

Adventure is “an unusual, exciting or dangerous experience, journey or series of events” (Oxford Learner Dictionaries, 2023). Micro-adventures are “A microadventure is an adventure that is short, simple, local, cheap – yet still fun, exciting, challenging, refreshing and rewarding” (Humphreys, 2016). A brief outline of the conditions of sustainability are - transport, wellbeing and the strain on natural places.

Do Micro-adventures take away from the profit margin of the outdoor industry? With the promotion and marketing micro-adventures are currently attaining vs the rate of growth of the movement. We should start to be concerned about the potential impact this has on outdoor adventurous companies. Although the adventure tourism market has been rising since Covid, so has the micro-adventure movement. Meaning that with the current rate of growth there could be the potential to take away from the adventure tourism industry. Realistically how many people in the UK hire a mountain leader to guide them in the mountains in summer. This number vs the amount of people who go out into the mountains as part of micro-adventures without MLs puts strain on the emergency services. The use of social media, though brilliant, is also dangerous for promotion. For example Alastair Humphries ‘micro’-adventure to the Great Glen. This is not something achievable for the masses and due to the risks involved and lack of experience could lead to fatality. On top of this it takes work away from mountain leaders who could otherwise mitigate said risk.

Adventure pedagogy (AP) as a means to facilitate environmental education (EE). Through the medium of adventure we are given the perfect opportunity to further explain the environment to groups and individuals. A perfect example of using AP to facilitate EE is hill walking. From lowland leader right the way through to international mountain leader there is a big emphasis on ‘flora and fauna’ (Mountain Training N.D). Though mountains as a whole cannot be destroyed by the elements, the plantation and natural habitats on and surrounding them can. Teaching people about ‘flora and fauna’ is a means of promoting sustainability and longevity of these natural beauties. This could lead to a transformational experience (Brymer & Gray, 2006) changing the way an individual interacts with the natural setting and possibly change the way they view the world. There is great pedagogical value within adventure regarding sustainability (Henrickson & Doering, 2014), this is just one example. However a brilliant facilitator should be able to implement structured pedagogical theories and styles in order to manipulate sessions into becoming environmentally enlightening.

The disruption and destruction to any ‘adventure session’(s) environment is offset by the facilitator's ability to bring about enlightenment about the environment.

Public transport can give people easy access into our wild places - Sheffield is the “green city” (Raposo 2022) on the edge of the Peak Park with regular bus and train services “Sheffield is renowned as the UK’s greenest city overall with more trees per person than any city in Europe” (Sheffield University, 2021). With the right level of motivation, a person can enjoy a low-impact trip into the Peak District from this location on a weeknight, with minimal disruption to their day-to-day working lives (peakdistrict.gov.uk, n.d). “A desire to improve physical health and fitness had a particularly important role in motivating people both to start and to continue taking part in outdoor activities”(Scottish gov, 2021). This has been proven to improve well-being (canr.msu.edu, 2017), as taking part in outdoor activities can improve a person’s ability to cope with stress (Li et.al,) and can generally improve their mood and outlook (Barton and Pretty, 2010). Green exercise, such as hill walking can boost both mental and physical health as seen in the Scottish Government study (2021). Green exercise has the potential to play a pivotal role in promoting micro adventures. Since Alistair Humphries first conceptualized microadventures (Humphries 2014) they have developed and grown thoroughly. There is still a lot of room for development of micro adventures. Through the medium of green exercise people can manipulate the idea of micro adventures to suit them. This would definitely be the next step forward as ‘adventures’ and the term ‘micro’ are open to interpretation. Whilst Humphries may think a trip to the great glen is a ‘micro’-adventure many others will see that as a ‘big’, extreme adventure.

With the right infrastructure a person can access wild and beautiful places to enjoy green exercise and reap the benefits of an active lifestyle within nature. The Sheffield example demonstrates the accessibility to green spaces along with a national park through the regular public transport and vast 22,660 acres of green space within the city (Sheffield University, 2021). The council within the city are giving people an opportunity to access environments perfect for micro-adventures, the infrastructure is sustainable, affordable and lowers carbon footprint on the whole. Whilst giving easier access to a national park for an easy night rather than people traveling further afield to the Lakes or Eryri.

At the height of the pandemic the peak district saw record numbers of people traveling from surrounding areas which include but aren’t limited to; stoke, manchester, sheffield and derby. The presence of restrictions within the pandemic lockdowns saw what previously would’ve been considered ‘micro-adventures’ were now becoming ‘adventures’. When normal entertainment wasn’t available such as cinemas and restaurants people turned to the natural setting of the great outdoors (reference). In many ways this was adventure through the motivation of escapism as with many ‘extreme adventurers’ fueling their passion as a means to escape everyday life

(reference). The everyday person now had the desire to escape the digital era. With the lack of people's small daily interactions with nature and being outdoors, things as simple as taking the bins out or going to buy the newspaper were now gone. There was a nonverbal consensus of deep yearning to go back to the once nomadic ways of our species.

This 'micro-adventure' concept makes adventure accessible, but is it a necessity because traditional adventure has priced out the average person? Adventure and travel have become expensive. Has austerity meant that adventure has become inaccessible? The dynamic that the poor will stay poor and the rich will get richer is a topic danced around by many but not actually attacked head on, until now. The mindset of many humans is to be adventurous. Unfortunately the cost of 'extreme adventures' for example, summiting Everest is not achievable for the masses as the price is set so high it is only accessible to the top 1% with the price being between \$30,000 and \$200,000 (Dawson 2022). Along with this the carbon footprint to get to Kathmandu from London alone is 3178kg CO₂ (The BMC 2022). The richest 1 percent are set to exceed the 2030 target average level of carbon footprint by 30 times (Gore, 2021). Alistar Humphreys has also experienced 'big' adventures. Now he's been there and done it, is he 'pulling the ladder up'? Is the average person expected to compromise their adventure by lowering their carbon footprint by engaging in micro adventures, whilst the 1% jet off across the globe carrying out extreme adventures that all humans have a deep intrinsic yearning for (British Psychological society 2017).

In conclusion, with the vast growth and added number of green spaces micro-adventures are an enticing alternative to adventures. Micro-adventures are accessible to people up and down the breadth of the uk. They promote environmental activism, which in turn protects the spaces we use. They are an affordable alternative to the masses who otherwise could not access adventure. Though the digital era may have many cons it also allows access to vast arrays of information at our fingertips. Providing valuable information on different peoples takes on micro-adventures and enjoyable ways to indulge in them. On top of this it is the perfect way to promote safe practise in the outdoors. Along with enticing people as an alternative to mainstream 'adventures'

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