

Sport and Recreation Influence upon Mountain Area and Sustainable Tourism Development

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Abstract: In contemporary tourism, sport and recreation are increasingly becoming the dominant motives for undertaking the journey, and as a result of modern living, active holidays are more frequent. Mountain areas have always been attractive to deal with the various sports activities. Winter sports were the initiators of the development of mountain resorts. Mountain resorts invest in construction of hotels, ski lifts, snowmaking equipment, for the sake of attracting a growing number of tourist clientele. On the other hand, sport and recreation also serve to promote summer mountain tourism. Tennis, golf, swimming, horseback riding are key tools to attract visitors in the summer months toward the resorts facilities. The main problems regarding the development of mountain tourism centers come in the form of the growing concern for the preservation of the environment, of the human and traffic congestion in the mountains and the intensive use of natural resources by tourists. This paper aims to highlight the positive and negative impacts of sport and recreation in the development of mountain tourism and to present possible solutions to reduce negative impacts. Methodology is based on document review of many bibliographic resources, which are related with skiing and mountain biking as examples of winter and summer sport activities on mountains.

Key words: *sport and recreation, mountain tourism, sustainable development, environmental protection*

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Initial submission: August 2012; Revised submission: December 2012; Final acceptance: March 2013