

Tourism in the Tatra Mountains has been developing since the 19th century. However, for at least two decades, tourism has increased dramatically. According to the website of the Tatra National Park, this park is visited by up to 3 million tourists every year. Data shows that 3,301,895 admission tickets were sold in 2020. The statistics do not indicate the number of tourists from the Tatra county who can enter the protected area for free and those who entered the park when the ticket offices were closed. The pandemic year of 2021 turned out to be a record in terms of tourist pressure - 4,600,025 tickets to the Tatra National Park were sold. Such a large number of tourists must affect the phenomenon of anthropopressure and is dangerous for the sensitive high-mountain landscape of the small range of the Polish Tatra Mountains.

Current proposals to reduce tourist pressure most often involve introducing an economic, quantitative or spatial factor. The doctoral project concerns the development of a concept that focuses on the development of landscape awareness among tourists and presents it in a new way of making the Polish Tatra Mountains accessible. The dissertation assumed that the introduction of a social factor may change the quality of tourism. The aim of the dissertation is to determine the state of landscape awareness of tourists exploring the Polish Tatra Mountains and its importance in establishing recommendations on the protection and accessibility of the Tatra National Park.

In order to achieve the aim, it is necessary to have a good understanding of the holistic landscape concept proposed by T.J. Chmielewski, U. Myga-Piątek and J. Solon (2015). Chapter 2 attempts to describe the environment of the studied area in the context of the components of this concept. In the next part of the dissertation, a detailed review of the literature concerning the subject and object was made to describe the history of research and the direction of tourism development in the Polish Tatra Mountains. Issues regarding development and tourism in the analyzed area and anthropopressure with ways to counteract its effects were discussed. Independent and critical observation of tourist traffic in the Tatra Mountains allowed the author to create a theoretical typology of tourists who differ in the degree of development of landscape awareness. In order to typologize tourists in the Tatra National Park, it is necessary to describe a perfect landscape awareness. In Chapter 4, the author tried to define its places in the proposed new method of making the Polish Tatra Mountains available to tourists. As a result, an original definition of this concept was created, which is yet to be described well in literature. According to the author, defining full landscape awareness should be holistic and it should be understood as all the components of a tourist's exploration of the landscape, differing in level and direction of development. It was concluded that full landscape awareness includes:

- perception
- experience
- understanding
- feeling (fig.1.)

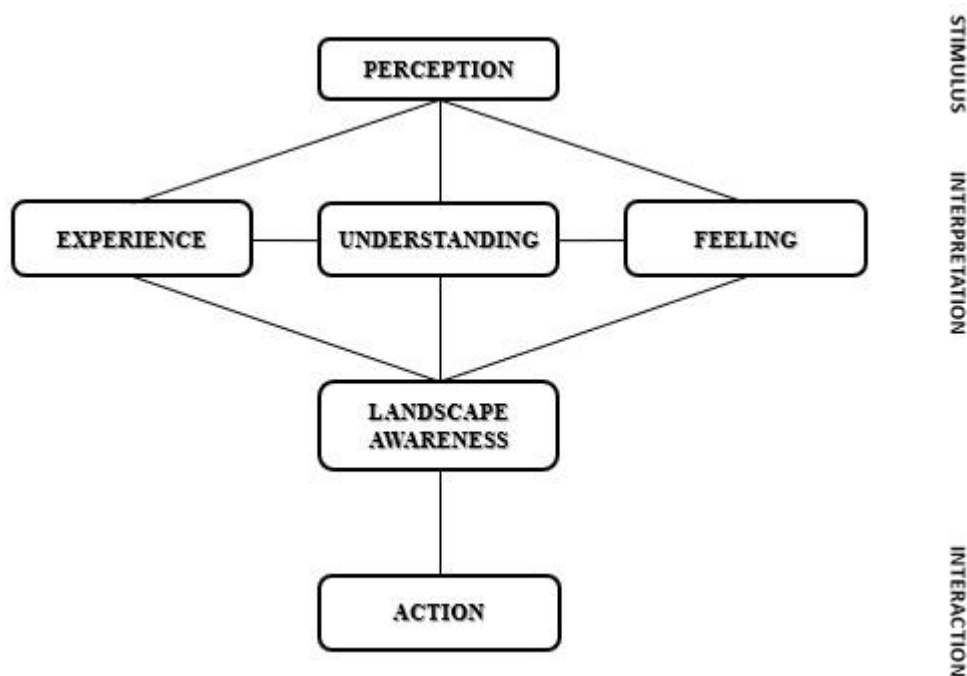


Fig. 1. Ideogram of landscape awareness

This concept is the result of the simultaneous occurrence of specific components with different intensity, which in turn allows us to determine the level of landscape awareness. It is also necessary to take into account the phenomenon of feedback that occurs on the line landscape awareness - understanding - feeling - experience - action and perception itself. It must be remembered that the direction of the interactions between these factors is two-sided.

The concept developed in this way, the analysis of the literature on the subject and the object, and the field research conducted allowed, us to establish that landscape awareness may be one of the criteria for selecting tourists visiting the Tatra National Park. They were typologized in terms of five different types differing in the level of development of this social component. The verification of the proposed definition and typology of tourists is presented in Chapter 5. In this part of the dissertation, the spatial and temporal distribution of the obtained results was assessed. The author assumes that the level of landscape awareness increases with the increase of the level of technical difficulty on the trail. A survey on this topic was carried out in spring, summer, autumn and winter at three measurement points:

- 1 point: Wodogrzmoty Mickiewicza Waterfalls in Roztoka Valley – ok. 1099 m a.s.l.
- 2 point: Pięć Stawów Polskich Valley – ok. 1671 m a.s.l.
- 3 point: blue trail to Zawrat Pass and other sections of the Orla Perć – ok. 1800 m a.s.l. (Wyżnie Solnisko).

The author obtained 544 correctly completed survey questionnaires, which allowed to confirm that tourists in the Polish Tatras are diverse in terms of their level of landscape awareness, and the frequency of their occurrence depends on technical difficulties on the trail. Therefore, the more difficult the hiking conditions, the greater the frequency of tourists with a high level of landscape awareness; and on the contrary - the lower the technical requirements for exploring the Polish Tatra Mountains, the greater the share of tourists with a minimal level of the described social component.

The results of the second survey conducted in the Polish Tatra Mountains were aimed at determining the level of landscape awareness of tourists exploring the analyzed area. The author collected 758 correctly completed survey questionnaires, which allowed to determine the predominant type of tourist deciding to come to the Polish Tatra Mountains and to characterize as them as a tourist with an average level of landscape awareness. A detailed analysis of the individual components can be found in Chapter 6. After achieving the objectives set in the study, it was decided to discuss the importance of landscape awareness in terms of the current state of research (Chapter 7), which allowed for the creation of specific recommendations regarding a new way of making the Tatra National Park available to tourists. After specifying the conclusions, final remarks and research perspectives in Chapter 9, it can be stated that the proposals for actions taken can improve and update the organization of the tourist traffic service system and enable the preparation of a new way of tourism development and making the most valuable areas of the entire country available.

This is commensurate with the correct shaping of tourists' landscape awareness, which in turn minimizes the degree of anthropopressure in areas with special environmental and landscape values.