

## **Abstract**

The thesis is focused on the phenomenon of walking and its influence on the human perception of the environment. Walking is conceived here as a sustainable way of life and is discussed in three different dimensions: social, environmental and spiritual. It therefore maps the meaning of walking in the human life and its impact on the environmental concern.

The social, environmental and spiritual dimension of walking is presented in the theoretical part of the thesis. There is an analysis of the influence of walking on human health, formation and evolution of hiking trails and ways of the human life within them. In addition, it also deals with the concept of the perception of the nature and the human relation to it.

The empirical part of the thesis introduces quantitative research of the pedestrians environmental concern which was carried out in the form of a questionnaire survey. The data from this research is then compared with the data from a representative sample of the population of the Czech Republic obtained in the framework of ISSP Environment III research.

**Key words: walking, sustainable way of life, perception of nature, environmental concern**