games, TV or other home activities) and urban outdoor activities (such as parks, gardens, outdoor sports, and scientific pursuits) are activities in which “local people” participate for recreational purposes and are clearly differentiated from tourism.



In this respect, evaluating the relationship between tourism and recreation can be done smoothly.

However, there are also difficulties in making an assessment from the above questions. These difficulties can actually be attributed to the fact that there are views that both recreation and tourism activities are developing in the direction of leisure time use preferences, leisure time management, technological developments, increasing levels of education and awareness, and decreasing the necessity of research on the relationship between these two concepts.

Even if the circumstances create this situation, research on the relationship between leisure, recreation, and tourism will, in many ways, result in solving some problems and contributing to developments in both fields.

The relationship between leisure, recreation, and tourism can be made clearer by putting leisure at the center and using a Venn diagram (Figure 2).

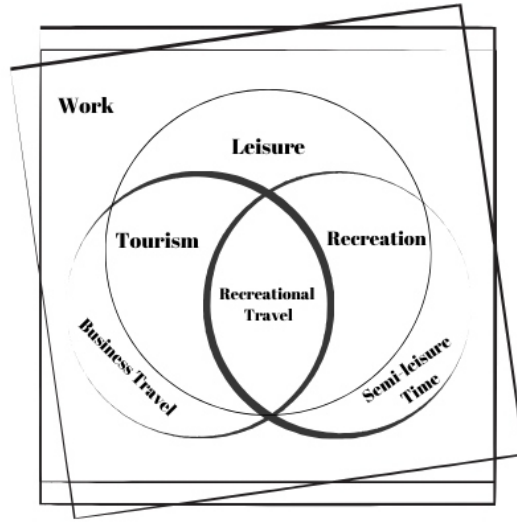


Figure 2: Relationship between Leisure, Recreation and Tourism
(Hall and Page, 1999; Öztürk, 2013).

The Venn diagram identifies work, leisure, tourism, recreation, recreational travel and partial leisure activities in terms of location and semantics.

Accordingly, the “leisure” trajectory, which excludes work/study time, includes tourism and recreation trajectories. The vast majority of the scope of recreation and tourism is inherently located within the broader area of leisure.

While a large part of tourism is carried out for leisure purposes, some of it is done as “business travel”.

The partial leisure segment, which partially moves out of the leisure trajectory and enters the work zone, refers to Stebbins’(2020) definition of semi-professional freelance work, guiding, consulting, craftsmanship, or small-scale organized work, which has a recreational purpose on the one hand and a commercial dimension related to this purpose on the other. This is in line with Dumazadier’s (1991,p. 102) definition of semi-leisure. The activities that Stebbins (2020) defines as “some small businesses” in the sub-headings of The Serious Leisure Perspective-version 2013 can be explained as activities that are carried out for recreational purposes, and the resulting product can be economically utilized from time to time. In other words, recreational purposes may have some business characteristics in certain situations. For example, a person who does gardening as a recreational occupation can make commercial use of the surplus vegetables or fruits, or a person who likes to make ornaments such as beads, necklaces, etc. in his/her spare time can reuse his/her works to

buy new materials or turn the surplus of his/her works into money by opening small stalls at the beach or similar touristic places.



The “recreational travel” section in the Venn diagram (Figure 2) refers to the participation of tourists in some recreational activities in their destination, while the recreational travel section, which intersects with tourism as a continuation of the recreation trajectory, refers to participation in outdoor leisure activities away from home but within the boundaries of recreational activities.

When we return to the Mount Ararat example, if the members of the nature club who set out for the summit from Ankara are trained, trained and amateur mountaineers, their activities that will last for about a week can be defined as “serious leisure” or exactly as “recreation”. Similarly, in the example of Aksaray Hasan Mountain above, the activity can be called “recreation”.

If a local or foreign group is brought to the “Ağrı” region with a tour organization and they are taken to the summit by purchasing certain accommodation, comfort, and services, or if they only organize hikes to certain parts of the mountain, and if the participants differ from the members of the Ankara nature club in terms of their mountaineering training, appropriate age ranges and other equipment, and whether they do mountaineering continuously or not, the activity of this group can be called “recreational tourism”. Activities such as visiting historical and archaeological sites in the destination, food and entertainment are included in this scope.

As a result, a careful examination of the diagram shows that all locations that intersect with the leisure trajectory, even to a small extent, have different recreational or touristic activities in common at their intersection points.

The similarities and contrasts between recreation and tourism can be seen to a great extent in ecotourism and ecorecreation.

In order to relate ecorecreation and ecotourism, it is necessary to examine the issue from the perspective of “ecology”. Because the common point of the practices and policies of both activity groups is primarily “environment” and “ecology”.

In ecorecreation practices, the use of the environment is prioritized under all circumstances. In nature-based recreational activities, it is adopted as a basic policy that nature should be carried out in an unspoiled, unchanged, responsible, and with a high level of awareness.

Ecorecreation activities put the development and happiness of individuals and the conservation and sustainable use of natural resources ahead of economic goals.

Limiting the presence of artificial regulations, settlements, roads, technology and vehicles in nature is a priority for ecorecreation.

Ecorecreation is opposed to “wild recreation”⁵ practices.



⁵ Wild recreation is the participation of a large number of people in a nature activity, i.e., several people above the carrying capacity of that natural area, and the presence of individuals in natural areas for “recreational purposes” (!) in their free time as a result of wild activities such as damage to the environment, insufficient environmental sensitivity, and knowledge of the participants, not acting by the ecosystem and hunting...)

In ecorecreation activities, true “sustainability” policies are taken seriously.

In other urban open and closed area applications of recreation, the basic principle is to prioritize the implementation of “environmentalist” approaches and policies.

Ecotourism is one of the important activity groups of tourism. It is also defined as a stand-alone tourism type or a tourism policy. The United Nations World Tourism Organization (UNWTO), with its World Tourism Code of Conduct, which includes a series of measures for the responsible and sustainable development of world tourism, and which also aims to balance the responsibilities of all sectors involved in tourism development (state, government, private sector, tourism workers, travel associations, service sector), is focusing on new planning that sets the “rules of the game” for governments, tour operators, tourism regions, travel agencies, tourism workers and tourists, including ecological, social and economic issues. In this framework, the UN declared 2002 as the International Year of Ecotourism, and the Quebec Declaration was issued, drawing attention to the close connection of tourism activities with climatic conditions and the impact of global warming on the sector. The World Wide Fund for Nature (WWF) defined ecotourism as “a type of tourism that minimizes the impact on the natural environment in wilderness areas while providing economic benefits to local communities” and listed the main characteristics of ecotourism on which there is consensus as follows (The International Ecotourism Society, 1998).

Nature-based (visitors observe and try to understand natural and traditional cultural elements in natural areas),

- Contributing to the conservation of biodiversity,
- Support the well-being of local communities,
- Regulate activities at the responsibility of both tourists and local people to minimize negative environmental and socio-cultural impacts,
- Requires minimal use of non-renewable resources,
- Provide for the creation of local ownership and employment opportunities for the local community.



Ecotourism has been widely used in the literature since the 1980s and in practices and tourism policies since the 1990s. Well-intentioned and nature-centered definitions of ecotourism have started to be made since these years. For example; in ecotourism, basic principles such as not creating pressure on the natural and cultural environment, informing tourists about environmental protection, raising awareness of local people about the environment, and cooperating with them, allocating resources for environmental protection, planning according to the characteristics of eco-destination regions, and preferring infrastructure suitable for the functioning of the ecosystem have been determined (*Erdoğan, 2003, p.158*).

The market share of ecotourism in the world tourism sector is constantly increasing. In 2006, it had a 7 percent share and its annual growth rate is around 10-12 percent. According to the World Tourism Organization, ecotourists are 35-59 years old, highly educated, and the majority of them stay for 8-14 days (*Erdoğan, 2014, p.143; Kahraman & Türkay, 2004, p.36*).

While the increasing demand for ecotourism can be evaluated positively in terms of the sector as ecotourism utilizes natural resources, it causes concerns in terms of ecological values and the healthy survival of natural life. Ecotourism can cause irreparable problems in nature if it is not carried out within predetermined environmental protection and utilization balances.

In cases where all kinds of natural areas, ecosystems and especially deep into rural areas and the most pristine areas of nature attract attention, the efforts of local people and tourism organizers to host people beyond the carrying capacity of the region, that is when economic concerns override environmental sensitivities, can cause great damage to nature.

While ecotourism should be understood and practiced as a tourism activity carried out by protecting the natural and cultural environment and taking into account the welfare of the local people, and ecotourism should balance economic and ecological efficiency together, it is observed that the priority has shifted towards economic purposes for a long time and this has caused and will continue to cause serious environmental problems.

This is because while ecotourism is ostensibly based on environmental protection and sustainability, implicit objectives such as meeting increasing tourist demands and increasing the revenue pie by increasing the seasonal duration and destination diversity by moving tourism away from mass tourism have taken precedence over policies to be created with an environmentalist approach.

As a matter of fact, it can be easily stated that ecotourism has now turned into an “industrial” structure that has its own specific characteristics, is intensively marketed and practiced, and whose priority is “economic” (*Erdoğan, 2003, p.109*).

Addressing the relationship between ecorecreation and ecotourism at this point will be more understandable in terms of revealing the distinct differences between the two concepts.

Ecotourism primarily represents a part of tourism, which is one of the main sectors in all world economies.

The main purpose of diversification, seasonal shifts, and expansions in tourism, including ecotourism, is to ensure “economic” growth. This is the basic policy.

For this reason, we can easily state that planning and implementing ecotourism in a predominantly “anthropocentric” manner is a very optimistic approach, even utopia. The inadequacies of ecotourism, even in ensuring the balance of environmental protection and use with an “anthropocentric (ecocentric)” approach, that is, an approach such as using the environment to benefit from it and protecting nature for its own interests, are obvious.

Ecorecreation, on the other hand, is an approach that is in line with the general characteristics of recreation practices and carries it further with its ecological sensitivity, and it can realize its activities as “environment-centered”. This understanding is adopted not only in open space activities but also in all leisure time activities, and it is valid in practices that focus on ecological responsibility and environmental sensitivity in activities, organizations, materials, and other materials used.



While it is possible to see a strong and deep ecological commitment in participation in ecorecreation activities, ecological commitment is more superficial in ecotourism, which is generally economy-oriented, and it can be said that the level of interaction with nature in ecorecreation is more advanced than in ecotourism.

For the ecorecreation participant, the choice of activity is usually single-frame. Ecotourism activities, on the other hand, involve multiple visits.

The ecorecreationist is expected to have a significantly high level of training, skills, and abilities related to the activities in which they will participate. This is required for most ecorecreationist activities. Ecotourists may require little or no such skills or training. Such activities also require physical involvement and challenges. This is the case with ecorecreation activities, while ecotourism involves more relaxed and passive activities.



In ecorecreation activities, participants have very low expectations and need for “services”. Ecorecreationists also do their own activity planning. In contrast, ecotourists always have high service expectations and rarely organize their activities themselves. They usually purchase this service from tourism companies or tour operators.

In terms of duration, the duration of ecorecreation participants’ engagement in the activity is generally longer than the duration of ecotourism participation, although this varies for some activities.

The number of participants in ecorecreation activities is always low. It is also desirable that the number of ecotourism participants is always low. The character of the activities also requires this. However, in ecotourism, this situation can sometimes be ignored, causing overcapacity in natural areas and, thus, environmental destruction.

Other similarities and contrasts between ecorecreation and ecotourism can be sought within the recreation and tourism relationships described in more detail above.

DIVERSITY OF ECORECREATION

Ecorecreation is included as an implementation policy in all kinds of sports, artistic activities, volunteering, and recreational tourism, which are recreational activity groups.

We can examine ecorecreation in two groups, primarily considering recreation activity areas.

1. Ecological policies are taken as the basis for all kinds of sportive, artistic, volunteering, and recreational tourism organizations and activities that are accepted as recreational activity groups. These activities are implemented by planning and programming in line with ecological principles and with sensitivity. In the construction and preparation of the facilities and areas where these practices are carried out, ecologically friendly construction materials, lighting, waste system, water saving and energy efficiency are taken into consideration and it is ensured that the tools, equipment and all kinds of materials used are ecologically based.



2. This group of ecorecreation is directed towards natural areas where recreation activities are mainly carried out. The second group of ecorecreation consists of the implementation of “outdoor recreation” activities and organizations with a conscious and planned ecological approach and sensitivity due to the fact that people’s desire to integrate more and more with nature, to go out to nature, to rest and even to have fun in nature has increased the pressure on nature and unconsciously exceed the natural carrying capacity and prevent the sustainable use of natural resources.

Here, ecorecreation is considered as an outdoor recreation activity group, not as a recreation planning, organization, and management policy, artistic and volunteer activities, and indoor sports. Ecorecreation represents a group of activities that include a wide variety of activities with different levels of difficulty in nature.

We can examine these activity types of ecorecreation by dividing them into two basic groups.

1. Nature is the source of the activity and is used as a tool. The activity is carried out entirely in nature. These are activities for competition, performance, or challenge.

The recreationists who perform the activity act according to the characteristics of the activity by focusing on the activity itself. It is important for him/her to continue and finalize his/her activity in this way.

The main objective is to tackle the problems that will be encountered during the activity, to solve the problems and to successfully complete the activity within a certain period of time.



For a mountaineer who climbs a mountain to reach the summit, it is important to overcome the natural conditions he/she is in with his/her training, skill, strength, appropriate technical material support, experience and determination and to reach his/her goal.

Again, an orienteering athlete aims to find the targets hidden in nature with the help of a compass and a map and complete the course as fast as possible before his/her competitors. A skiing recreationist is also primarily activity-oriented.

In all three examples given above, the athletes are assumed to be recreationists who engage in serious leisure as amateurs. In such activities, it is a priority to see and use nature as a tool. Undoubtedly, nature protection, environmentally responsible approach and awareness are in question in all nature-based recreational activities.

The interest, love and desire to integrate with nature have played a major role in the preferences of individuals who have turned to these sports or activities. However, their activities have always taken priority.

Research on whether the nature conservation and ecological approaches of such recreationists are anthropocentric or ecocentric will help to understand the issue more clearly. For example, in a study, the relationship between orienteering athletes' attitudes towards the environment and recreation benefits was examined. In the study, it was determined that the athletes exhibited high levels of anthropocentric, moderate levels of ecocentric and low levels of antipathetic attitudes, and also obtained moderate levels of recreation benefits. Significant relationships were found between education level, perceived income, orienteering experience, environmental attitudes and recreation benefits, and a positive relationship was found between environmental attitudes and recreation benefits. These findings emphasize the importance of environmental awareness and sustainable interaction with nature among orienteering athletes (Karaküçük et al., 2019).

2. In the second group of ecorecreation activities, the main source of the activities is nature itself. In other words, ecorecreation consists of "nature-related" activities. In these activities, it is prioritized to examine, research, observe, live with nature in calmness, watch landscapes, do nature photography, make efforts to protect and develop nature and engage in various activities in nature for this purpose.



Here the ecorecreationist desires to feel isolated, to breathe fresh air, to admire the landscape, to be aware of the rhythm of nature, to observe its harmony or the functioning of the system, or to experience a strong sense of obligation and responsibility towards the natural environment. They spend their free time participating in activities in natural environments for the preservation of ecosystems or for the solution of an ecological problem.

Some of these activities include examining ecosystems, observing different living things, following and observing the development, change and other lifestyles of living and non-living things.

These activities are carried out by creating tented or tentless accommodation, observation rooms or similar places established in natural environments. For example, activities such as bird watching, camping, plogging, trekking, nature photography, hiking, etc., can be given.

WHO IS AN ECORECREATIONIST?

We call “ecorecreationists” individuals who participate in “ecorecreation” activities, that is, leisure activities that are carried out with “environmental” sensitivity and responsibility at their center. “Ecorecreationist” refers to people who participate in, organize, support or work in all kinds of recreational activities in an ecologically sustainable and nature-friendly manner. Ecorecreationists promote recreational activities in harmony with nature and play a strong role in minimizing the environmental impact of these activities.



Ecorecreationists are recreation participants who are “nature-centered” and “ecologically sensitive”. Of course, not all ecorecreationists can be expected to be “environmentally friendly” or “environmentally sensitive” participants.

It is observed that there is a distinct state of consciousness among the recreationists' purposes for participating in the activity, such as uniting with nature with a strong desire or seeking happiness in nature, or considering the activities they perform in nature. This can be considered as an indicator that a significant portion of ecorecreationists are "environmentalists".

The term ecorecreationist is expected to connote environmental awareness for all recreational activities. However, it is more commonly and widely used for people who participate in nature-based activities.



Ecorecreationists aim to influence the relationship between recreation and nature in a positive way by adhering to nature conservation, environmental awareness and sustainable principles. As with all recreational activities, they encourage tourists and recreation participants to spend their leisure time and make use of resources in a way that minimizes environmental impacts and protects nature, especially in artificial or historical archaeological sites and natural areas of tourism that are shared with recreational activities.

Ecorecreationists serve the cause of environmental protection by encouraging people to interact with nature in a more sustainable way.



They can be nature lovers, environmental activists, tourism professionals or recreation managers.

Ecorecreationists who encourage recreation activities that are compatible with the environment, aim to minimize their environmental impacts, plan, organize or support these activities and assume various roles in this regard can be evaluated under some headings as follows. “Administrators/politicians” who adopt such policies, such as encouraging harmonious interaction with nature and minimizing environmental impacts, and implement these policies through laws; “nature guides”, all kinds of “environmental educators”, especially physical education and all other branches and classroom teachers,

“tourism and ecotourism professionals”, “NGOs” consisting of nature conservation associations or environment-oriented volunteer groups, “amateur or professional park and natural area managers and operators”, “organizers and employees who organize concerts, festivals and similar events”.

The ecorecreationist is a green consumer. Consumption is consuming, destroying. The economical, efficient, and conscious use, protection, and sustainability of consumption resources is a fundamental approach for the ecorecreationist.



Approaching recreational resources in terms of ecological principles is of great importance for both the present and the future. This responsibility lies on the one hand with ecorecreationists who want to make use of their leisure time by using natural environments, and on the other hand with various businesses, institutions and organizations that provide recreational services.

It is a fact that ecorecreationists and to a large extent ecotourists are more “environmentalist” than other leisure time consumers. In line with the approach of “people protect what they love,” the very basic common points of these two groups of participants are their understanding of “integrating with nature,” “discovering natural life,” and “being happy with nature.” In this case, such participants who love nature and want to be involved in nature-based

activities will also always prioritize protecting nature and acting responsibly and consciously towards it.

The main source of the problem in the use of natural resources for recreational or tourism purposes is the organizers, tour operators, and similar organizations. In other words, the problem arises from the fact that the organizations that mainly supply leisure services and organizations ignore environmental sensitivity with “economic” concerns. It is a visible situation that these groups often use concepts such as ecology, environment, and ecosystem as a cover for their intention to exploit environmental values, often with economic concerns, as in ecotourism, and of course, they also destroy natural life(!).

“The world is unique. Its possibilities are limited and exhaustible. Our sources of life are in nature. And it is important to preserve ecological sustainability and balance for a quality life.” Sensitivity to ecological problems has increased with the widespread understanding all over the world.

This has resulted in the proliferation of “environmentally friendly” activities and policies. As a result of the reflection of these attitudes and behaviors in leisure time activities, ecorecreation and ecorecreationists have emerged.

In this framework, we can list some basic principles about the characteristics and behaviors of ecorecreationists as follows:

- Ecorecreationist is an environmentally friendly.
- It adopts an Ecorecreationist “nature-centered” environmental approach.
- The ecorecreationist is aware that the real owners of natural areas and wildlife are the flora and fauna of that region.
- The ecorecreationist is aware that he/she is a temporary and guest in the natural areas he/she uses and knows that he/she should act accordingly.
- An Ecorecreationist does not leave waste in nature.
- Limited consumption. Pay attention to the consumption of natural products. “Ecoconsumer” or “green consumer”.
- The Ecorecreationist uses nature without “consuming” it.
- Does not think of interfering with natural areas. Uses pathways if there are any. If unnecessary, they do not move or relocate a single stone.
- Ecorecreationists aim to raise people’s awareness of environmental issues by increasing nature education and awareness.

- Ecorecreationists aim to raise people's awareness of environmental issues by increasing nature education and awareness.
- Limited use of motorized vehicles and technology.



- They design environmentally friendly recreation programs and educate people about protecting natural areas and sustainable tourism.
- Has detailed knowledge about ecorecreationist ecosystems and their functioning.
- Share what they know and their experiences with others.
- Shows interest in environmental organizations. Do not avoid taking an active role in these organizations or communities.
- The “ecological footprint” of the ecocreationist in nature is as small as possible.
- Ecorecreationists lead people to environmentally friendly activities by organizing recreational activities such as camping, trekking and cycling tours in harmony with nature.
- Participate in management and planning processes for the protection and sustainable use of natural areas.

- Ecorecreationist pays attention to the relationship of the business or people from whom he/she receives service with nature. Makes positive warnings if necessary.
- The ecorecreationist promotes recreation and harmonious interaction with nature.
- The ecocreationist has internalized his/her attitudes and behaviors about the environment enough to transfer them to his/her whole life.
- An ecorecreationist is also an “environmental activist”. As an environmental activist, he or she fights for the protection of nature and against ecological problems. They work on a wide range of environmental issues, such as environmental policy, nature conservation campaigns, and community education. He or she opposes the destruction of natural areas, fights against environmental injustice, and may lead environmental protection projects. The ecorecreationist carries out this role with a certain balance and responsibility, which creates a stronger and broader impact on the problems.



- Promotes healthy recreation with reduced environmental impact by directing people to natural areas.
- Ecocreationists have “ethical” values about the environment that are “accepted” and “unique” to them.

- Finally, ecorecreationists, ecorecreation leaders, experts, trainers, trainers, operators, and sincere organizers of such programs; are expected to carry out their activities within the framework of ecorecreationist policies on the one hand and to take responsibility such as distancing themselves from nuclear power plants and armaments, protecting clean air, water and soil, limiting pesticides and additives, preventing overpopulation, unplanned industrialization, irregular urbanization, preventing the transfer of radioactive waste to nature, protecting and developing wildlife habitats and wildlife, defending animal species against the human slaughter.

A model Ecorecreation Project

This project was carried out within Gazi University in 2018. The aim of this project to analyze the environmental literacy, environmental awareness, environmental ethics awareness and environmental attitudes of the students participating in the “Green Student Project” before and after the practices within the framework of their participation in ecorecreation activities. The data in the study were collected by using face-to-face survey method with 48 students who participated in “Green Student Project”. In the study, single group pretest-post-test weak experimental design was used. Within the scope of ecorecreational practices, TEMA Foundation information meeting and visit, TEMA documentary screening, MTA Natural History Museum tour, sapling planting activity, trekking activity, orienteering and plogging activities were held. Personal data form and four different measurement tools were used in the research. The data obtained before and after the applications were evaluated with descriptive statistics as well as pre-test and post-test analysis. When the findings are examined; It is seen that there is a significant and positive development in the participants’ total environmental literacy scores, attitude and usage sub-dimensions, environmental awareness total scores, soil pollution, ecological balance, participation in environmental discussions sub-dimensions. Here are some photos of the project below.

Akgül, B., M., Ayyıldız Durhan, T., Arı, Ç. & Karaküçük S. (2022). Yeşil Öğrenci Projesi’nde Yer Alan Ekorekreasyon Faaliyetlerin Katılımcılar Açısından İncelenmesi. GSI Journals Serie A: Advancements in Tourism, Recreation and Sports Sciences (ATRSS), 5 (2): 325-337.



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