

EXTREME TOURISM: BUNGEE JUMPING, DIVING AND CAVING

The aim of this study was to investigate the types of extreme tourism, its influence on our lives and places to do it.

Modern tourism is not only about beach holidays or city tours. Extreme sports are found everywhere in our lives. Travelers who love thrills understand perfectly well that extreme sports can be life-threatening, but it is the feeling of adrenaline in the blood that makes them return to extreme tour routes again and again.

But extreme tourism cannot be called just fun on the verge of life and death: it provides an opportunity to enjoy unique encounters with nature and the world around us in all its dangerous manifestations [2].

Extreme tourism is divided into water, land, mountain, air and exotic.

Water extreme tourism:

Water tourism includes the types listed above, as well as kayaking, slalom kayaking, and rafting.

Land extreme tourism:

Land-based types of extreme tourism include caving, mountain biking, spelunking, and X-races.

Mountain extreme tourism:

Mountain tourism includes extreme mountaineering, snowboarding, and alpine skiing.

Some of the most popular activities are bungee jumping, diving, and caving. These activities allow you to challenge yourself, get unforgettable emotions, and feel a real adrenaline rush.

Bungee jumping: jumping into the abyss

Bungee jumping is a jump from a height, during which a person is attached to a special elastic rope. It is one of the most famous extreme tourism types, attracting adrenaline lovers around the world [5].

Where can you try?

Korina Bridge, Greece – one of the most beautiful bungee jumping sites in the world, offering incredible views of the gorge.

Victoria Falls, Zimbabwe – jump from a bridge over the Zambezi River from a height of 111 meters.

Hong Kong, Macau Tower is the highest commercial bungee jumping point (233 meters).

Ukraine, Kyiv Metro Bridge is one of the most popular bungee jumping sites in Ukraine [1].

What do you need to know before you jump?

- It is important to check the certification of the company that organizes the jumps.
- This type of activity may be contraindicated for people with heart, blood pressure, or back problems.
- The main thing is to overcome fear and trust the instructors [3].

Diving: a journey into the underwater world

Diving is a form of scuba diving that offers unique opportunities to explore the depths of the sea. The water hides amazing coral reefs, sunken ships, underwater caves, and a diverse world of marine life [4].

The best places for diving

The Great Barrier Reef, Australia is the largest coral ecosystem in the world.

The Red Sea, Egypt is an ideal place for beginners due to its warm water and rich underwater world.

The Blue Hole, Belize is one of the most mysterious underwater places in the world.

Bora Bora Island, French Polynesia is a famous place for diving with stingrays and sharks.

What do you need to know before diving?

- You need to complete training and obtain a PADI or SSI certificate.
- It is important to monitor oxygen levels and be able to properly equalize pressure in the ears.
- After diving, it is not recommended to fly by plane for 24 hours to avoid decompression sickness [3].

Speleology: the study of caves

Caving is the study of natural caves and underground formations. It is one of the most exciting, but also dangerous types of extreme tourism. It involves passing through narrow tunnels, underground lakes, and even vertical mines [6].

The best caves for speleotourism

The Ice Cave in Skaftafell, Iceland is a fantastic place where the ice walls glow blue.

Son Dong Cave, Vietnam – the largest cave in the world with its own ecosystem and rivers.

Optimistic Cave, Ukraine – the longest gypsum cave in the world.

Mammoth Cave, USA – one of the most famous and longest cave systems.

What do you need to know before exploring caves?

- It is worth having physical fitness and endurance.
- Be sure to use a safety helmet, flashlight, and appropriate clothing.
- It is best to explore caves accompanied by experienced guides [3].

So, bungee jumping, diving and caving are extreme types of tourism that give you the opportunity to test your limits and get unforgettable impressions. However, it is important to remember the safety rules, prepare for such adventures and trust only professional organizers. If you are looking for new challenges and want to diversify your life with bright emotions - try extreme tourism!

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