

### **Lesson 3: Planning Recreation and Public Recreational Attraction**

Defining recreation as it pertains to tourism is more challenging. Tourism and leisure have become an attractive industry for many public policy makers due to a multitude of contributions it can make to the overall economy of a particular country.

#### **KEY COMPONENTS OF THE LEISURE AND RECREATION INDUSTRY**

The leisure and recreation industry is comprised of different components

##### **1. Sports Recreation**

This component of the leisure and recreation features all activities, facilities, events and programs related to sports. The Olympic Games (Winter and Summer Olympics) and the Southeast Asian Games are two major sporting events that attract many tourists. Such sporting events boost visitor arrivals in the host country because they attract not only players but also sports fans who want to watch the games live.

Some of the most famous sports recreation activities are basketball, biking/cycling, skiing, surfing etc. The Philippine Arena is one of the largest indoor arenas in the world.

##### **2. Arts and Entertainment**

Art is the expression or application of human creative skills and imagination. Painting, music, literature, and dance are some of the diverse fields of creative endeavor that fall under the umbrella of the arts. On the other hand, entertainment refers to activities and facilities that attempt to amuse, entertain, and interest the general audience. Some examples of arts and entertainment include museums, art galleries, concerts, theater, casinos and gaming etc.

##### **3. Outdoor Recreation**

Picnics, hiking, camping, backpacking, and other outdoor activities are included in outdoor recreation, which is sometimes referred to as countryside recreation. Outdoor recreation is a broad term that refers to a variety of activities and environments

##### **4. Home-based Leisure**

When activity is done at home, it is called home-based leisure. This includes watching TV, reading a book, and doing hobbies such as baking and gardening.

##### **5. Play and Activities**

Play can be characterized as active and passive recreational activities that allow us to grow physically, socially, emotionally, and morally. Both controlled and unstructured activities can be used to engage in play. Playgrounds and public parks are some examples of this component.

#### **RECREATIONAL PLANNING**

Recreation planning (also known as leisure planning or recreation and leisure planning) is a process in which information, attitudes, beliefs, and requirements are continuously reviewed and evaluated by and with the community. Effective recreation planning will give the community a variety of personal, social, economic, and environmental advantages that are delivered in a sustainable manner.

Recreational planning is concerned with planning of the following:

##### **A. Recreation facilities**

Recreational facilities are the physical assets which accommodate recreation activities. They can be natural or built assets which are specifically provided and managed for recreational purposes, or they may be assets which fulfill some other primary role and which are occasionally used for recreation.

Example: sports halls, school halls, football ovals, bushland reserves, playgrounds, libraries, eco-trails, wetlands, lakes, galleries etc.

##### **B. Recreation Activities and Programs**

When compared to facilities, recreation activities or programs are the activities that people engage in order to obtain the leisure benefits they desire. Recreational activities and programs can be highly structured both in terms of schedule and in terms of

- Duration and location - such as football matches
- Organized for people - watching movies or going to concerts
- Being flexible and "self-programmed" - people going for walks, gardening. Travelling

##### **C. Recreation Support Services**

Recreation Services help people find information about recreational activities as well as how to take part in these activities. This includes:

- information - brochures, websites, signposts, newsletters
- transport - private services, public and community buses (maps)

- Recreation leadership - including management, planning officers, programmers' leaders and trainers
- support services - club grants, discounted fees.

### **The Role of the Government in the Development of the Leisure and Recreation Industry**

Previous topics focused on the concept of leisure, what it is and what it can do for individuals to provide programs and activities which enable people to find satisfying leisure experiences. Provisions made for leisure and recreation are normally overseen by the governing bodies; hence, their role is crucial in developing the leisure and recreation industry.

### **Government Roles in Leisure and Recreation**

The national government's responsibility for managing parks and recreation areas and providing leisure services evolved gradually throughout the years. The following are some of the key roles and responsibilities of the government towards the development of recreation in the country:

#### **1. Direct management of outdoor recreation resources.**

The national government, through the different agencies owns and operates a vast network of public parks, forests, lakes, beaches and other facilities used extensively for outdoor recreation.

#### **2. Conservation and resource reclamation**

The government is also in charge of reclaiming natural resources that have been destroyed, damaged or threatened and promoting programs related to conservation of natural environment and wildlife.

#### **3. Assistance with open space and park development programs**

The government is responsible for assisting different bodies in planning and developing open spaces for public recreation use.

#### **4. Direct programs of recreation participation**

The national government and its agencies are responsible in initiating recreational programs for different groups.

#### **5. Financial assistance**

Another role of the government is funding or offering financial assistance for projects that are focused on the development of public recreation

#### **6. Aid to education**

Training key people to be leisure and recreation planners as well as on ground workers in these facilities through education is another key role of the government

#### **7. Promotion of recreation as an economic function**

The leisure and recreation industry generates income that helps the economy hence promoting such activities is beneficial for the area where the facility is located

#### **8. Research and technical assistance**

Research on the recreational needs and wants of the community in order to ensure that the recreational facility or program to be developed will be usable and attractive to the target community.

#### **9. Regulation and standards**

The national government and other agencies under it have developed policies to serve as a guide in the operation of public recreation.

### **National Parks**

National parks are the prime locations of wild and untamed nature; in many countries, the protected areas are still difficult to get to.

### **Definition of National Park**

A national park is a natural park in use for conservation purposes, created and protected by national governments. Often it is a reserve of natural, semi-natural, or developed land that a sovereign state declares or owns. Although individual nations designate their own national parks differently, there is a common idea: the conservation of wild nature' for posterity and as a symbol of national pride.

National Parks of the Philippines are places of natural or historical value designated for protection and sustainable utilization by the Department of Environment and Natural Resources under the National Integrated Protected Areas System Act (1992). There were 240 protected areas in the Philippines, of which 35 have been classified as National Parks.

The International Union for Conservation of Nature (IUCN) classified protected areas into seven categories:

1. **Category IA - strict nature reserve** - is an area which is protected from all but light human use to protect its biodiversity and possibly its geological/geographical features.
2. **Category IB - wilderness area**- less stringent manner. These areas are a protected domain in which biodiversity is like a strict nature reserve, but generally larger and protected in a slight restoration if previously disturbed by human activity. These are areas which may buffer ecosystem processes (including evolution) and are allowed to flourish or experience communities.
3. **Category II- national park** - is like a wilderness area in its size and its main objective of protecting functioning ecosystems. However, national parks tend to be more lenient with human visitation and its supporting infrastructure. National parks are managed in a way that may contribute to local economies through promoting educational and recreational tourism on a scale that will not reduce the effectiveness of conservation efforts
4. **Category III- natural monument or feature** - is a comparatively smaller area that is specifically allocated to protect a natural monument and its surrounding habitats. These monuments can be natural in the fullest sense or include elements that have been influenced or introduced by humans. The latter should hold biodiversity associations or could otherwise be classified as a historical or spiritual site, though this distinction can be quite difficult to ascertain
5. **Category IV - habitat or species management area**- is like a natural monument or feature but focuses on more specific areas of conservation (though size is not necessarily a distinguishing feature), like an identifiable species or habitat that requires continuous protection rather than that of a natural feature. These protected areas will be sufficiently controlled to ensure the maintenance, conservation, and restoration of species and habitats- possibly through traditional means and public education of such areas is widely encouraged as part of the management objectives.
6. **Category V- protected landscape or seascape** - covers an entire body of land or ocean with an explicit natural conservation plan, but usually also accommodates a range of for-profit activities. The main objective is to safeguard regions that have built up a distinct and valuable ecological, biological, cultural, or scenic character. In contrast with previous categories, Category V permits surrounding communities to interact more with the area, contributing with the area's sustainable management and engaging with its natural and cultural heritage.
7. **Category VI- protected area with sustainable use**- Category VI may be particularly suitable for vast areas that already have a low level of human occupation or in which local communities and their traditional practices have had little permanent impact on the environmental health of the region. This differs from category V in that it is not the result of long-term human interaction that has had a transformative effect on surrounding ecosystems.

### **The Best National Parks to Visit in the Philippines**

The Philippines is blessed with natural attractions of different forms such as forests, mountains, beaches and lakes. The following are some of the best national parks in the Philippines as cited by Culture Trip (2018):

1. **Biak na Bato National Park, Bulacan** -Located a few kilometers from San Miguel Bulacan Biak-na-Bato which means split boulders when translated in English) got its name for the presence of unique rock formations and caves. The park has crystal clear river waters, winding streams, waterfalls, hundreds of caves with meaningful history, hanging bridges, and hiking trails that will surely satisfy one's hunger for a day of exploration amid nature.
2. **Caramoan Peninsula National Park, Camarines Sur** - When in Camarines Sur in the Bicol Region, one should not miss out on an opportunity to visit the Caramoan Peninsula National Park, which boasts of beautiful limestone formations and white sand beaches as well as winding rivers and caves.
3. **Hundred Islands National Parks, Pangasinan** - From the name itself, over a hundred mushroom-like islands Hundred Islands the southwest part of Lingayen Gulf comprises the scattered across National Park. Although there are 123 unique islands, only three are open Islands.
4. **Minalungao National Park, Nueva Ecija** -The most notable feature of this national park is its 16-metre-high limestone which is bordering the Peñaranda River. Expect a jam-packed stay with various activities that can also be done rafting and zip lining at affordable rates. Travelers go cliff-diving, swimming, hiking, and spelunking for free. Their hiking trail is also beginner friendly as there are stairs and ropes to guide budding hikers.
5. **Fuyot Springs National Park,-** A quick nature escapes from the city, Fuyot Springs National Park located at the foot of the Sierra Madre Mountain Range captivates tourists for its waterfall hikes, unique rock formations, and diverse wildlife. This national park has become popular among hikers, spelunkers, and bird watchers for its wondrous natural attractions and the chance to spot wildlife along the trail - such as unusual birds and other exotic animals. Tourists can also enjoy ATV rides, go on a zipline or take a swim in the pool.
6. **Mount Arayat National Park, Central Luzon** - Being the home of a variety of species of wild birds, trees, mammals, and reptiles, this major tourist destination in Central Luzon now has five swimming pools, cottages, picnic areas, campsites and a playground.

7. **Puerto Princesa Underground Subterranean River, Palawan** -Serving as the home to distinct wildlife and a habitat for biodiversity conservation, it was declared as one of the World Heritage Centers named by the United Nations Educational, Scientific, and Cultural Organization (UNESCO). Covering 22,202 hectares of land, the main highlight of the Puerto Princesa Subterranean River National Park is its vast ancient forests, stunning limestone karst landscapes, cave systems, natural rock formations, and the underground river which 'emerges directly into the sea.'
8. **Guadalupe Mabugnao Mainit Hot Spring National Park** - Tourists visit the Guadalupe Mabugnao Mainit Hot Spring National Park in Carcar City, Cebu mainly for the following reasons: to swim in its freshwater pool and underground springs, to see the watershed forest reserve, and to explore the caves and hiking trails. Its notable feature is the Mainit Mabugnaw Cave, which is composed of several sub-caverns.
9. **Mount Pulag National Park** -Mount Pulag in Luzon, bordered by Ifugao, Nueva Viscaya and Benguet, may not be the highest mountain in the Philippines. However, its beauty is so breathtaking that many mountain lovers - both foreign and local - keep going back to experience its grandeur surrounded by wonderful nature.
10. **Mount Apo** -Mount Apo, also known locally as Apo Sandawa, is a large solfatara, dormant stratovolcano on the island of Mindanao, Philippines. Mount Apo is the most- prominent mountain in the Philippines. The peak overlooks from and it is a protected area and a Natural Park of the Philippines.