



## **Journal of Recreation and Tourism Research**

Journal home page: [www.jrtr.org](http://www.jrtr.org)  
ISSN:2148-5321

### **A FIELD RESEARCH OF THE NATURE BASED OUTDOOR RECREATIVE ACTIVITIES ( ILGAZ MOUNTAIN NATIONAL PARK EXAMPLE)**

Gönül GÖKER <sup>a</sup>

Kurban ÜNLÜÖNEN <sup>b</sup>

<sup>a</sup> Çankırı Karatekin Üniversitesi, Ilgaz Turizm ve Otelcilik Yüksekokulu, Çankırı, Türkiye ([gonulgoker@karatekin.edu.tr](mailto:gonulgoker@karatekin.edu.tr))

<sup>b</sup> Gazi Üniversitesi, Turizm Fakültesi, Ankara, Türkiye ([kurban@gazi.edu.tr](mailto:kurban@gazi.edu.tr))

#### **EXTENSIVE SUMMARY**

Progress in science and technology has brought along negativities such as fatigue and stress as well as civilized living standards. Intensive work and stressful urban life direct people to nature and increase participation in nature-based activities. The aim of the research is to determine the demographics of nature-based outdoor recreational activities in the Ilgaz Mountain National Park, the reason for preferring Ilgaz Mountain, what kind of activities they attended, what season they came in most, what activity was most preferred on Ilgaz Mountain, to determine their complaints about the troubles they experience during the activity. In the study, structured questionnaire technique was used within the field survey method. The data obtained from the questionnaires were transferred to the statistical program and the analyzed percent and frequency values were taken. At the end of the study it was observed that Ilgaz Mountain mostly complains about winter sports because of transportation, air condition, overcrowding and physical insufficiency during the event and most of these activities are participated by people who are single and young age group.