

## **Abstract**

**Title:** Risks, experience and benefits of ski mountaineering

**Objectives:** The aim of the study was to investigate feelings, risks and benefits during ski mountaineering.

**Methods:** In this study, we used a survey which is one of the questionnaire techniques. It is a quantitative research. Graphical representation was used to process the results. 337 respondents aged 18-72 years took part in this study.

**Results:** We learned in the survey that for most ski mountaineers the greatest experience they get out of a hike is nature. Furthermore, most ski mountaineers don't know what green exercise means, 61% of ski mountaineers claim that the biggest subjective risk is not knowing the terrain, and the biggest objective risk are avalanches (66%). Almost all respondents agreed that the biggest benefit they perceived to be the improvement of their mood due to endorphin release.

**Conclusion:** Thanks to the conducted survey, we have found out which benefits and risks skialpinists perceive as the most significant. According to our findings, the release of endorphins and the associated improvement in mood are among the greatest physiological benefits. Avalanche risks were identified by the respondents as the most feared objective risks, while lack of terrain knowledge was the most commonly selected subjective risk by skialpinists.

**Key words:** Objective risks, subjective risks, avalanche, experience, green exercise