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Tourist and Recreational Activity of Senior Residents of Wrocław¹

Abstract. The aim of the study described in this article was to identify the main factors determining tourist and recreational activity of senior residents of Wrocław in the Wrocław Metropolis. The target population was defined as people aged 50 and older, following the publications of Statistics Poland and governmental documents. The study addressed spatial, socio-economic and demographic conditions of tourist and recreational activity of senior citizens. In order to verify the research hypothesis, the authors conducted a personal interview survey among 326 senior inhabitants of Wrocław. The authors hypothesised that tourist and recreational activity of senior residents of Wrocław in the tourist and recreation areas of Wrocław Metropolis was motivated by their desire to improve health through physical activity and learn about nature and culture. The study results confirm the main hypothesis. It was found that the key factors motivating people aged 50+ to take up tourist and recreational activity are the need to relax outdoors, including various forms of physical recreation and the desire to learn about nature and culture. The most frequently visited tourist and recreation area of Wrocław Metropolis turned out to be the Odra River Valley in the area of Wrocław and Wrocław city parks (mainly for one-day recreational activities) and the Barycz River Valley in the area of Żmigród indicated primarily as a destination for weekend trips.

Keywords: Wrocław Metropolis, tourist and recreational activity, people aged 50+

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¹ The article is based on results of a study conducted in 2018 as part of a research project entitled „Similarities and differences of tourism and recreation in metropolitan areas of Poland” at WSB University in Poznań, which was financed from statutory research funds of the Ministry of Science and Higher Education. The article presents only some of the results of the study conducted by the authors, concerning tourism and recreational activity of senior residents of Wrocław and is the first in a series of articles on the subject.

1. Introduction

There are multiple aspects that need to be addressed when investigating tourist and recreational activity of senior citizens. Given the complex nature of the phenomenon, which varies over time and space, it is difficult to obtain a clear overall picture, especially when one wants to account for subjective experiences of individuals in this respect. Advanced population ageing observed in the Polish society will transform all major spheres of social life [Woźniak 2019: 208]. The growing number of people who live to an ever older age poses a challenge for individuals, families, communities and the state, also with regard to tourist and recreational activity.

The aim of the study described in this article was to identify the main factors determining tourist and recreational activity of senior residents of Wrocław in Wrocław Metropolis. The following specific tasks had to be completed to achieve this aim:

- from a theoretical and empirical point of view, identify the structure, characteristics and factors motivating tourist and recreational activity of senior residents of Wrocław,
- to gain knowledge about tourist and recreational areas which are of interest to senior residents of Wrocław.

The study focused on Wrocław residents aged 50 and older. This definition of senior residents (the so called “silver head” generation) was selected because it is used in publications of by Statistics Poland and in government documents². People in this age group are characterised by specific needs, expectations and a certain value system [Śniadek 2007].

The object of the study was to examine senior residents’ participation in tourist and recreation activity in 2018 and their plans regarding such activities for 2019. In particular, the authors were interested in activities undertaken within the city itself as well as those pursued in tourist and recreation areas located within the borders of Wrocław Metropolis, which are traditionally regarded as places of recreation. Wrocław Metropolis is a diverse territory in terms of administrative division, settlement structure, spatial and functional characteristics, with a number of different natural habitats and many places of interest for tourists [Korenik 2009]. It is part of a number of physiogeographic regions with various landforms, offering opportunities for diverse forms of tourist activities. It also fea-

² Some of these documents are: *Program Solidarność Pokoleń. Działania dla zwiększenia aktywności zawodowej osób w wieku 50+* 2013; *Założenia Długofalowej Polityki Senioralnej w Polsce na lata 2014-2020*; *Program Solidarność Pokoleń. Działania dla zwiększenia aktywności zawodowej osób w wieku 50+. Dokument implementacyjny* 2012.

tures a well-developed hydrographic network. On the basis of a literature review and participant observation, the authors identified the following tourist and recreational areas located within Wrocław Metropolis which can be and are actually used for recreational purposes: The Odra River Valley in the area of Oława, The Odra River Valley in the area of Wrocław, The Odra River Valley from Wrocław to Brzeg Dolny, The Odra River Landscape Park (planned), The Bystrzyca River Valley, The Bystrzyca River Valley Landscape Park, The Ślęza Mountain Ridge, The Barycz River Valley in the area of Żmigród and Milicz as well forests and parks of Wrocław (e.g. Szczytnicki, Południowy, Zachodni, Wschodni, Staromiejski, Grabiszyński).

The concept of a metropolis emerged as a result of designating a metropolitan area defined by OECD³ as a functional urban area inhabited by at least 500,000 people. This term can also be applied to an urban agglomeration with a densely built-up urban core together with functionally linked neighbouring administrative units. The scale and intensity of metropolisation processes observed in Europe has called for new institutional solutions to manage metropolitan areas. One such tool in EU cohesion policy are Integrated Territorial Investments, which support functional urban areas of large cities, also in Poland.

Attempts at introducing such solutions to create metropolitan areas in the system of local government in Poland have been made for several years. Between 2007 and 2015 five draft laws were proposed to regulate the status of metropolitan areas [Kaczmarek 2018: 282].

2. Literature review

The number of elderly people all over the world is growing, causing a change in the population structure characterised by an increasing share of the post working-age population. By 2020 the elderly population in Poland will grow at an annual rate of 200 thousand, while by 2030, 29% of the population is projected to be above the age of 60 [Górna 2015; *Działania dla zwiększenia aktywności zawodowej osób w wieku 50+. Dokument implementacyjny*, 2012]. In this situation, the population of Poland can be described as demographically old⁴. Old age is becoming a kind of “social novelty”, since never before in history has such a large proportion of the population lived to such an old age [Halicka 2000]. Currently observed changes are the result of the so called demographic transitions, which are associated with a decline in mortality, advancements in medicine, new mod-

³ OECD – Organisation for Economic Cooperation and Development, which Poland joined on 22 November 1996.

⁴ According to the literature, a population is defined as demographically old if the share of people aged 60+ exceeds 12%, and that of people aged 65+ is higher than 8% [Sitek et al. 2013].

els of the family, as well as changes in lifestyle, worldviews, politics and migration patterns [Woźniak 2016]. Everyone will have to face the effects of aging sooner or later; it is a natural, inevitable and irreversible process but also a valuable part of human life, which offers new opportunities and poses new challenges. This is why the problems of elderly people are among the most relevant topics addressed nowadays.

It is therefore worth learning more about typical characteristics of modern-day senior citizens. The word “senior”, derived from the Latin *senex*, means “older” [Kopaliński 2007]. The problem of establishing the threshold of old age presents a number of challenges. In different contexts, different age thresholds are used to classify people as senior citizens. Most frequently, it depends on the aspect that is taken into consideration: it can be economic (the end of economic activity, retirement), social (being a grandparent), cultural (traditions, customs), health-related (activity limitations) [Górna 2015]. According to WHO, the cut-off point for the elderly population is the age of 60; in the USA, it is 65; in some surveys, this threshold is set at 55 or 70 [Piekarska, Piekarski 2017]. Social groups of seniors (50+) define seniors as people with considerable life experience who still want to develop their knowledge and skills⁵.

Given their needs and a larger amount of free time, elderly people are increasingly getting involved in tourism and recreational activity. Modern-day senior citizens are aware of their needs, get involved in various activities and are more active. For them, old age, despite many limitations associated with it, is an opportunity to engage in tourist and recreational activity.

Population aging has been studied among others by Mitreğa [2002] and Woźniak [2016, 2019]. As people get older, the role of physical and mental activity becomes increasingly important. This activity can involve performing some useful work or pursuing personal interests. Each form of activity benefits the capacity of the body and the mind, improves self-esteem, the physical and mental health, prevents a sense of emptiness and loneliness, gives joy and satisfaction [Kamiński 1980; Park 2007; Banach, Orlińska 2013]. Every form of activity can be a way to experience old age with dignity and improve one’s quality of life. Studies of tourist and recreational activity in Poland have met with a lot of interest from scientists. The subject has been examined among others by Bąk [2010], Graja-Zwolińska, Spychała [2012], Hołowiecka and Grzelak-Kostulska [2013], Miszczak [2010], Ociepka, Pytel [2016], Skorupa, Bogacz [2015], Zawadka [2016]. Some studies focus on selected groups of elderly people, such as students of Third Age Universities (U3A) [Dubińska 2015; Śniadek, Górka 2016; Bac 2014]. Other authors investigate the involvement of local government authorities and travel agencies in the developing the tourist sector to meet

⁵ www.mrs.poznan.pl/czytelnia-wirtualna/ [accessed: 15.07.2019].

the needs of senior citizens [Zielińska-Szczepkowska, Żróbek-Różańska 2014; Mokras-Grabowska 2010; Tucki, Skowronek 2012].

With respect to the study and identification of tourist and recreational activity of senior residents of Wrocław, particular mention should be made of the studies conducted by researchers from the Department of Recreation and Tourism at the University School of Physical Education in Wrocław, on ways in which Poles spend their free time and their pursuit of physical recreation and tourism. Questionnaire surveys conducted from 1997, especially between 1998 and 2000 (in cooperation with researchers from the University of Wrocław and the then Academy of Economics in Wrocław) among residents of Wrocław (including a group of elderly respondents). These studies helped to identify the role of environmental, socio-demographic and economic factors that affect leisure behaviour of Wrocław residents [Wyrzykowski 1997, 2000]. The studies were resumed after nearly 20 years (2016-2017) by a research team from the Department of Tourism and Recreation of the University of Business in Wrocław using almost the same methodology [Toczek-Werner, Marak, Wyrzykowski 2018]. The studies show, among other things, changes that have occurred with respect to the amount of leisure time available to senior residents of Wrocław and ways of using it. The findings indicate that Polish seniors already constitute a promising segment of the tourist and recreation market and their activity in this area should be the subject of systematic research.

Economic transformations that can be observed in Europe in the last decades are reflected in the spatial structure of cities and metropolitan areas. In Poland, metropolisation processes are relatively “young”. The Spatial Planning and Land Development Act of 27 March 2003⁶ defines a metropolitan area as an area comprised of a „large city” core and its functional surroundings. The *National Spatial Development Concept*⁷ identifies nine metropolitan areas consisting of so-called large cities with rapidly developing neighbouring communes– one of which is the region of Wrocław⁸. A functional urban area was designated in

⁶ Ustawa z dnia 27 marca 2003 r. o planowaniu i zagospodarowaniu przestrzennym, Dz. U. z 2018 r. poz. 1945 [The Spatial Planning and Land Development Act of 27 March 2003, Journal of Laws of 2018, item 1945 as amended].

⁷ Uchwała nr 239 Rady Ministrów z dnia 13 grudnia 2011 r. w sprawie przyjęcia koncepcji Przestrzennego Zagospodarowania Kraju 2030, M.P. z 2012 r., poz. 252 [Resolution no. 239 of the Council of Ministers made on 13 December 2011 about the approval of the Spatial Planning and Land Development 2030, the Official Journal of the Republic of Poland “Monitor Polski” of 2012, item 252]. The document is an annex to the resolution.

⁸ Wrocław Metropolis has a number of well-developed characteristics, such as: human resources, occupational activity of the population, qualified labour force, considerable scientific and educational (with long-standing traditions), a significant influx of investors. Other particularly relevant features of this region are its proximity to the western border, transport accessibility and the beauty and tourist attractiveness of the city [Korenik 2009].

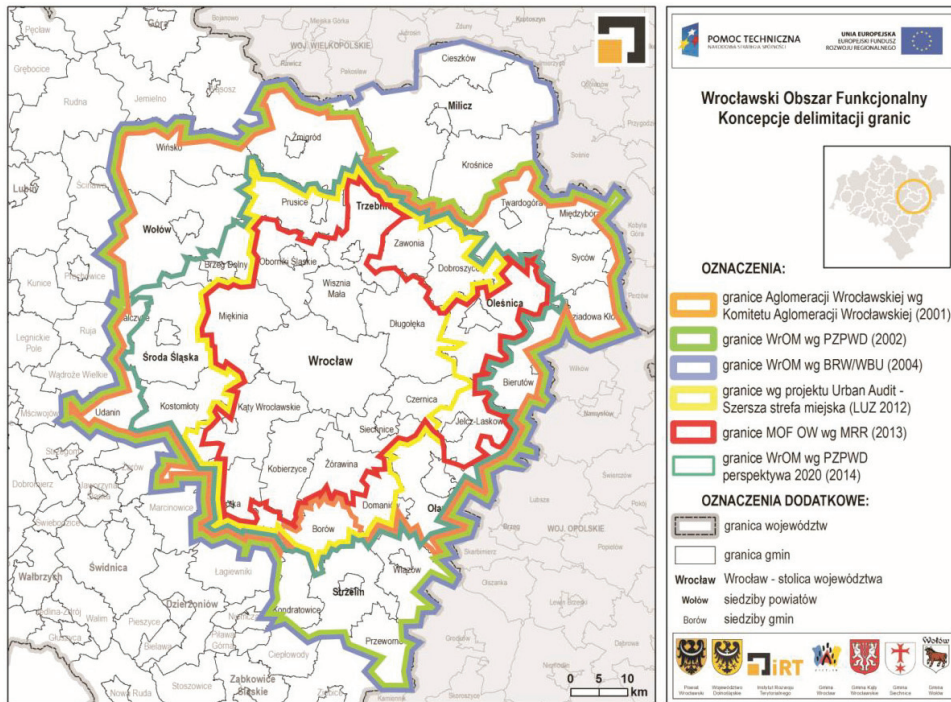


Fig. 1. Wrocław Functional Area. A delimitation concept

Source: former Provincial Urban Planning Bureau in Wrocław, currently the Institute for Territorial Development of Wrocław, www.irt.wroc.pl [accessed: 28.07.2019].

the Wrocław region [Śleszyński 2013], including a substantial area surrounding the city (Fig. 1) as well as the area of Wrocław Agglomeration, comprising communes interested in cooperation as part of the Agency for the Development of Wrocław Agglomeration⁹. In 2018 the Wrocław Development Bureau approved a *Study of the conditions and directions for the spatial development of Wrocław* [Studium uwarunkowań i kierunków... 2018], in which neighbouring communes, surrounding the city are referred to as Wrocław Functional Area (comprising 3 urban communes, 9 urban-rural communes and 15 rural communes). A draft of the Wrocław Metropolitan Association Act was prepared and sent to the Parliament [Projekt ustawy... 2018].

⁹ The Agency, created in 2006, to promote metropolitan cooperation as a joint venture involving the city of Wrocław and the neighbouring communes which make up a considerable part of the metropolitan area. The Agency specialises in attracting and cooperating with national and foreign investors interested in investments located in the metropolitan area and creating high quality jobs [Agencja Rozwoju Aglomeracji Wrocławskiej, www.araw.pl, accessed: 28.06.2019].

Given the terminological confusion, the area containing tourist-recreational areas identified for the purpose of this study, will therefore be referred to as Wrocław Metropolis, which approximately coincides with the territory of Wrocław Metropolitan Area (Fig. 1) [Korenik 2009].

3. Data and research methodology

The aim of the study was to examine factors affecting tourist and recreational activity of Wrocław inhabitants aged 50 and older within the boundaries of the metropolis. Two research questions were formulated:

- what are the main factors that motivate senior citizens to take up tourist and recreational activity?
- which of the proposed tourist and recreational areas located within Wrocław Metropolis are the main places of recreation, both for one-day visits and for longer stays (2-5 days)?

With regard to the above questions, the following research hypotheses were formulated:

- tourist and recreational activity of senior residents is mainly motivated by their desire to improve health through physical activity and learn about nature and culture,
- Wrocław Metropolis comprises areas that are frequently visited by senior residents and which were identified as the main tourist and recreational areas,
- senior citizens have a relatively large amount of time, which they spend pursuing tourist and recreational activities.

To verify the research hypotheses, the authors used methods of statistical analysis to process survey data collected during personal interviews using a questionnaire made up of two parts containing open-ended, partially open-ended and closed-ended questions.

The first part contained questions about duration of recreation trips, needs, motivation, amount of free time, destinations and amounts of money spent and the level of satisfaction with tourist and recreational activities. The second part referred to tourist and recreational areas in Wrocław Metropolis and types of free time activities. The questionnaire contained a section with questions about the socio-demographic profile of respondents.

The actual survey was preceded by a pilot survey (July 2018), which was used to test the measurement tool on a random sample of respondents and enabled the authors to make necessary modifications to make sure that the final questionnaire was complete and easy to understand. The survey was conducted in previously identified recreational areas of Wrocław, among students of the Third Age Uni-

versity and in Seniors' Clubs. The sample included 700 Wrocław residents¹⁰. After checking the collected data for completeness, 692 questionnaires were accepted for further analysis. The data were entered into a spreadsheet and processed using the SPSS software package. Senior residents aged 50+ accounted for 47% of all respondents. The results were presented in the forms of tables and figures.

The present article contains only the part of results concerning the needs, preferences and places of tourist and recreational activities reported by senior residents (aged 50+) of Wrocław, undertaken within the boundaries of Wrocław Metropolis.

4. Characteristics of the sample

In the period between September 2018 and January 2019 we conducted a personal interview survey on a sample of 692 residents of Wrocław who were engaged in tourist and recreational activities within the boundaries of Wrocław Metropolis. 47% of the respondents were senior citizens.

Over half (57%) of senior respondents were women. The most numerous group (31%), in terms of age, were people aged 70-74, followed by 60-64-year-olds, and 65-69-year-olds (19% each). The groups of people aged 55-59 and 50-54 were smaller (15% and 13% respectively). More than a half (51%) of senior respondents had secondary vocational education, 30% – higher and 18% – secondary education. Most seniors in the sample were either married (71%) or living as cohabiting couples (7%), while the remaining group (22%) were single. Half of them lived in two-person households. The most frequently reported form of spending free time was with family and friends (44% and 27% respectively) or alone (14%). Over half of the senior respondents no longer worked (56%). The rest continued to work, mainly in the private sector (21%) or in public administration (15%). Respondents evaluated their financial situation as good or average (46% and 38% respectively), reporting a monthly household income of PLN 2-4 thousand (41%), 4-6 thousand (33%); one in six respondents declared a monthly income of up to PLN 8 thousand.

5. Factors affecting tourist and recreational activities of senior residents of Wrocław

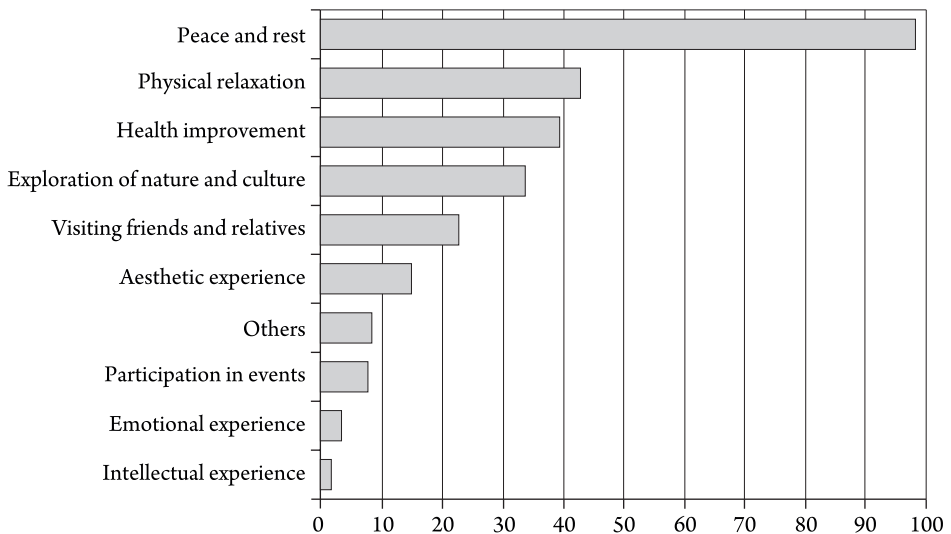
One of the main objectives of the study was to determine the level of respondents' participation in any form of tourist and recreational activity in Wrocław Metropolis and to analyse demographic, social, economic and environmental factors

¹⁰ The sample selection was made taking into account the number, sex and age structure of Wrocław residents.

that influence this participation. One of the factors identified in the survey was the need to participate in tourist and recreational activities. Respondents could indicate three of the nine possible options.

What mainly motivates people aged 50+ to leave their homes is the search for peace and rest (98%) and, much less frequently, the desire to engage in physical recreation outdoors and the hope of health improvement (43% and 40% respectively). Other important factors mentioned by respondents include knowledge development through the exploration of nature and culture of the surrounding area (34%) and spending time with friends and family (23%) (Chart 1).

Chart 1. Needs of senior respondents, residents of Wrocław, regarding participation in tourist and recreational activities (%), $n = 326$



Source: author's own research.

The search for quiet, peaceful places of recreation is relatively less important for people aged 60-69 than for the other age groups. Over half of respondents aged 50-54 regarded the need of physical recreation as important. This need is also important for people aged 60-64, that is those right before retirement (only 25%). This can be due to the social perception of the aging process and combined with the desire to continue vocational activity or the necessity to reorganise one's lifestyle. In other age groups, one in every two or three respondents is aware of the need for physical activity.

It is worth noting that for the senior respondents the desire to improve their health was an important factor, which motivated over half of them to take part in tourism and recreational activity (for people aged 60-64 and 70-74). For other

age groups, this factor is less frequently mentioned. The desire to explore the nature and culture of Wrocław Metropolis is what motivates respondents to spend their free time in various places located in the metropolis and does not vary much across the different age groups (ranging from 26% to 37%).

The traditional way of spending free time in the company of family members, relatives or friends [Czerniawska 2002; Koprowiak, Nowak 2007; Jakubowska, Raciniewska, Rogowski 2009; Winiarski 2011; Dubas 2016] was reported relatively more frequently by people age 50-54 (33%) than by respondents in other age groups (17-26%) (Table 1).

One of the aspects considered in the analysis was the amount of free time spent on satisfying higher level needs. Elderly people tend to have much more free time. The study found that the amount of free time (25 or more hours per week) increases considerably only after reaching the age of 65 (56% of people aged 65-69, 94% of people aged 70-74, 80% of those aged 75 or older). Most younger respondents (62%), aged 50-54, reported spending only a few hours per week engaged in activity recreation (Chart 2).

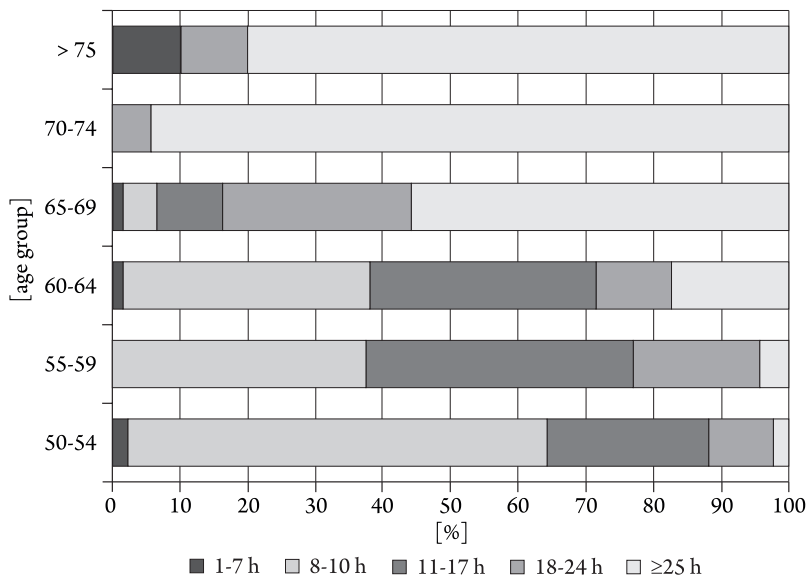
Despite having a relatively large amount of free time, most respondents showed a preference for one-day recreation activities, regardless of age. For the oldest seniors, short trips, without an overnight stay were, in fact, the only option. In eight respondents reported taking longer 2-4 day tourist-recreational trips. Weekend trips were relatively more popular with people aged 50-59 (21% of 50-54-year-olds and 10% of 55-59-year-olds). Longer trips (5 or more days) were generally a rare option, regardless of age (Chart 3).

Table 1. Needs that motivate senior residents of Wrocław to engage in tourism and recreational activity (by age group, %), $n = 326$

Needs	Total	50-54	55-59	60-64	65-69	70-74	> 75
Peace and rest	98.2	97.6	100.0	95.2	96.7	100.0	100.0
Physical relaxation	42.6	57.1	41.7	25.4	42.6	48.0	40.0
Aesthetic experience	14.7	7.1	10.4	22.2	21.3	11.8	10.0
Intellectual experience	1.5	2.4	2.1	1.6	1.6	1.0	0.0
Emotional experience	3.1	0.0	4.2	1.6	6.6	2.9	0.0
Exploration of nature and culture	33.7	26.2	35.4	27.0	36.1	37.3	50.0
Health improvement	39.6	11.9	25.0	50.8	34.4	56.9	10.0
Visiting friends and relatives	22.7	33.3	16.7	23.8	26.2	17.6	30.0
Participation in events	7.7	0.0	8.3	4.8	4.9	11.8	30.0
Other	8.3	2.4	8.3	12.7	8.2	6.9	20.0

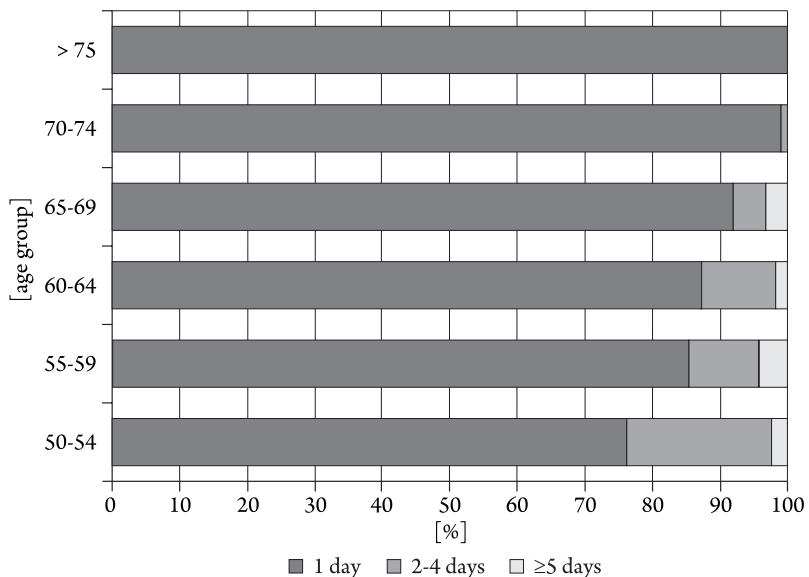
Source: author's own research.

Chart 2. The amount of free time per week reported by senior residents of Wrocław, in 2018 (by age group, %), $n = 326$



Source: author's own research.

Chart 3. Duration of recreation trips taken by senior inhabitants of Wrocław to places situated in Wrocław Metropolis, in 2018 (by age group, %), $n = 326$



Source: author's own research.

Table 2. The structure of approximate expenses incurred by senior residents of Wrocław on tourist-recreation trips to places situated in Wrocław Metropolis in 2018 (by age group, %), $n = 326$

Expenses (PLN)	Age						
	total	50-54	55-59	60-64	65-69	70-74	>75
0-100	29.4	38.1	31.3	34.9	24.6	25.5	20.0
101-300	31.9	28.6	33.3	33.3	39.3	26.5	40.0
301-600	13.2	19.0	8.3	9.5	8.2	17.6	20.0
≥ 600	25.5	14.3	27.1	22.2	27.9	30.4	20.0

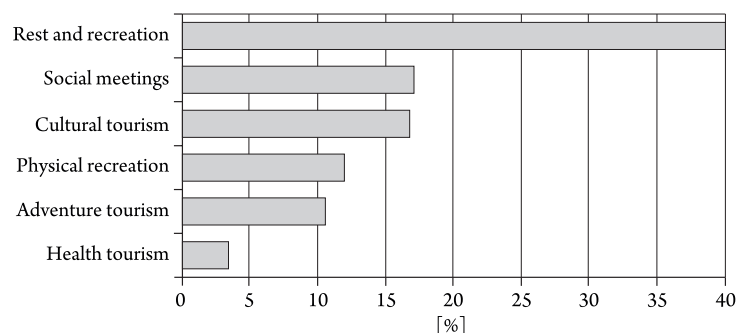
Source: author's own research.

Tourist and recreational activity involves expenses, which is why respondents were asked to indicate approximately the amount of money spent to finance their tourist and recreational activities in Wrocław Metropolis in 2018. Most respondents (61.3%) reported a relatively small amount of money (up to PLN 300). It is worth noting that nearly a third reported a very small amount (up to PLN 100). This may be due to the fact that respondents did not include certain costs associated with tourism (e.g. food, the cost of fuel when travelling by car, etc.). That said, one in four seniors reported expenses exceeding PLN 600 (Table 2).

6. Tourist and recreational activity of senior residents of Wrocław in Wrocław Metropolis

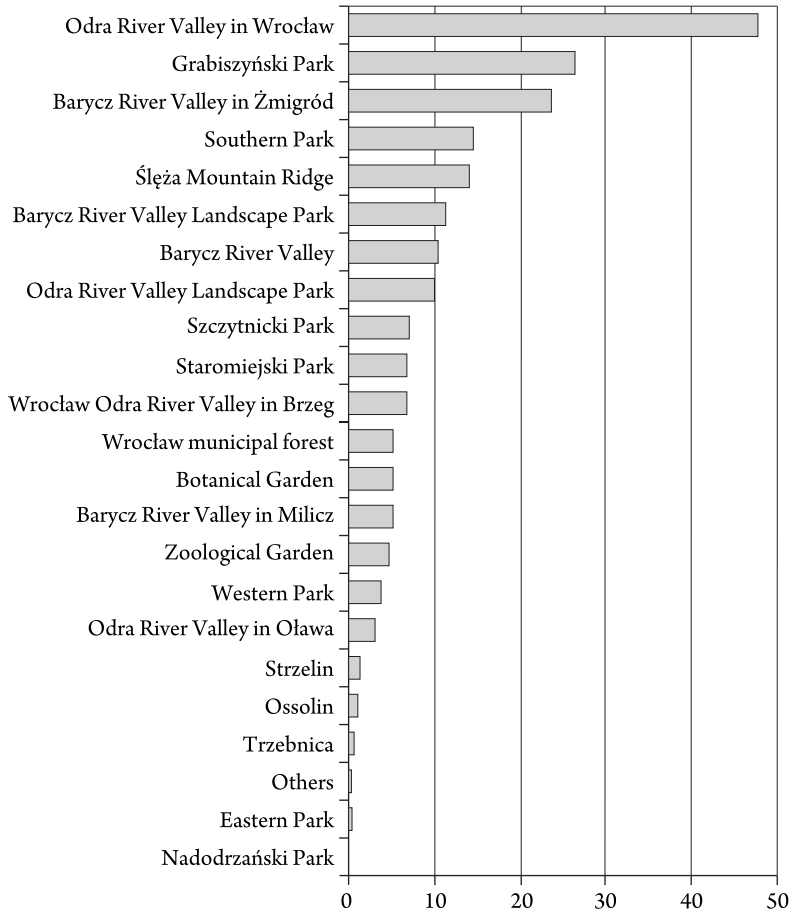
Various forms of tourist and recreational activity pursued by senior respondents in Wrocław Metropolis are consistent with previously indicated interests and

Chart 4. Selected forms of tourism and recreation pursued by senior residents of Wrocław in Wrocław Metropolis in 2018, $n = 834$ (percentage of indications)



Source: author's own research.

Chart 5. Tourist-recreational areas in Wrocław Metropolis mentioned by senior residents of Wrocław as places of tourist and recreational activity in 2018 (%), $n = 326$



Source: author's own research.

needs. The most popular form of activity (40%) reported by Wrocław residents aged 50+ is walking outdoors. For approximately one in five persons the main motivation to leave home is the desire to explore nature and culture and spend time with friends and family. Active forms of physical recreation were indicated much less frequently (12%). The same was true in the case of adventure tourism (11%). Relatively the least popular form of tourism was that motivated by the desire to improve one's health (only 3%) (Chart 4). The most likely reason for such a low result is the perception of health-related tourism as a separate category, associated with stays at health resorts.

Senior respondents expressed a clear preference for the most accessible, well-known and recognized places of recreation in Wrocław Metropolis. The most frequently place (45%) visited by senior residents of Wrocław is the Wrocław Odra River Valley, situated within the city borders (the vicinity of the Old Town), which is the most popular destination for Wrocław residents seeking to spend their free time. Fewer respondents indicated going to Grabiszyński Park, a relatively well developed recreational space featuring such facilities as a health path and numerous walking and bike routes (26%). One in four respondents reported visiting the Żmigród Barycz River Valley as a place of tourist and recreation trips, despite its location at the edge of Wrocław Metropolis.

Another place of recreation identified in the study is the Southern Park, which is one of the most beautiful urban parks, situated in the city district of Krzyki, which was mentioned by 14% of respondents and the Ślęza Mountain Ridge, a popular place of recreation in the southern part of the metropolis (14%).

The other areas located along the river valleys as well as city parks and recreation areas were visited less frequently (reported by less than 11% of respondents) (Chart 5).

7. Summary

It was found that senior residents of Wrocław interviewed in the survey took part in various types of tourist and recreational activity in Wrocław Metropolis. The target group varies in terms of age, education, financial resources, occupational activity and amount of free time, which, as reported by respondents, increases only after the age 65. The collected data reveal the respondents' willingness and need to spend time outdoors, actively and in the company of family and friends.

As regards the needs of senior respondents with respect to tourism and recreation, the most important factor motivating their activity was the search for peace and rest. Other important needs include physical recreation, health improvement and exploration of nature and culture. It should be noted that active tourism and recreation, in the physical and intellectual sphere, is motivated by the desire to improve one's health (for one in three respondents). It seems that senior citizens increasingly associate tourism and recreation with better health and quality of life.

In preparation for the survey, the authors identified tourist and recreational areas in Wrocław Metropolis. The survey findings confirmed the validity of the selection, which coincided with the places reported by respondents, who know and visit them to spend their free time. Most senior respondents look for rest and opportunities to spend their leisure around the city centre, in the boulevards along the Odra river banks, in the beautiful city parks and in the area of the Żmigród

Barycz River Valley, the Ślęza Mountain Ridge, the Bystrzyca River Valley, the Bystrzyca River Valley Landscape Park and the Odra River Landscape Park.

The results of the study confirm all the hypotheses put forward in the article and provide answers to the two research questions. The main factor motivating tourist and recreational activity of persons aged 50+ is the need to rest outdoors by pursuing various forms of physical recreation and exploring nature and culture. The Wrocław Odra River Valley and Wrocław city parks were found to be the most frequently visited tourist and recreational areas in Wrocław Metropolis mainly for one-day recreation activity; the Żmigród Barycz River Valley was the preferred destination for weekend trips. Tourist and recreational activity of senior residents of Wrocław requires further in-depth studies and analyses, especially from the perspective of the quality of life, the level of satisfaction from these activities and related expectations, taking into account spatial, socio-economic, cultural and health-related aspects of this phenomenon.

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Aktywność turystyczna i rekreacyjna seniorów-mieszkańców Wrocławia

Streszczenie. Celem artykułu jest rozpoznanie głównych czynników warunkujących aktywność turystyczną i rekreacyjną mieszkańców-seniorów Wrocławia realizowaną na terenie metropolii wrocławskiej. W artykule przyjęto, że seniorami określamy osoby w wieku 50+, podobnie jak w publikacjach Głównego Urzędu Statystycznego i dokumentach rządowych. Artykuł ma charakter badawczy i dotyczy uwarunkowań przestrzennych, społeczno-ekonomicznych i demograficznych aktywności turystycznej i rekreacyjnej seniorów. Do weryfikacji hipotez wykorzystana została metoda sondażu bezpośredniego, zastosowano technikę wywiadu z kwestionariuszem. Podmiotem badań było 326 seniorów-mieszkańców Wrocławia. Główna hipoteza badawcza zakłada, że podstawowymi determinantami aktywności turystycznej i rekreacyjnej osób starszych-mieszkańców Wrocławia realizowanej na terenie obszarów turystyczno-rekreacyjnych Metropolii Wrocław są potrzeby poprawy zdrowia, rekreacji ruchowej oraz poznania przyrody i kultury. Uzyskane wyniki badań pozwalają stwierdzić, że przyjęta w artykule główna hipoteza została potwierdzona. Głównym czynnikiem warunkującym aktywność turystyczną i rekreacyj-

ną osób w wieku 50+ jest potrzeba wypoczynku w plenerze, m.in. poprzez różne formy rekreacji ruchowej oraz poznawanie przyrody i kultury. Najchętniej odwiedzanym obszarem turystyczno-rekreacyjnym metropolii wrocławskiej okazała się Wrocławska Dolina Odry, parki miejskie Wrocławia (głównie w trakcie jednodniowej aktywności rekreacyjnej) i Żmigrodzka Dolina Baryczy wskazywana przede wszystkim jako cel wyjazdów weekendowych.

Słowa kluczowe: metropolia Wrocław, aktywność turystyczna i rekreacyjna, osoby 50+