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## Main Destinations for One Day Leisure Trips in the Area of Poznań Metropolis<sup>1</sup>

**Abstract.** The main objective of this paper is to identify chief areas and forms of one day leisure activity performed by Poznań Metropolis' residents. A hypothesis was assumed that the dominant area of tourist holiday activity of interviewees is the Warta River Valley and its main creeks, and the most common form of activity is qualified tourism, nature-based tourism, physical recreation, relax and rest. Method used for hypothesis verification was a diagnostic survey, with a questionnaire interview. Research was conducted in the years 2015 and 2016, on about 1600 residents of the metropolis. The article has a research character and is about preferences in the area of using tourist holiday spaces of Poznań Metropolis. Practical implication of the article is to point out a level of activity in specific tourist holiday areas within the research scope, in order to classify these areas. Results confirmed both assumed theses. Main directions of one day recreation excursions are the Warta Valley and the valleys of rivers Główna and Cybina (especially near the Malta Lake). Preferred forms of tourist recreation are qualified tourism, nature, relaxation and physical recreation.

**Keywords:** Poznań Metropolis, tourist recreation activity, one day excursions, tourist and recreation complex, indicator of resident's one day leisure activity (AWM)

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## 1. Introduction

In recent years, a growing metropolitanization of space is being observed, which is connected with the phenomenon of globalization, and growing importance of large cities. This phenomenon is especially visible in countries, which joined the global economy system relatively recently. Tourist functions are also an important factor in the development of multifunctional metropolis areas. Cultural and natural resources make them attractive for tourists. At the same time, these resources are important as recreation spaces for the metropolis' residents. Currently the majority of people lives in urban areas, therefore the 21<sup>st</sup> century is considered the age of metropolis [Smętkowki et al. 2008; Markowski & Marszał 2006; Rykiel 2002; Czyż 2009].

Over the centuries cities have organized themselves into various forms, starting from antiquity, through the industrial era, until modern metropolis. Their functions have changed as well. It is hard to find a precise definition of a metropolis in literature on the subject. It is assumed, that it's an area consisting of a city with over a million of residents (usually spreading over more than tens of kilometres). Apart from size, morphological features, also functionalities are important (transportation, economical ties, trade, etc.) [Bernié-Boissard 2008]. A metropolis does not have clearly defined borders, which results from delimitation of its areas (so called fuzzy boundaries). It is a heterogeneous mosaic, of various functionalities, types of buildings, intertwined together [Haughton & Allmendinger 2008; Walsh et al. 2013].

Metropolitan areas are a subject of interest in many disciplines, determining new challenges and the need for a general look at these specific functional areas. Metropolises appeared in official Polish strategic documents only after the year 2000 [Koncepcja polityki przestrzennej zagospodarowania kraju 2001; Narodowy Plan Rozwoju 2004-2006; Narodowy Plan Rozwoju 2007-2013; Strategia Rozwoju Kraju 2006; Krajowa Strategia Rozwoju Regionalnego 2010-2020; Długookresowa Strategia Rozwoju Kraju Polska 2030; Koncepcja Przestrzennego Zagospodarowania Kraju 2030]. They are described as a metropolis, europolis,<sup>2</sup> agglomeration, functional area. Metropolitan areas also found their place in legislation. In 2015 there was a law accepted about metropolitan connections,<sup>3</sup> however without suitable executive decisions, and was re-

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<sup>2</sup> Europole – potential centres of socio-economic development, of European significance [...], which in the process of international competition (European) will create strengthening enterprise and innovation connections influencing entire Polish and European space. The term was not widely accepted in literature [Smętkowski, Jałowiecki & Gorzelak 2009: 34].

<sup>3</sup> Ustawa z dnia 9 października 2015 roku o związkach metropolitalnych, Dz. U. 2015. poz.1890; 2016, poz. 2260.

pealed when in 2017 a new law got introduced, about metropolitan connection in the Silesian voivodeship,<sup>4</sup> which resulted in creating a metropolitan connection titled Górnośląsko-Zagłębiowska Metropolia. Simultaneously, new self-regulating organizations began to appear, based on cooperation, inter-municipal coalition; such as: Stowarzyszenie Szczecińskiego Obszaru Metropolitalnego (2006), Górnośląski Związek Metropolitalny „Silesia” (2007), Stowarzyszenie Metropolia Poznań (2007), Stowarzyszenie Obszar Metropolitalny Gdańsk-Gdynia-Sopot (earlier: Stowarzyszenie GOM) (2011) [Porawski 2013; Kaczmarek 2014; Janas & Jarczewski 2017; Gajewski, Ważny & Zelewski 2015]. Many difficulties are caused by identification and specification of areas being named metropolises. In Poznań an agreement between city authorities and local governments initiated the Agglomeration Council, and later an Association in Poznań. Centre of Metropolitan Research coordinates works on developing and deepening metropolitan integration. Creating a Poznań Metropolis was one of the main goals of Updated Development Strategy for Poznań till 2030.<sup>5</sup> and it assumes strengthening integrity through connections between spaces and functionalities of neighbouring voivodeships in the areas of leisure, tourist attractions, creating awareness and metropolitan identity [Kaczmarek & Mikuła 2015]. Poznań Metropolis is considered to be of national consideration [Markowski & Marszał 2006], or a poorly developed European metropolis (fourth category).<sup>6</sup>

The main goal of this article is to identify directions and forms of one day leisure trips of Poznań Metropolis' residents. From theoretical and empirical perspective, the goal of this work is to:

- analyse the structure of interviewees, identify their main needs and preferences in the aspect of leisure time,
- identify main destinations for one day leisure trips of Poznań Metropolis' residents,
- determine touristic forms of recreation performed during one day trips, by Poznań Metropolis' residents.

Practical aspect of this article is to point out areas preferred and used for one day activity, within the boundaries of specifically designated zones of Poznań

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<sup>4</sup> Ustawa z dnia 9 marca 2017 roku o związku metropolitalnym w województwie śląskim, Dz. U 2017, poz. 730.

<sup>5</sup> Uchwała Nr LX/929/VI/2013 Rady Miasta Poznania z dnia 10.12.2013 w sprawie Strategii Rozwoju Miasta Poznania do roku 2030.

<sup>6</sup> In Europe, within ESPON programme (European Spatial Planning Observation Network) functional areas were determined (FUA – Functional Urban Areas), within which Metropolitan European Growth Areas were specified. They were divided into four groups according to specific metropolis categories. Polish metropolises were included in two lowest groups:

- potential European metropolis (third category) – Warsaw,
- poorly developed European metropolis (fourth category) – Kraków, Upper Silesia, Tricity, Wrocław, Łódź, Szczecin, Poznań. See: [www.espon.eu](http://www.espon.eu) [access: 28.11.2016].

Metropolis. An indicator of resident's one day leisure activity (AWM) has been proposed, to outline the intensity of resident movement in specific regions within the metropolis.

During research the following theses were accepted:

- main directions for one day leisure trips of Poznań Metropolis' residents are: Warta River valley, the valleys of Główna River and Cybina River,
- forms of preferred activity, during one day trips, are: qualified tourism, nature-based tourism, relaxation and rest, physical recreation,
- specific regions of the metropolis are characterized by definite structure and uniqueness of one day activities of their residents.

The research included leisure activities in the years 2015 and 2016. About 1600 residents of cities and regions within Poznań Metropolis were interviewed.

## 2. Material and methods

Empirical research was conducted from March till September 2016, among residents of all cities and communes belonging to Poznań Metropolis (22 territories, towns: Poznań, Luboń, Puszczykowo, urban-rural communes: Buk, Kostrzyn Wlkp., Kórnik, Mosina, Murowana Goślina, Oborniki, Pobiedziska, Skoki, Szamotuły, Stęszew, Swarzędz, Śrem i gminy wiejskie: Czerwonak, Dopiewo, Kleszczewo, Komorniki, Rokietnica, Suchy Las, Tarnowo Podgórne). The area of so determined metropolis takes 11% of Greater Poland province, and 30% of residents live there.

Method of diagnostic survey was used, and a technique of interview, using a questionnaire. The questionnaire consisted of 12 questions, open and closed, about the goal, duration, costs, destinations in the area of Poznań Metropolis; preferences, needs, tastes determining activities during free time, especially tourism and leisure activities in the area [Zamelska & Kaczor 2015]. "W" card in the questionnaire elaborated on these questions, including a table with all regions and complexes recognized during works on Concepts of Directions of Spatial Development of Poznań Metropolis [Kaczmarek & Mikuła 2016], which serve as tourism and leisure destinations.<sup>7</sup> The "W" card was used to take notes on areas of tourism and leisure activities, in which the interviewees had spent time in the year 2015 and planned to do so in the year 2016 (research was conducted from March till September 2016), with a distinction between long and short term trips, including one day. During research the interviewees received a map

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<sup>7</sup> This article presents partial results obtained during research, related with one day leisure activities of the interviewees, mostly based on "W" card.

of regions and complexes of Poznań Metropolis, which was supposed to make it easier for them to understand the area. In the last part of the survey, there were 16 questions about demographic, social and economical qualities of the interviewees. The research was conducted on tourist and recreation destinations of the metropolis. 1600 residents were interviewed, of which all performed some kind of tourist or leisure activity within the metropolis. 1543 qualified for further analysis, based on correctly filled surveys.<sup>8</sup> An indicator of resident's one day leisure activity (AWM) was created to determine the movements of residents of specific communes, when travelling for leisure within the metropolis (Graph 1).

The indicator of resident's one day leisure activity (AWM) in Poznań Metropolis.

$$AWM_{ij} = \frac{wd_i}{lm_i} \quad (1)$$

where:

$wd$  – total number of one day leisure trips

$lm$  – number of residents of administrative unit of metropolis covered by the study

$i$  – number of administrative unit of Poznań Metropolis ( $i = 1, 2 \dots 22$ )

$j$  – number of tourist-leisure area of Poznań Metropolis ( $j = 1, 2 \dots 10$ )

### 3. Characterization of the research sample

In the examined group, slightly more than a half were women (55%). Most represented were people in the age of 30-39 years (24%) and fifty years old (15%). Education wasn't very diverse; majority of the interviewees declared secondary education (36%), vocational education (33%) and higher education (30%). Three out of four interviewees live in cities (86%), with a spouse (65%), mainly with 2-3 cohabitants (34 and 29, respectively). Almost one out of ten interviewees has a disability, mainly light or medium, usually because of hearing, movement or sight disorders. The interviewees estimated their financial situation as good (46%) or average (43%), their monthly net earnings at about 4.1-6000 PLN (46%) and 2.1-4000 PLN (34%). Most of them are working, in private (44%) or public sector (19%), only 15% are retired. Of possessions which might

<sup>8</sup> During selection of the sample two criteria were considered: number and age structure of residents in examined administrative units of Poznań Metropolis. Materials collected were verified according to amount and quality (analysis of missing data), and then coded and processed by the authors using SPSS software. The software was purchased by the WSB University in Poznań.



be of interest regarding tourist-leisure activity they usually declared: a car (25%), bicycle (22%), own garden or lot (14%), tent (13%), rarely roller skis, ski equipment, motorbike, cottage, hunting and fishing equipment (6.5-3%).

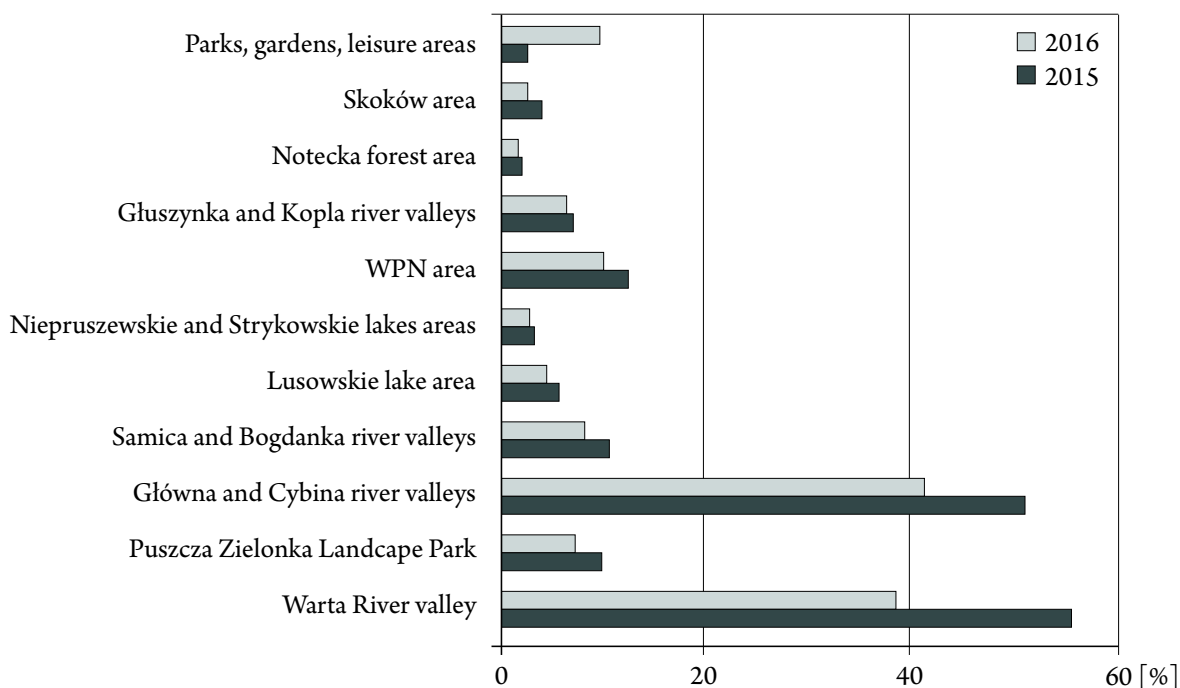
Just over one third of the respondents declared having 8-10 hours of free time weekly, and that they usually spend it on tourist and leisure activities. They spend free time with their close family (66%), friends (24.5%), alone (every eighth), and with colleagues (7%). They usually seek calmness, relaxation, rest (36%), various forms of physical activity (20%), to learn about nature and culture (12%), to improve health (6%), to experience art (5%) and spend time in fresh air. They are usually interested in watching TV and sports (46% and 36%), training (30%), gardening, travelling and sightseeing (27% each).

#### **4. Directions and forms of activities performed during one day leisure trips of residents of the Poznań Metropolis**

In literature, it is possible to find examples of “perfect cities”, in which green areas are important within city boundaries, and near them. Also a “green infrastructure” refers to that; open space dominated by flora, and blue infrastructure which is surface water [Lorek & Lorek 2016]. Within the green infrastructure of Poznań Metropolis, 71% of the area is a priority (National Park, NATURA 2000 and protected forests), 10% are important nature reserves (wetlands, rushes, greenery located in the direct vicinity of surface waters, in depressions being ecological corridors designated for protection, etc.), 19% are surface waters [Mizgajski & Zwierzchowska 2015]. Green areas are usually used by residents for tourism, leisure and relaxation, mainly in two zones [Cofta 1983; Iwicki 2002]. Based on existing green areas, the space has been divided to ten areas and fourteen complexes of touristic-leisure character [Bródka & Zmysłony 2012]. A main problem was to determine to what extent was the tourist-leisure space designed for residents of Poznań Metropolis used by them on a daily basis. They were asked to show areas in which they spend free time most often [Kaczmarek & Mięka 2016: 107]. Main destinations during both research periods were: Warta River valley (in 2015 55% and 38% in 2016) and valleys of rivers Główna and Cybina (51% and 41% respectively) (Graph 1). Less popular were: Wielkopolski National Park (12% and 9%), and valleys of Samica River and Bogdanka River (10% and 9%) or the Puszcza Zielonka Landscape Park (9% and 7%).

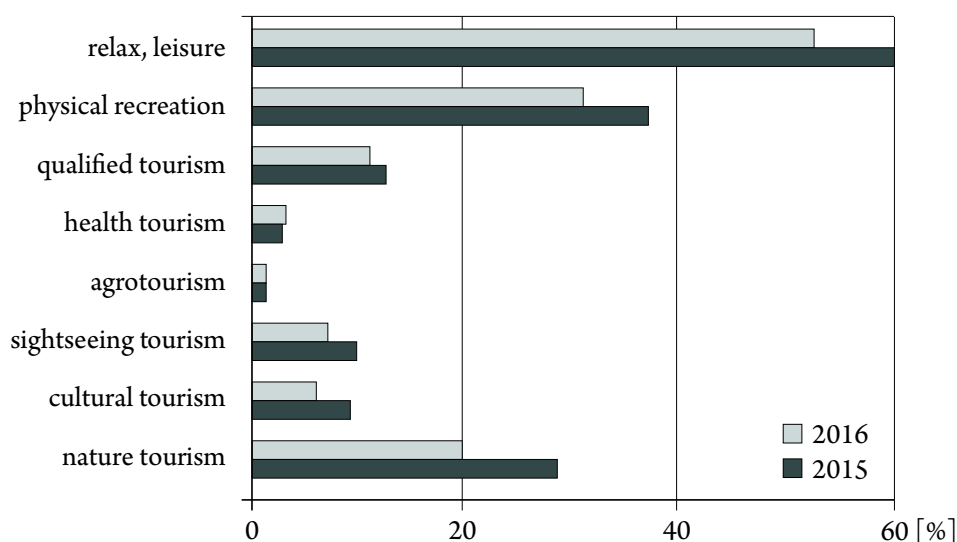
The Warta River valley is a main tourist and recreation area of Poznań Metropolis. Residents choose this route most often. Secondary are valleys of Główna River and Cybina River. This area is well prepared for various age groups, easily

Graph 1. Main one day tourist destinations within Poznań Metropolis, in the years 2015 and 2016 (percentage of respondents)



Source: own research,  $n = 1543$ .

Graph 2. Preferred activities during one day leisure trips in the years 2015 and 2016 declared by residents of Poznań Metropolis



Source: own research,  $n = 1543$ .

accessible and well promoted, and recognized not only by the locals. It hosts various sport, entertainment or cultural events, which motivate residents to go out.

Warta River valley also connects other areas, such as Wielkopolski National Park, Puszcza Zielonka Landscape Park, and valleys of Samica River and Bogdan-ka River, with lakes: Kierskie and Strzeszyńskie. These areas have a well developed tourist infrastructure, including signs for tourist routes, but they are less attractive for the residents.

In the second period of research the popularity of parks and the likes (gardens, etc.) became more attractive, especially for short term leisure. The residents were asked to mention their preferred activities for one day tourism. Various forms of relaxation and rest were mentioned (60% in 2015 and 52% in 2016) – slow walks (also long), play with dogs or kids. Physical recreation was performed by 36% and 30% of respondents. It was usually walking, cycling, Nordic walking. Almost one out of three respondents performed tourism in 2015 and less in 2016 (almost one out of five). Qualified tourism was less popular.

## 5. One day leisure activity of inhabitants of cities and communes of Poznań Metropolis

To learn about the culture and specific aspects of one day leisure activity of Poznań Metropolis' residents it was important to determine the intensity of travelling in various towns and communes of the metropolis. The proposed indicator of resident's one day leisure activity (AWM) in Poznań Metropolis (pattern 1) allows to determine and classify the level of such activity within various scopes, of space and also of time.

The researched residents are quite varied in terms of their leisure activities, performed during one day trips (illustration 1). In 2015 relatively most active were residents of Puszczykowo (AWM = 5.42) and: Murowana Goślina, Kormorniki, Pobiedziska, Swarzędz (AWM = [2.23; 2.89]). Results confirm relatively intense activity comparing to general population of the metropolis that was examined (AWM = 1.69). It is worth noting that the before mentioned communes are near the most popular tourist areas, which are Warta River valley and valleys of Główna River and Cybina River, as well as Wielkopolski National Park, and these residents do appreciate the infrastructure and values of the nearest surroundings.

Residents of the second (most populated) group of administrative metropolis units were relatively less active within the metropolis (AWM = [1.09; 1.84]). In this group were residents with the highest, comparing to others, indicator (such as Dopiewo, AWM = 1.77) and Rokietnica (AWM = 1.75). Lowest indicator was reported by residents of Kostrzyn (AWM = 1.09), Kórnik (AWM = 1.29) and Luboń (AWM = 1.32) despite the fact of living near attractive and popular areas.



Residents of the remaining seven communes declared relatively lowest amount of one day leisure trips to tourist areas of Poznań Metropolis, and as a result they have a low indicator of resident's one day leisure activity ( $AWM < 1$ ). Relatively lowest activity, within those communes, was reported by residents of Buk commune ( $AWM = 0.37$ ), and highest in Oborniki ( $AWM = 0.90$ ) and Suchy Las (wskaźnik  $AWM = 0.96$ ).



Figure 1. Classification of administrative units in Poznań Metropolis, according to indicator of resident's one day leisure activity (in 2015)

> 2 – group I: communes with high indicator

1-2 – group II: communes with medium indicator

< 1 – group III: communes with low indicator

Source: own elaboration.

Table 1. Indicator of resident's one day leisure activity in Poznań Metropolis, in 2015 and 2016 (according to examined administrative units and tourist-leisure areas)

Commune / area	Warta River valley	Puszcza Zielonka Landscape Park	Valleys of Główna and Cybina rivers	Valleys of Samica and Bogdanka rivers	Lusowskie lake area	Areas of lakes Nieporuszewskie and Stryszewskie	Wielkopolski National Park	Valleys of Głuszyńska and Kopla rivers	Puszcza Notecka	Skoków area	Parks, gardens, leisure areas of the metropolis
2015 in all	1.06	0.17	0.98	0.19	0.09	0.05	0.23	0.12	0.03	0.07	0.18
2016 in all	0.74	0.13	0.79	0.15	0.07	0.04	0.18	0.11	0.02	0.04	0.17
Poznań	1.25	0.19	1.07	0.18	0.06	0.03	0.23	0.10	0.04	0.07	0.24
	0.94	0.15	0.93	0.16	0.05	0.02	0.19	0.11	0.02	0.03	0.23
Buk	0.00	0.00	0.21	0.00	0.00	0.43	0.11	0.00	0.00	0.00	0.00
	0.00	0.00	0.21	0.00	0.00	0.11	0.21	0.00	0.00	0.00	0.11
Czerwonak	0.88	0.49	1.17	0.05	0.00	0.00	0.10	0.05	0.00	0.10	0.05
	0.73	0.44	0.97	0.10	0.00	0.00	0.05	0.05	0.00	0.05	0.19
Dopiewo	0.38	0.31	1.25	0.13	0.38	0.19	0.19	0.06	0.06	0.00	0.38
	0.44	0.19	1.06	0.19	0.38	0.25	0.00	0.06	0.06	0.00	0.25
Kleszczewo	0.58	0.00	0.78	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	0.19	0.00	0.58	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Komorniki	1.14	0.11	1.36	0.40	0.79	0.00	0.51	0.40	0.00	0.06	0.23
	0.74	0.17	1.14	0.28	0.45	0.11	0.57	0.23	0.06	0.06	0.28
Kostrzyn Wlkp.	0.38	0.08	1.13	0.00	0.00	0.08	0.00	0.08	0.00	0.00	0.08
	0.53	0.00	0.45	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.30
Kórnik	0.51	0.11	0.29	0.06	0.00	0.00	0.00	1.49	0.00	0.06	0.00
	0.23	0.00	0.23	0.00	0.00	0.00	0.00	0.69	0.00	0.00	0.00
Luboń	1.02	0.09	0.98	0.17	0.09	0.04	0.00	0.04	0.00	0.00	0.04
	0.81	0.04	0.68	0.00	0.00	0.17	0.26	0.04	0.00	0.00	0.13

Mosina	1.34	0.00	0.43	0.00	0.00	0.00	0.52	0.17	0.00	0.04	0.22
	0.65	0.04	0.22	0.00	0.00	0.00	0.22	0.26	0.04	0.00	0.17
Murowana Goślina	1.63	0.54	1.55	0.23	0.23	0.15	0.23	0.08	0.00	0.85	0.00
	0.77	0.31	0.70	0.15	0.08	0.00	0.31	0.00	0.00	0.39	0.00
Oborniki	0.78	0.00	0.58	0.23	0.04	0.00	0.00	0.00	0.04	0.04	0.00
	0.62	0.04	0.70	0.23	0.04	0.00	0.00	0.00	0.08	0.00	0.00
Pobiedziska	0.83	0.35	1.32	0.14	0.00	0.00	0.21	0.14	0.00	0.00	0.21
	0.49	0.21	1.18	0.14	0.00	0.00	0.21	0.14	0.00	0.00	0.21
Puszczykowo	2.35	0.13	2.09	0.00	0.26	0.78	2.48	0.13	0.26	0.00	0.00
	1.04	0.39	1.04	0.00	0.65	0.39	1.96	0.00	0.26	0.13	0.00
Rokietnica	0.64	0.28	0.28	1.29	0.37	0.00	0.18	0.18	0.00	0.00	0.00
	0.37	0.37	0.28	1.20	0.28	0.00	0.18	0.18	0.00	0.00	0.00
Szamotuły	0.04	0.22	0.17	0.57	0.00	0.00	0.00	0.00	0.04	0.00	0.09
	0.00	0.09	0.13	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.13
Skoki	0.14	0.00	0.43	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00
	0.00	0.00	0.57	0.00	0.00	0.00	0.00	0.00	0.00	0.57	0.00
Stęszew	0.53	0.00	0.35	0.18	0.26	0.00	1.23	0.00	0.00	0.00	0.09
	0.35	0.00	0.26	0.00	0.00	0.00	0.61	0.26	0.00	0.00	0.00
Suchy Las	0.76	0.17	0.76	0.08	0.00	0.00	0.08	0.00	0.00	0.00	0.00
	0.59	0.17	0.67	0.00	0.00	0.00	0.08	0.00	0.00	0.00	0.00
Swarzędz	1.50	0.25	2.06	0.06	0.03	0.03	0.06	0.00	0.00	0.00	0.31
	0.61	0.06	1.25	0.14	0.06	0.00	0.00	0.00	0.00	0.08	0.06
Śrem	0.81	0.03	0.34	0.00	0.00	0.00	0.06	0.22	0.00	0.00	0.00
	0.34	0.00	0.19	0.00	0.00	0.00	0.03	0.28	0.00	0.00	0.00
Tarnowo Podgórne	0.11	0.00	0.28	0.84	0.67	0.45	0.34	0.11	0.00	0.00	0.11
	0.17	0.00	0.28	0.56	0.61	0.39	0.22	0.00	0.00	0.00	0.17

Source: own elaboration.

Results allow to assume that average one day leisure activity of the examined residents within the metropolis is not very high (indicator shows that it was usually less than two trips in 2015 per one person). Only residents of Puszczykowo are positively outstanding in the group (about 5 trips in a year). Two and more one day leisure trips in 2015 were declared by residents of another four communes. Residents of ten other administrative units were only moderately active, performing one day trip once, and less than two trips of this kind, in 2015. Residents of remaining seven communes were relatively least active, as their indicator of residents' one day leisure activity shows:  $AWM < 1$ . It means that a number of residents did not perform such activity at all.

In order to determine the structure and specifics of one day leisure activity of Poznań Metropolis' residents in 2015 and 2016, in terms of the surveyed administrative units and tourist and recreation areas, an indicator was calculated according to scheme presented (Fig. 1), which describes the intensity of residents' movement in specific communes to designated touristic and leisure areas (Table 1). Analysis of indicators included in the table presented, allows to estimate the intensity of resident activity in specific communes in various areas of the metropolis, in two time intervals.

Comparing leisure activity of the interviewees in 2015 and in 2016 one can conclude, that it was usually higher in the first period of time.

Among the ten tourist-leisure areas analysed, two are relatively most active in both periods of time, and these are: Warta River valley and valleys of Główna River and Cybina River. In 2015 the Warta River valley area was relatively most frequently visited by the examined residents of Puszczykowo ( $AWM = 1.50$ ), communes: Murowana Goślina ( $AWM = 0.84$ ), Swarzędz ( $AWM = 0.78$ ), Mosina ( $AWM = 0.72$ ) and the city of Poznań ( $AWM = 0.67$ ). The valleys of Główna River and Cybina River were more often visited by the residents of Puszczykowo ( $AWM = 1.33$ ) and communes: Pobiedziska ( $AWM = 0.95$ ), Murowana Goślina ( $AWM = 0.80$ ), Komorniki ( $AWM = 0.73$ ). In case of both tourist-leisure areas, the residents of nearest towns and communes were most interested in visiting them.

In the remaining tourist-leisure areas, the preferred destinations are closest to the place of residence. Wielkopolski National Park is visited relatively more often by the residents of Puszczykowo ( $AWM = 1.58$ ) and communes: Mosina ( $AWM = 0.28$ ) and Komorniki ( $AWM = 0.27$ ). Valleys of Samica River and Bogdanka River are more preferred by residents of Rokietnica commune ( $AWM = 0.70$ ) and the Puszcza Zielonka Landscape Park by residents of Murowana Goślina ( $AWM = 0.28$ ) and Czerwonak ( $AWM = 0.26$ ). Dolina Głuszyny and Kopla were more often visited by residents of Kórnik commune ( $AWM = 0.76$ ), and the Lusowskie Lake area was visited by residents of Komorniki ( $AWM = 0.42$ ) and Tarnowo Podgórne ( $AWM = 0.34$ ). The Skoków neigh-

bourhood was relatively most preferred by residents of: Skoki (AWM=0.44) and Murowana Goślina (AWM=0.44), and the areas of lakes Niepruszewskie and Strykowskie were visited by residents of nearest communes: Puszczykowo (AWM=0.50), Tarnowo Podgórne (AWM=0.23) and Buk (AWM=0.21).

## 6. Conclusions

Questions related with multifaceted functioning of metropolitan areas are an increasingly popular research subject in various areas of science. Still there is not enough empirical research, which would allow to learn about the phenomenon of tourist-leisure activities of metropolis' residents. Research on tourist-leisure activity of Poznań Metropolis' residents allowed to deepen the knowledge on this subject.

Results show that the residents perform a short, one day or afternoon, tourist-leisure activity most often. Weekend trips are fewer, and usually involve use of a summer house or a garden lot, own or belonging to friends, colleagues, or family.

Results confirmed a thesis that main destinations of Poznań Metropolis' residents are areas (in both periods of research): Warta River valley, Główna River and Cybina River valleys (near Maltańskie Lake area, closest to the city). Warta River valley has significantly changed in the recent years. Many years of government efforts to improve the leisure and recreation facilities have proved effective. The interviewees pointed out the Poznań part of Warta River valley mainly, which had significantly changed its image, becoming an attractive place for active recreation (mostly cycling). Another destination for one day leisure were the Rogalin and Puszczykowo areas of Warta River valley.

Another confirmed thesis assumed, that forms of recreation activity preferred by Poznań Metropolis' residents, during one day trips, were: qualified tourism, nature-based tourism, relaxation, rest, physical recreation (cycling, running, walking, Nordic walking, etc.). Health tourism was not very popular among the interviewees.

The proposed indicator of resident's one day leisure activity (AWM), utilized to estimate the intensity of resident movement within communes, for recreational purposes within the metropolis, allowed to confirm a thesis that specific towns and communes are characterized by set structure and uniqueness of one day leisure activity of their residents. The results allowed to filter out three groups of administrative units within Poznań Metropolis, differing in intensity of one day leisure activity. First group are communes of high indicator of resident's one day leisure activity of their residents (five administrative units were included in



this group). Second group are communes of medium intensity of one day leisure activities of their residents (ten administrative units). Third group are communes with low intensity of recreational activity of their residents (seven administrative units).

In the cognitive aspect, the research performed allowed to identify directions of tourist-leisure trips of residents within Poznań Metropolis. Results show the need for a deeper analysis of these specific areas, and for considering specific preferences of their residents, to further improve touristic attractiveness of the area. Further research is needed, as well as a discussion on tourist-research activities of Poznań Metropolis' residents. A more thorough examination of places and areas chosen for spending free time should result in better and more effective use of the potential of a metropolis area.

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## Główne kierunki jednodniowych wyjazdów wypoczynkowych mieszkańców w obszarze metropolii Poznań

**Streszczenie.** Celem artykułu jest identyfikacja głównych obszarów i form jednodniowej aktywności wypoczynkowej mieszkańców na terenie metropolii Poznań. Przyjęto hipotezy, iż dominującym obszarem aktywności turystyczno-wypoczynkowej badanych mieszkańców jest Dolina Warty i jej główne dopływy, a najczęstsza forma aktywności to turystyka kwalifikowana, turystyka przyrodnicza, rekreacja ruchowa, relaks i wypoczynek. Do weryfikacji hipotez wykorzystana została metoda sondażu diagnostycznego, z zastosowaniem wywiadu z kwestionariuszem. Badania przeprowadzono w latach 2015 i 2016, na próbie ok. 1600 mieszkańców metropolii. Artykuł ma charakter badawczy i dotyczy preferencji w zakresie użytkowania przestrzeni turystyczno-wypo-

czynkowej Metropolii Poznań. Praktyczną implikacją artykułu jest wskazanie poziomu aktywności w konkretnych strefach turystyczno-wypoczynkowych obszaru badań, celem ich klasyfikacji. Wyniki potwierdziły obie przyjęte tezy. Głównymi kierunkami jednodniowych wyjazdów wypoczynkowych mieszkańców okazały się obszary Doliny Warty oraz Dolin Rzek Głównej i Cybiny (szczególnie okolice Jeziora Maltańskiego). Natomiast preferowane turystyczne formy rekreacji to turystyka kwalifikowana, przyrodnicza, relaks, wypoczynek i rekreacja ruchowa.

**Słowa kluczowe:** metropolia Poznań, aktywność turystyczno-rekreacyjna, wyjazdy jednodniowe, obszary i kompleksy turystyczno-rekreacyjne, wskaźnik jednodniowej aktywności wypoczynkowej mieszkańców