
„THE TWINS” BICYCLE CITY GAME, AND QUEST: „TRAIL OF RZESZÓW NATIONAL MEMORY PLACES” AS NEW FORMS OF CYCLE TOURISM AS WELL AS PHYSICAL ACTIVITY PROMOTION AMONG INHABITANTS OF RZESZÓW

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- Quest,
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- physical activity,
- quest-tourism.

Abstract:

There are two new forms of bicycle tourism presented in the paper as well as its significance in promotion of this type of physical activity among inhabitants of Rzeszów. These forms are: „The Twins” bicycle city game, and Quest: „Trail of Rzeszów National Memory Places” with the publication of screenplays. The problematic took up by the authors deserves attention on account of dynamics of the phenomenon as well as small number of articles concerning the area discussed.

The authors also propose an introduction of new terminology in tourism sector classification, which means new approach towards “quest-tourism” as an active tourism by giving its definition.

INTRODUCTION

Bicycle tourism is one of forms within active tourism, that is the most popular form of spending free time among active tourists from its beginnings till now. It is connected with the accessibility of equipment which is needed to active tourism, i.e. bicycle. Bicycle tourism is widely known and available on account of qualifications and costs of bikes not depending on the age as well as social and material status of tourists.

All the aspects mentioned above point that this form of tourism has many potential beneficiaries. The next aspect which is, according to the authors, worth to underline, is a place of residence of tourist: rural and urban areas. Bicycle tourism taken up on rural areas thanks to differentiated lie of the land, various natural and culture attractions can constitute a more attractive place for such an activity. On the other hand, urban areas in spite of the existence of many trails and bike routes, can become less and less attractive for tourist who uses the same trail all the time. These routes can be overcrowded by other people who take up various disciplines, such as: skateboarders, rollers, or pedestrians. In accordance to it, new trends in bicycle tourism taken up in teams, thanks to which inhabitants of towns and cities can discover the areas once again from the other perspective.

MATERIAL AND METHODS

Panel research method was used in the paper. The aim of the research is to show changes that come with the analysis reality, amongst others: changes connected with the number of people participating in events concerning bicycle tourism as well as relations between various determinants, for example the infrastructure of bike tourism, organization of such events, membership in teams/sections (Bicycle Tourism Section at SRC UR, Bicycle

Association rowery.pl and others). It is possible to get to the genesis of the discipline and to present a level of people's satisfaction within the research area, i.e. inhabitants of Rzeszów.

Within the method the authors used the following research techniques: standardized interview questionnaires (PAPI surveys), observation as well as desk research (analysis of documents). The interviews were conducted among group of students belonging to Bicycle Tourism Section at Sport and Recreation Centre of University of Rzeszów. There were 25 respondents of both genders in the age of 19-23 from various fields of studies. The research were conducted with the use of PAPI method within the years 2012- 2014.

Observations took place mainly during monthly bicycle events organized in Rzeszów, which means "Critical Masses" event. Desk research concerned articles and other publications connected with bicycle tourism, city games as well as quests.

RESULTS

The initiator of „The Twins” Bicycle City Game and also Quest: „Trail of Rzeszów National Memory Places” as new forms of cycle tourism as well as physical activity promotion among inhabitants of Rzeszów is tutor of Bicycle Tourism Section at SRC of University of Rzeszów, with co-participation of students from the Section who were able to introduce the idea into a practice. The Section was established in October, 2012 gathering students of the University of Rzeszów, whose passion are the so-called “two circles”. The role of tutor is led by the graduate from Physical Education Faculty, University of Rzeszów, tourism and recreation studies.

The concept of such a game creation was born from the need of promotion this form of spending free time by the inhabitants of Rzeszów. Observing the trends in nowadays tourism, a new trend is worth-mentioning: organization and creation of quests. As a result of the activity of the Section mentioned in the paper, various aims were intended. The most important goal is to promote this kind of tourism among both students of the University of Rzeszów and its inhabitants.

Having observed the activities promoting tourism in Rzeszów, members of the Section noticed that the most of these activities focus on hiking, for example by creation of such quests as “Rzech's Legends” [8], “ Rzeszów trader's tales” [8] as well as “History in Rzeszów monuments” [6], that in its descriptions point at the participant, i. e. hiking tourist, for instance “*„Idź tak, jakby piłka z kamiennych rąk się potoczyła, podejź do schodów przy austriackiej stuletniej trafikie(...)*”. Members of the Section decided to create something that will be addressed to the person who is riding a bike.

The first Questing titled: „Trail of Rzeszów National Memory Places” has been created after three months of the Section activity. It has occurred to be an accurate idea which was addressed to cyclists in the following phrases: “*Have you already known where to direct your “two circles”?*” The first participants of the Quest were students of the University of Rzeszów, who claimed in one voice that there was lack of such a form of spending free time in Rzeszów. It became a determinant to create something new on a big scale, i. e. bicycle city game that allows to get to know the city in an innovative way both by visitors and the inhabitants. Additionally, city games make it possible to integrate a society of cyclists what is extremely difficult nowadays.

QUESTING – „TRAIL OF RZESZÓW NATIONAL MEMORY PLACES” – SCREENPLAY

Questing – Trail of Rzeszów National Memory Places has been established in two different variants. Both versions have the same route but in a different order. The common points are: start and the end. The points between the beginning and the end were created in two different versions what makes it possible to visit Rzeszów during two days as well as it

enables group tourists to compete with each other beginning from the start till the end of the route. Both versions are initiated by M. Tabaczyńska, who was inspired by the Questing existing already in Rzeszów. The authors decided to put only a description of one of the version of the Quest mentioned above.

QUESTING: „TRAIL OF RZESZÓW NATIONAL MEMORY PLACES” – A SHORT FRAGMENT

Dear cycle tourist, the Trail of Rzeszów National Memory Places has its start from the place/moment – Revolutionary Act. You will visit several places which are written in Rzeszów heritage. Take a piece of paper and a pen because it can occur to be necessary to have it.

Monument in front of you, has got 37 pairs of ferroconcrete segments with a shape of bay leaves. The sculpture is proudly named NIKE and 108 kg of nails was used by Marian Konieczny – an artist from Rzeszów, who made the art. At the top **H**___ **R**_____ was added later on.

Stand in the front to the monument as well as towards church which roof is visible to the right – then direct your “two circles” in that way. Being next to the church, not depending on the weather conditions, look for the place, on the opposite side, that brings refreshment during hot days – these are famous **L**___ **u** **M**_____.

Leave the place on your right side and do not be too fast because you’ll see arms of the “Tripled” sculpture craned towards you in a moment - **T**_____ **W**_____ **S**_____ , where you can see: _____

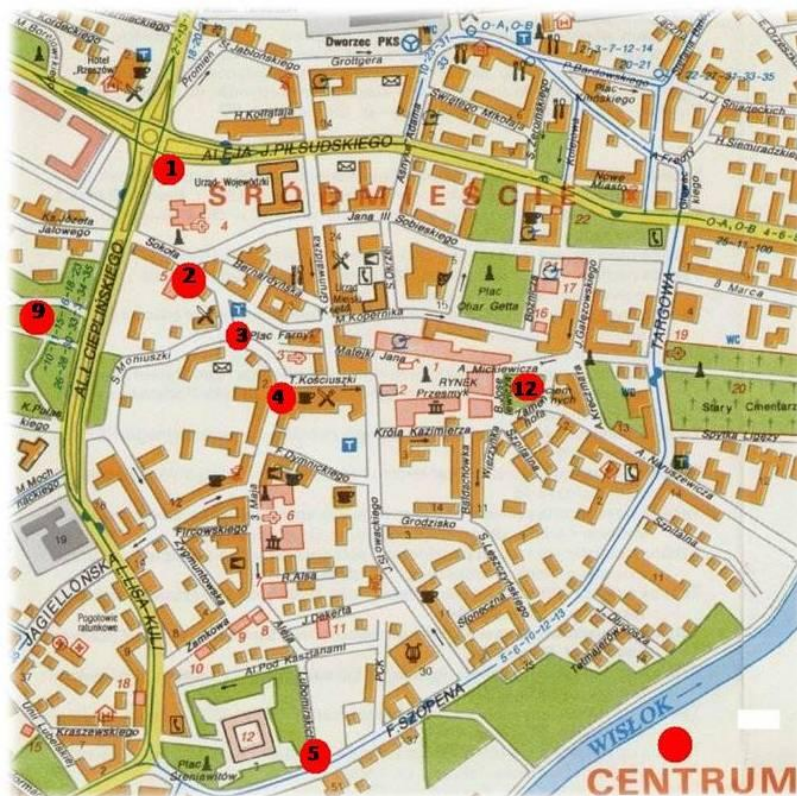


Figure 1. Fragment of the map prepared for Questing participants titled: Trail of Rzeszów National Memory Places”

Source: the authors’ elaboration

“THE TWINS” BICYCLE CITY GAME – A SHORT FRAGMENT

It. 1

We are very happy that you’ve decided to take part in the second edition of „The Twins” bicycle city game, which initiator is Bicycle Tourism Section at SRC UR. We start from a riddle as follows: civilization outsmarted even fox and its mountains. Once upon a time there were two mountains, now there is only one. Despite the existence of reserve, the fox with the family will not have a peace; other children have found their place in there – a playground makes it possible to have fun and time runs fast.

We are in the place where, in the interwar period, on the initiative of the Rzeszów President - Roman Krogulski, PhD, one created a park that was named after his name. However, during the Second World War the park was forgotten and it has never regained its greatness. It concerned 12-17 m fold above the Wisłok river having characterized by varied lie of the land being in your view – yes it is present LISIA GÓRA RESERVE. After Franciszek Kotula: „Arcadia was almost created next to the city. The civilization eaten all the things, unfortunately”. Dear player, direct your wheel towards “Singing” Fountain and on the banks near to the fountain you will find the next “living” tip – yes, that is the place and person you are looking for. Do not forget about the game of hide and seek on boulevards. Star the bear and note are waiting for gaining them – one of them is obligatory, the next ones are after 5 minutes on the finish. You make your own decision if you find a judge with a bike on the marked area on the map, or on the bank or you will have to take part in a small race – good luck.



Photography. 2 Participants of „The Twins” Bicycle City Game Turing solving the task connected with sign language - I edition, 2013
Source: Archives of Bicycle Tourism Section of Sport and Recreation Centre, University of Rzeszów



Photography. 1 Participants of „The Twins” Bicycle City Game Turing solving - II edition, 2014

Source: Archives of Bicycle Tourism Section of Sport and Recreation Centre, University of Rzeszów

DISCUSSION

First mentions of Questing and the games having the origins in alike city games, one can find at the end of XX century, exactly in 1995, when non-profit American organization named Vital Communities with the seat in White River Junction in Vermont State, started working on „Valley Quest” Programme [9]. Nowadays, the programme consists of 200 quests taking place in New England States, in the north-east part of the United States of America, i.e. Vermont and New Hampshire.

Steven Glazer is seen as the first initiator of the Quest. He claimed as follows: *“The best quests can grab and give the spirit of place. It demands from people to experience it by themselves. If we want to find the spirit we have to learn how to see details and discover hidden stories”* [2].

First Quest in Poland were introduced in 2006 within the action promoting “Baby Pruskie” local brand. Within the action, two editions of game took place: „Róg Obfitości” (2006-2007) on Warmia and Mazury region [7]. The first definition of Questing was introduced in Polish literature titled: „*Ekoturystyka i odkrywanie dziedzictwa*”(D. Zaręba as an editor), where B. Kazior defines the term as: *“The method of place heritage discovering by creation of unmarked trails, that can be used thanks to tips included in poems”* [3].

Since 2008 Quests and city games are more and more popular among tourists. The phenomenon is being developed both in rural and urban areas and year by year it broadens its fans. Since 2010 Questing is popular around the Poland, and in Świętokrzyskie Province a special project titled: „Bałtów – a capital of Questing” is being realized, what shows a big scale of the phenomenon.

The first all-Poland website gathering information from all the country concerning quest destinations, was introduced in 2011 on „*questing.pl*” domain. The portal consists of the group of quests in Poland, however one should underline that in Rzeszów – a capital city of Podkarpackie Province, there are only 13 quests, and only three of them are located in Rzeszów. What is important, none of them is adapted to bike tourism (it is only adapted to hiking). What is more, among 240 quests on the website, only one in Śląskie Province is adapted to bike tourism.

Questing as well as city games are so popular in tourism nowadays that one should classify them. There are functioning many concepts concerning definition and classification of the phenomenon until now. Smoleńska [5] and Buczkowska [1] in their publications

concerning city games, treat them as a type of culture tourism, defining it as a broader meaning, that is: culture event tourism or tourism of events and culture events, not including quests in the classification at the same time. According to Smoleńska, the first game was „Ringolevio” game played on the street of various cities in USA in 1929. Different classification is presented by Kazior [4] in the paper titled: „*Poszukiwanie skarbów na Greenways*” (“*Searching for treasures on Greenways*”), where quests are seen as one form of sustainable tourism.

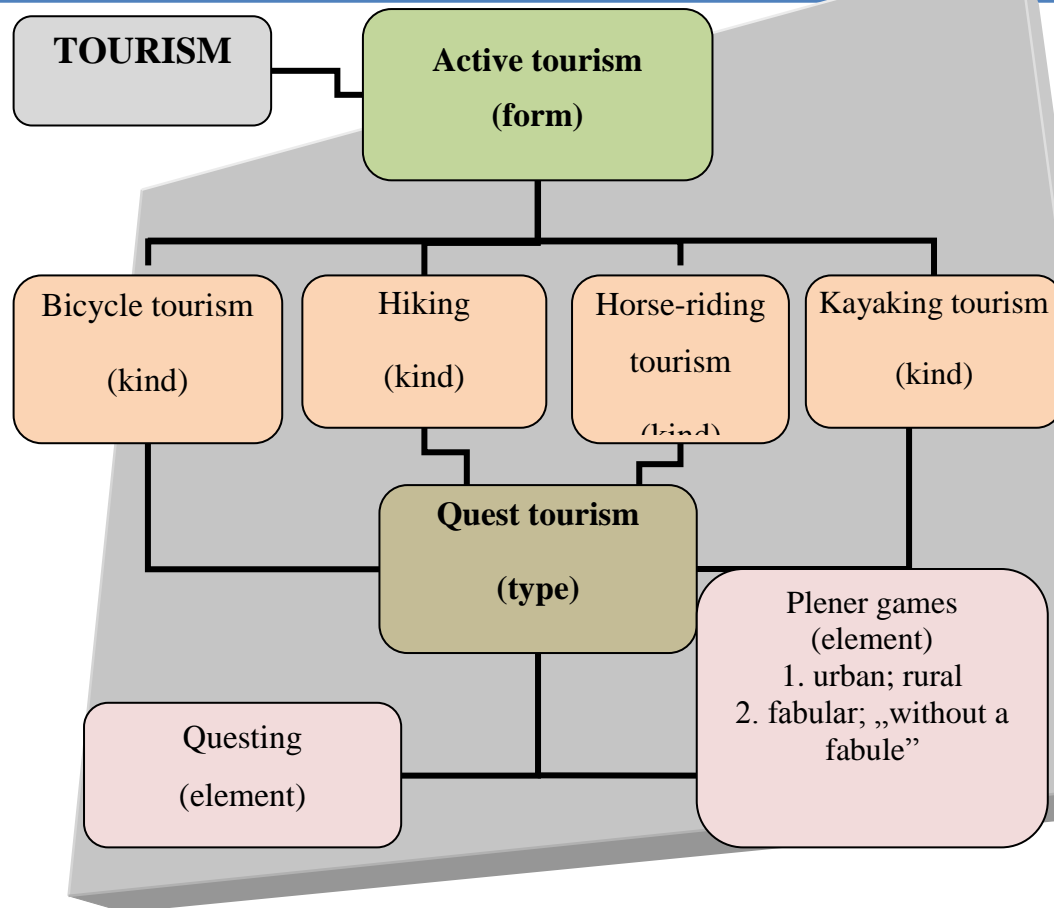
Having information mentioned above as well as definitions functioning in the literature of the subject in mind, one should classify the phenomenon as a form of one of the most popular tourism – active tourism, that characteristic features are strictly in common with quest-tourism. On account of that, quest-tourism can be defined as follows: “*Quest-tourism is a type of bike, canoeing, hiking, horse-riding within active tourism, where physical and intellectual effort is put and plays the same role staying in a close contact with the destination, where tourist, except marked trails, has got the chance to get to know with tourist information concerning natural-culture-social heritage of the region on the base of the given screenplay*”. Within quest-tourism, one can distinguish two main elements, i. e. questing and outdoor games: rural and city. Additionally, outdoor games can be divided into fictional and “without a plot” ones. The division concerns directly a type of screenplay describing the given game. In case of fictional outdoor games, the screenplay creates a plot of “play” using destination’s attractions that have nothing in common with each other except that one created by the author of the game, for example „*W poszukiwaniu skarbu Filona i Laury*”¹. (*Searching for Filon and Laura’s treasure*). The next type of games, which means „without a plot” games one should understand as games that do not need creating a special plot because all the attractions of the region stay in a close relation with each other, for example „*Szlakiem rzeszowskich muzeów*” (“*Trail of Rzeszów museums*”), or „*Rzeszowskie miejsca kultu religijnego*” (“*Rzeszów religious cult places*”)².

The determinants of taking up such an activity within Quest-tourism is a need of better knowledge of the visited region in aspect of natural and culture attractions as well as contact with local communities.

Quest-tourism classification (elaboration 1) within active tourism to its three types: bike, hiking and horse-riding, is conditioned by the fact, that present elements (questings) and outdoor games are created for people using only their muscles strength, the so called hikers/walkers. It is created less often for tourist who use tourist equipment, i. e. bicycle. On account of fast development of the phenomenon, the author states that horse-riding or canoeing should not be omitted because there are no organizational barriers to prepare that kind of free time spending on for example Beskidy, Pogórze or Bieszczady Mountains.

¹ The topic above constitutes only an example. The participant of the game does not know what is next and what kind of treasure he/she is going to find till the end of game when the whole screenplay is to be known. The names used are connected with dormitories in Rzeszów – what can indicate that the game is connected with students’ life.

² The examples of outdoor games „without a plot” used here, frame the character of the game directly, i. e. in the first case it will be museums in Rzeszów, in the second – all the buildings connected with religious cult, e.g. church, synagogue or Orthodox church;



Elaboration. 1. Quest-tourism placement in tourism sector
Source: the authors' elaboration

CONCLUSIONS

1. „The Twins” bicycle city game, and Quest: „Trail of Rzeszów National Memory Places” as new forms of cycle tourism promotion are the great opportunity to Rzeszów's promotion among both inhabitants of the city and incoming tourists.
2. Thanks to such initiatives local communities are active and the sense of local identity among various social groups is deeper and deeper, for instance: inhabitants, local authorities, nongovernmental organizations, local leaders engaged in the process of tourism development, owners and tourist infrastructure ruling-bodies, etc.
3. Tourist has a great chance to re-discover a place being Quest – tourism destination.
4. Quest-tourism in the era of ageing societies is an alternative and very interesting form of spending free time for everyone, not depending on age, material and social status, etc.
5. Quest-tourism elements constitute a supplement of the existing tourist offer in the area.
6. Quest-tourism delivers necessary tourist information to its participants in a very attractive way – thank to which the knowledge is not forgotten.
7. City games and Quests participants strengthen social links both in the range of family, relatives, friends as well as it make sit possible to meet new people.
8. The great majority of the respondents (88 per cent) did not hear about Quest and city games before being a member of Bicycle Tourism Section at SRC UR. Only 76 per cent of the respondents were interested in taking part in such an event.
9. Only 3 persons are affiliated in other organizations connected with bicycle tourism, among others: Bikes Association.Rzeszow.pl
10. Over 70 per cent of the respondents when asked about the need of bike events in Rzeszów, said YES.

11. The respondents mentioned above, claimed that the main reason why such events are not popular, is the insufficient tourist infrastructure – paths, trails as well as insufficient information about organization of such events. Among suggestions, there was a need of cyclist society integration, organizing more bike events and creating new possibilities when someone can spend his/her free time „on bike”.
12. „The Twins” bicycle city game, and Quest: „Trail of Rzeszów National Memory Places” are attractive ways of spending free time for all the respondents who took part in the second edition of those games.

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