

## **Abstract**

### **Title:**

Mountain hiking and Via ferrata – the phenomenon of our time

### **Objectives:**

The objective of this thesis is to describe the popularity of mountain hiking and via ferrata while pointing out the historical context of mountain hiking and via ferrata passing

### **Methods:**

Research combined with literature analysis and critics. Accessible documents comparison. Seemingly unconnected chapters are bridged by summary interpretation at the end of this paper.

### **Results:**

There are several factors causing the growing interest in mountain hiking and via ferrata. The mountains are no longer perceived as a place of dread and horror and with many well equipped chalets, huts and good quality maintained paths it is much easier for one to attend to mountain hiking and via ferrata. The stressful, hasty and overly technical 21<sup>st</sup> century puts a bigger demand on people to escape into nature and especially mountains. High standard of living, extensive transport network, great number of various type related offers in all media and the current outdoor sports hype, that all plays an important role in the growth of mountain hiking and via ferrata.

### **Keywords:**

via ferrata, mountain environment, nature, motivation, outdoor, trekking