Tramping represents a uniquely Czech phenomenon as a form of leisure in contact with nature as well as a sort of informal pooling. It starts off at the beginning of the interwar period in Czechoslovakia, develops during the so called normalization Era (1969-1989) and continues to exist up to the present days. The main objective of this thesis is to highlight some of the basic conditions of the development of this phenomenon in certain examined periods of time by means of an analysis of life stories. The focus shall be located on specific forms of motivation for tramping, values associated with this activity by the trampers and the role of the collective in the activity. The Normalization Era is particularly interesting for an exploration of the relationship between tramping and power in authoritarian environments such as those from our recent History. The main, albeit not the exclusive research materials for this diploma thesis, has been taken from narrative sources. The study concentrates on the city of Brno as a particularly active location in which tramping activities have been taking place all along a extensive period of time in History.