

Hiking tourism – motives and behaviours. A case study.

Planinarski turizam – motivi i ponašanja.
Studija slučaja.

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ABSTRACT

Hiking is a physical activity aiming at recreation, training, and physical fitness. As a rule, people are engaged in this activity during vacations. However, very often, hiking is the main motive for travelling. This very fact allows us to refer to hiking as a distinct type of tourism, being the very reason to make a trip. In Greece, both Greeks and foreigners engage in this activity, following one of the two European long-distance footpaths (E4 and E6). This research aims at investigating motives, attitudes and behaviours of Greek hikers, members of the "Friends of Mountain and Sea Club", who undertake hiking tours in Greece and abroad. The research indicates that the main motive the hikers have, are contact with nature, wish to explore new places, and getting to know the civilization of different regions. On the way to their destination, hikers, in addition to hiking, also visit places and monuments of cultural interest. This form of tourism is environment friendly, as the majority of hikers respect and protect the natural and cultural environment.

Keywords:

Trekking,
Hiking tourism,
Motives,
Greece

SAŽETAK

Planinarenje je fizička aktivnost čiji je cilj rekreacija, trening i fizička spremnost. Ljudi se po pravilu bave ovom aktivnošću tokom odmora. Međutim, vrlo često je planinarenje glavni motiv putovanja. Upravo ta činjenica omogućava nam da planinarenje označimo kao poseban vid turizma, koji je i sam razlog za putovanje. U Grčkoj se i Grci i stranci bave ovom aktivnošću prateći jednu od dve evropske pešačke staze (E4 i E6). Ovo istraživanje ima za cilj da istraži motive, stavove i ponašanje grčkih planinara, članova „Kluba prijatelja planina i mora“, koji idu na pešačke ture u Grčku i inostranstvo. Istraživanje ukazuje na to da su glavni motivi planinara kontakt sa prirodom, želja za istraživanjem novih mesta i upoznavanje civilizacije različitih regiona. Na putu do odredišta, planinari, pored pešačenja, posećuju i mesta i spomenike od kulturnog značaja. Ovaj oblik turizma je prihvatljiv za životnu sredinu, jer većina planinara poštuje i štiti prirodno i kulturno okruženje.

Ključne reči:

trekking,
planinarski turizam,
motivi,
Grčka

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Introduction

Hiking – walking in nature – is a natural activity aiming at recreation, training, and physical fitness (Britannica,

2020). It often constitutes a significant part of mountaineering and is a prerequisite for other activities such as backpack- camping, hunting, cross-country skiing, orienteering and other recreation activities in

nature. Being capable for walking considerable distances without suffering from fatigue also encourages activities such as birdwatching, photography, enjoyment of natural and cultural environment, etc.

Hikers usually seek to undertake this activity during vacationing, in which case, hiking constitutes a recreation activity. However, very often the primary motive of travelling is hiking, thus hiking tourism evolves as a special form of tourism (Dreyer, et al, 2010, in Γούσιος, n.d, p. 3). According to Nordbø, Engilbertsson and Vale (2014, p. 383), hiking tourism is “the outdoor activity related to vacations and includes short or long duration walking tours in natural, cultural and often rural landscapes”.

During the last years, long-distance hiking (LDH) has evolved into popular activity and according to Hardiman & Burgin, 2015 (in Happ, Hoffmann, & Martin, 2021), it is the fastest developing activity in Europe and the USA. In fact, this activity is considered an integral part of adventure tourism (Breedie, 2003, p. 204; Weber, 2001) and sports tourism (Den Breejen, 2007; Lum, Keith, & Scott, 2020). Moreover, activities associated with trekking are considered eco-friendly and are compatible with environment and wildlife conservation (Brockelman & Dearden, 1990). In the Greek institutional framework, hiking falls into agritourism, but also into sports tourism as well as into ecotourism/green tourism (L. 4582/2018).

The changes that take place in modern man's life, distancing from natural environment and living in prison-like-cities, have led to seeking for activities that combine training and contact with nature (Boulware, 2003; De Oliveira-Matos et al., 2017). Studies show that hikers are mainly big city inhabitants that seek for original, innovative and authentic experiences (Alberts & Hazen, 2010; Santamarina & Moncusí, 2014; Silverman, 2015). Thus, the motives for undertaking hiking activity have to do with the need for contact with nature and unpolluted environments, seclusion, peace and tranquillity, escaping from everyday routine (Kastenholz, 2002; Goldenberg et al., 2008; Den Breejen, 2007, p. 1417), attaining and maintaining fitness and good health by taking part in physical activity (Maas & Verheij, 2007; Maas et al., 2006), amelioration of mental health (Hill et al., 2009; Bowler et al., 2010), sporting activity (Pomfret, 2006; Den Breejen, 2007; Rondrigues, et al., 2010; Pomfret, 2011), spiritual experience, quality of life (Seonjeong, et al., 2018, p. 240), recreation (Manfredo et al., 1983), self-development, companionship, etc. According to Prebensen et al., (2015) and Nordbo & Prebensen (2015), hiking is a perfect example of tourists producing or co-creating an

experience through both physical and mental participation in hiking experiences. Svarstad (2010) identifies three categories of motives: a) hiking as recreation activity, b) as critique of society, and c) as confirmation of “the sense of belonging”, i.e., interconnection with the traditional way of living.

In Europe, hiking is one of the most popular recreation and vacation activities (Lane, 1999). Hikers usually choose their destination depending on the opportunities offered to enjoy this activity. According to studies, in France and Italy, more than 3.000.000 hikers engage in hiking, while, in the United Kingdom, they come to 10.000.000. Actually, it is asserted that more than 30% of the Swedish and 50% British engage in hiking systematically (Kouchener & Lyard 2000). In Germany, hiking is the third most popular recreation activity (41%) after bicycling (59%) and swimming (57%) (Dreyer, et al., 2010, in Γούσιος, n.d, p. 4). In 2019, about 3,31 million Germans, aged > 14 years, stated that they go hiking in their free time several times a month (Koptuyug, 2021). Surveys show that the individuals interested in hiking and mountaineering activities constitute a significant part of adventure tourism market, in both mild and most extreme forms (Loveseed, 1997). According to UNWTO hiking is a popular recreational activity that constitutes a “core tourism product” around the world (UNWTO, 2019).

Conceptual Definition

The study of the related to the subject bibliography revealed several difficulties in the conceptual definition of the terms. According to Nordbø, Engilbertsson and Vale (2014) the word hiking is common in the English language but can be used in different ways such as ‘walking’, ‘trekking’, ‘rambling’, ‘strolling’ or ‘bushwalking’. Hiking and trekking are the usual terms used in international bibliography, but the term walking is also mentioned (e.g., the website of the European Ramblers Association refers to walking). In the Oxford Dictionary, the term *trekking* is defined as “to make a long or difficult journey, especially on foot” (Oxford Dictionary, 2021). UNWTO argue that walking tourism can include a wide range of products, but its main characteristics are the duration, from a few hours to a week or so and the absence of special skills or physical strengths of participants. Hiking and trekking are also considered as types of walking tourism (UNWTO, 2019).

In Greek, the word 'walking' is used for both terms. In essence, the term *trekking* denotes the activity of walking in the mountains and presents a higher level of difficulty than hiking, which is simply walking. Hiking is considered an easier activity compared to trekking and mountaineering. Hiking on easy paths (A) refers to a minimum distance of 5–10 km and on terrain with slight incline and lower altitude differences (300–600 m.), while the latter to a distance of 8–12 km and on paths with higher altitude differences (600–1000 m.). In the opinion of Elli Terzoglou, an experienced hiker and president of the Friends of Mountain and Sea Club, hiking is walking in the countryside or in a natural environment, on pre-made hiking trails or footpaths, taking easy and difficult routes with various difficulty levels, the duration being of half to a whole day or overnight, while the point of departure and that of arrival may also be different.

Trekking, as regards the level of difficulty, is between hiking and mountaineering. It is a long arduous journey in wild natural environment for multiple days. It can be done off hiking trails or on difficult terrain. It does not necessarily include mountaineering, it is mostly walking, but climbing is often needed in order to reach some points (Healthy Life Festival, 2018). It requires more effort and it is more demanding and challenging than hiking. You either carry your own gear or have someone else do it (i.e. porters). Accommodation might be at mountain shelters, bungalows, tea houses or in tents. There is usually no means of transport in the selected destinations. It is common in large high mountain areas such as in the Himalayas, in India, in the Andes, in the Alps, etc.

The next and most difficult form of hiking is mountaineering, which involves hiking, climbing, or simply walking using technical equipment. You come across different types of terrain-mainly snow, glaciers, ice, naked rock, or just traversing via ferratas – so mountaineers are trained climbers. It is a technical activity used to achieve the hardest before reaching the summit.

In conclusion, hiking requires a combination of fitness and mental discipline. It is often combined with mountainous regions but also with geomorphic formations such as deserts, tropical regions, glaciers, polar regions, marshes, volcanoes, etc., as well as with visits to monuments and cultural destinations.

Hiking in Greece

As hiking activity is becoming more and more popular, hikers seek constantly for new environments and routes. In support of the activity at European level, the European Ramblers' Association (ERA) has been formed, to which 65 hiking associations with more than 3.000.000 members from 35 European countries belong. ERA was founded in 2004 with the aim of promoting a Europe wide free and easy access to nature, further investment in the development of marked paths and the integration of walkers' interests in planning and legal regulations (ERA-EWV-FERP, 2021). European paths, which are marked with the letter E, constitute long-distance hiking paths that cross the European continents. A path, in order to be classified as a hiking path, it must cross at least 3 countries and be identified/recommended by ERA.

Path marking and maintenance are carried out by the member countries according to the existing legal framework. In certain countries, the corresponding associations are in charge, while in others it is the local authorities, e.g., municipalities or tourist organizations. In Europe, there are 12 E routes/paths by the name of E1-E12 (Oreivatein, 2017).

In 1984, following collaboration between the Hellenic Federation of Mountaineering & Climbing and the *Europäische Wandervereinigung* (E. W. V) it was decided that two European long-distance paths, E4 and E6, end up in Greece. Thus, the gradual marking of these paths started with funding provision from the Greek National Tourism Organization¹, and implementation of the work for each separate path by the Hellenic Federation of Mountaineering & Climbing (N. 4280/2014; Υπουργική απόφαση 151344/165/2017). The E4 European long-distance path or E4 path is more than 10.000 km long, starting from the Pyrenees, at Tarifa Andalusia, located at the southernmost end of the Iberian Peninsula, across the Straits of Gibraltar facing Morocco, it continues through Spain, southern France, Switzerland, Germany, Austria, Hungary, Romania, Bulgaria and up to the Greek borders. It crosses Greece from Florina to Gytheio and continues to Crete. The path can be divided into three parts: the northern one Florina-Delphi, the southern one Delphi-Gytheio, and the island one, Crete. E6 path is 6300 km long, starting in Finland, passes through Sweden, Denmark, Germany, Czech Republic, Austria, Slovenia, crosses Greece from west to east and ends up in Alexandroupoli. The Greek route has two parts. The first one starts from the port of Igoumenitsa crosses Dodoni,

Ioannina and Kastoria, and ends up at lakes Prespes. The second one starts from Florina, crosses the mountainous regions of western and central Macedonia (Greece) and ends up in Alexandroupoli, Thrace (Oreivatein, 2017; Moira, 2018).

The Research

In Greece, there is the Hellenic Federation of Mountaineering & Climbing to which 81 members in the form of association or club belong², encompassing mountaineering, climbing, skiing, etc. among which ecology and nature loving as well. In addition, at federation level, there is the Federation of Natural Mountaineering Excursion Associations of Greece to which 43 members in the form of association belong, encompassing nature loving, hiking, culture, etc.

However, there are no available data neither on the extent of hiking-mountaineering practice in Greece nor on the exact number of the members of hiking associations, the profile, the motives, and the needs.

A research has been carried out in order to investigate the socioeconomic characteristics, the needs, the motives, and the behaviour in the destination areas of hikers who live in Attica. The aim, in addition to recording the hikers' motives, was to determine their attitude and behaviour at the place of destination as regards environment

protection and respect for local communities, and, in general, sustainable tourism activities.

The research was conducted with the use of a structured questionnaire sent to sixty (60) members of one of the hiking clubs, "Friends of Mountain and Sea Club" that has been established in 1991 and has 60 members. The selection was made as the president of the Club is one of the researchers (E. Terzoglou), a fact that enabled us to have access to the email of all its members. The questionnaire was drawn up in google forms, was structured, with open and closed-ended answers. The survey started on 28/02/2021 and was completed on 07/03/2021. It was an inventory research as all members to which the questionnaire was sent replied immediately, and some of them forwarded the questionnaire to 18 non-members that often participate in the Club. Afterwards, the questionnaires were coded in SPSS, which is also used for the process and the extraction of the following results.

Results and Discussion

A total of 78 persons, 27 men (34,6%) and 51 women (65,4%) participated in the research. The data indicate that 79,5% persons (32 in total) aged 51–70 are engaged in this activity, 32 of whom (41%) were 61–70 of age, and 30 (38,5%) were 51–60 years of age (Table 1).

Table 1. Hikers' age

Age	Frequency	%
< 20	0	0,0
21-30	3	3,8
31-40	3	3,8
41-50	6	7,7
51-60	30	38,5
61-70	32	41,0
>70	4	5,1
Total	78	100,0

(Source: Authors)

The majority of respondents, (38,5%, 30 persons) are pensioners, and, thus, they have a lot of free time for recreation activities all year round, wishing to maintain or ameliorate their physical fitness (Table 2). The majority 44,9% (35 persons) stated that they are higher education graduates, while 37,2% (29 persons) stated that they are postgraduate degree or PhD holders.

As expected, the totality of respondents stated that they belong to a hiking-mountaineering association/club, 60 of whom (76,9%) were members of the Friends of Mountain and Sea Club, as they were the first ones the questionnaire was sent to. 18 more persons (23,1%) also participated in the survey, who, even though that they are members of other hiking-mountaineering associations, they also participate in the activities of the Club.

Concerning the question about the participation frequency in the hiking-trekking trips/tours, all of the respondents stated that they take part in them both in Greece and abroad. Participation in trips/tours in Greece is

as follows: 28 persons (35,9%) on weekly basis, 20 persons (25,6%) on monthly basis, 17 persons (21,8%) on a fortnightly basis, and 13 persons (16,7%) on a half-yearly basis.

Table 2. Hikers' occupation

Occupation	Frequency	%
Private employee	15	19,2
Civil servant	11	14,1
Freelance	11	14,1
Professor	4	5,1
Student	2	2,6
Housewife	1	1,3
Pensioner	30	38,5
Farmer	0	0,0
Other	4	5,1
Total	78	100,0

(Source: Authors)

Approximately half of the hikers (33 persons, 42,3%) stated that they go hiking together with friends, 29,5% (23 persons) with their husband/wife/partner, and 20,5% (16 persons) alone (Table 3).

Table 3. Participation in hiking tours/trips

	Frequency	%
with the spouse/partner	23	29,5
alone	16	20,5
with friends	33	42,3
with family members	4	5,1
with colleagues	2	2,6
other	0	0,0
Total	78	100

(Source: Authors)

Participation frequency abroad, as it is reasonable, varies. Thus, 48,7% (38 persons) stated that they participate on a yearly basis, a percentage that is justified as the cost is higher and a longer period is needed for going to and coming back from the destination. Also, 17 persons (21,8%) stated that they participate on a half-yearly basis, and only 3 persons (3,8%) on monthly basis. There were 20 respondents (25,6%) who stated 'other', meaning that they participate in tours abroad depending on the destination attractiveness, the time available, or on whether they can bear the cost. In addition, several of them participate in trips/tours abroad, but they do not follow the group in hiking if they are not physically strong to meet the difficulties of the hiking path. In this case, they engage themselves in milder activities such as more 'touristic' routes. According to E. Terzoglou, in many hiking and trekking tours abroad, where there are paths of greater difficulty, several members join

the trip, but they do not participate in hiking/trekking, e.g., during trekking in Tanzania (Kilimanjaro) or the Inca Trail, 21 persons took the trip, but only 5 and 8 persons correspondingly participated in the activity. This differentiation explains the answer 'other' that was given when they were asked to mention the activities they engage in when they arrive at the destination (33,3%). Tours across Greece are usually one-day long (41 persons, 52,6%), or at weekends (28 persons, 35,9%) and have to do with hiking 70,5% (55 persons), trekking 53,8% (42 persons), and other activities (33,3%) such as visits to archaeological sites, monasteries, monuments, wineries, etc., a fact that explains the cultural character of the tours. Moreover, 17 persons (21,8%) stated rafting as favourite activity. To the question 'other choices', the activities stated were paragliding, kayaking, boating, etc. Trips abroad usually last ten days (31 persons, 39,7%), or one week (21 persons, 26,9%).

The level of difficulty³ in excursions in Greece were characterised medium (A+) by 48 persons (61,5%) and easy (A) by 22 persons (28,2%). Respectively, the level of difficulty in excursions abroad were characterised medium (A+) by 38 persons (48,7%) and easy (A) by 34 persons (43,6%).

In the majority (85,9% (67 persons), the respondents stated that they participate in the excursions in Greece, which are organized by the Hiking Club/Association to which they belong, while as regards the excursions abroad the percentage decreases to 57,7% (45 persons), as 17 persons (21,8%) stated that they go through a travel agency. Moreover, 85,9% (67 persons) of the respondents stated that during their excursions in Greece they are accompanied by the leader of the Club/Association to which they belong, and 46,2% (36 persons) by an accredited mountain guide of the destination. Regarding excursions abroad, 67,9% (53 persons) stated that they

are accompanied by the leader of the Club/Association, 48,7% (38 persons) by a tourist office guide, 37,2% (29 persons) by a local tour guide, and 25,6% (20 persons) by an accredited mountain guide of the destination.

The hikers were asked to state up to four reasons for which they chose the hiking activity. 67,9% (53 persons) of the respondents answered that the main reason was the need for contact with nature, 35,9% (28 persons) for recreation, 34,6% (27 persons) for physical fitness, 32,1% (25 persons) to get acquainted with other cultures, and 25,6% (20 persons) to escape from daily routine (Table 4). To a great extent, the motives for engaging in hiking-mountaineering activities are confirmed as they are referred to in other research surveys (Den Breejen, 2007, p. 1417; Goldenberg et al., 2008; Hill et al., 2009; Balmford et al., 2009; Alberts & Hazen, 2010; Santamarina & Moncusí, 2014; Silverman, 2015).

Table 4. Reasons for hiking

REASONS	Frequency	%
Sport	15	19,2
Recreation	28	35,9
Spiritual experience	7	9,0
Amelioration of mental health	18	23,1
Amelioration of physical health	15	19,2
Physical fitness	27	34,6
Contact with nature	53	67,9
Peace and Tranquillity	1	1,3
Escape from daily routine	20	25,6
Companionship/sociability/team spirit	10	12,8
Self-development	1	1,3
Original experiences	2	2,6
Authentic experiences	7	9,0
Get acquainted with other cultures	25	32,1
Other	3	3,8

(Source: Authors)

The three most significant criteria that were stated to affect the destination choice are natural environment 87,2% (68 persons), wishing to explore new places 73,1% (57 persons), and culture 43,6% (34 persons). Other criteria that were stated are challenge/experience

21,8% (17 persons), the level of difficulty in hiking 15,4% (12 persons), destination safety 17,9% (14 persons) and recommendations by friends/fellow travellers 6,5% (13 persons). A lower percentage stated markings or signs, and the cost (Table 5).

Table 5. Criteria which affect destination choice

Criteria	Frequency	%
Natural environment	68	87,2
Culture /heritage	34	43,6
Exploration	57	73,1
Challenge /experiences	17	21,8
Recommendations by friends / fellow travellers	13	65,0
Level of difficulty	12	15,4
Destination safety	14	17,9
Route signs (good route marking)	5	6,4
Cost	5	6,4
Other	2	2,6

(Source: Authors)

The majority, 59% of the hikers (46 persons), spend the night mainly at a hotel, during their excursions. 25,6% (20 persons) stated that the selection of the accommodation depends on the conditions, while just 10,3% (8 persons) stated that they stay at a hostel and 2,6% (4 persons) stated that they usually choose a shelter or a camping.

The majority of the respondents 34,6% (27 persons) are experienced hikers, as they stated that they have been engaging in the hiking activity for more than 16 years. 24,4% (19 persons) stated a 7–10 year experience, 20,5% (16 persons) a 4–6 year experience and 12,8% (10 persons) a 11–15 year experience (Table 6).

Table 6. Years engaged in hiking.

YEARS	Frequency	%
1 year	3	3,8
2-3 years	3	3,8
4-6 years	16	20,5
7-10 years	19	24,4
11-15 years	10	12,8
>16 years	27	34,6
Total	78	100,0

(Source: Authors)

The respondents were also asked to identify the most difficult path they have completed. Of course, the answers were various, but, regarding Greece, the most common one was Mount Olympus⁴. As regard the excursions abroad, it was not possible to classify the answers. Yet, it must be mentioned that a great variety of cultural destinations were stated, e.g., Argentina/Fitz Roi, Chile/Torres del Paine, Peru/the Andes and Inca Trail, Tanzania/Kilimanjaro, Tibet, and Nepal/the Himalayas. These answers, in combination with the answers given to the question about the places and monuments that

hikers/trekkers visit, reveal that, to a great extent, cultural motives are also included.

In total (78 persons), the respondents stated that during hiking they take care of the environment protection. The modes of protection they used were: avoiding lighting fires (88,5%), avoiding hunting (even if it was allowed) (84,6%), avoiding destruction of flora (83,3%), collecting waste (83,3%), not walking away from demarcated trails so as not to affect natural environment (75,6%), avoiding fishing (76,9%), etc. (Table 7).

Table 7. Ways of environment protection

NATURE CONSERVATION	Frequency	%
I collect waste	21	26,9
I do not cut plants and flowers	21	26,9
I do not walk away from demarcated areas	15	19,2
I do not light fires	25	32,1
I do not go hunting	22	28,2
I do not go fishing	16	20,5
I do not buy souvenirs that are made from protected species	12	15,4
All the above	44	56,4
Other	3	3,8

(Source: Authors)

A total of 93,5% of the hikers stated that they follow the destination rules concerning safe hiking (not walking away from the paths, hiring a local mountain guide, etc.), 93,5% stated that they respect the local culture, 88,4% respect for the local habits and 85,9% respect for the privacy of local population. In addition, 84,6% take into consideration and show respect for the religious beliefs of the host region and do not take photographs of the local people without their permission (80,7%).

During the hiking tours, not only do they familiarize with the natural environment, but they also visit archaeological sites (91%), national parks and protected areas of natural beauty (88,5%), monuments (80,8%), wineries and other agricultural facilities (73,1%), places of worship (churches, mosques, stupas, etc.) (65,4%).

It is obvious that hikers also have cultural motives, e.g., getting to know the local cultures, local habits, traditions, etc. (Table 8).

Table 8. Visited places during hiking

VISITED PLACES/AREAS	Frequency	%
Museums	62	79,5
Archaeological sites	71	91,0
Monuments	63	80,8
Places of worship (churches, mosques, stupas, etc.)	51	65,4
Wineries, agricultural facilities, etc.	57	73,1
National parks, Protected areas	69	88,5
Other	5	6,4

(Source: Authors)

Conclusion

The research that was carried out on the members of the "Friends of Mountain and Sea Club", reveals that they consider hiking a special form of tourism – hiking tourism- with cultural dimension being a significant factor.

The main reason for selecting hiking/trekking tourism is the need for contact with nature. In addition, recreation, maintaining good physical fitness, getting to know other cultures, escape from daily routine, were also stated as significant motives. The attractiveness of the place, challenge/experience and security constitute also factors that affect the choice of destination.

Furthermore, it was shown that the hikers of this specific Club, are considerate travellers, as they respect the natural environment and are not offensive to the cultural environment of the destination. A fact that proves that there are significant motives of getting to know the local cultures and tradition is that, even though the hikers' main motive is contact with nature during their tours, they visit archaeological sites, monuments, museums, wineries and other agricultural facilities and places of worship. Thus, hiking tourism is a special tourist activity, distinguished by its alternative character in contrast to the other, on massive scale, tourist activities.

A research limitation is the fact that the group of the survey is small, rather homogenous and its members are

inhabitants of Attica. Consequently, the results cannot be generalized. It is advisable to conduct a survey on other Associations/Clubs outside Attica, the members of which have different background, ages, occupations, place of origin and live in semi-urban and rural areas. In this way, there will be more representative results about the hikers' motives in relation to place of residence, occupation, etc. Thus, a future research has to take into consideration the above-mentioned limitations.

STATEMENT

In their statements, the authors confirmed the absence of any conflict of interest.

REMARKS

¹ In Greece, in 1929, tourism supervising authority was assigned to the Greek National Tourism Organization, a public law body, which was the one and only entity to implement tourism policy (Μυλωνόπουλος, 2016, p. 37).

² According to the data on the official website of Hellenic Federation of Mountaineering and Climbing, 2021.

³ The trails' difficulty level, are separated in four categories, ranging from easy (A), medium (A+), difficult (B), very difficult (C).

⁴ Olympus, the 'radiant', the 'multifaceted' as it has been known since antiquity, is the highest mountain in Greece (2.917 m) which, according to Greek mythology was the 'mountain of gods.' Its 44.500 acres have been defined as National Park, and it has also been characterised as 'biosphere reserve' by UNESCO (Μοίρα, 2018, p. 138).

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