

# Sports Tourism and Environmental Protection a Study on Symbiotic Path and Sustainable Development

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## Abstract:

With the rapid development of global sports tourism, its potential impact on ecological environment has attracted the attention of society and scholars. This paper deeply explores the harmonious symbiosis path between sports tourism and environmental protection, and carefully analyzes the mechanism of sports tourism on ecological environment. Through the comprehensive use of literature review, typical case analysis and field investigation and other methods, the core value of ecological sports tourism is highlighted. Advocate the deep integration of environmental protection concepts in the development and construction process of sports tourism, aiming to explore a win-win way that can promote the prosperity of sports tourism and effectively protect the ecological environment. Therefore, this paper puts forward a series of feasible paths and strategies to achieve the harmonious development of sports tourism and environmental protection.

**Keywords:** sports tourism; environmental protection; ecological sports tourism; sustainable development; symbiotic path.

## INTRODUCTION

In recent years, with the improvement of people's living standards and the enhancement of health awareness, sports tourism as a new way of tourism has risen rapidly in the world. Sports tourism not only enriches people's leisure life, but also drives the development of related industries and becomes an important force to promote regional economic growth. In this context, tourism integrates with the natural environment, social culture and human life and labor, so that human beings can ensure the sustainable production of cultural and natural resources while developing economy, and thus promote the long-term development of sports tourism [1]. However, with the expansion of sports tourism, its impact on the ecological environment has become more pronounced. The task of safeguarding the environment while promoting the growth of sports tourism, and striking a balance between the two for symbiotic development, has become an pressing concern. Investigating the interdependence between sports tourism and environmental protection not only enhances our comprehension of sports tourism's environmental impact, but also establishes a theoretical groundwork for the formulation of scientific and rational sports tourism strategies. This paper's research scope encompasses the relevant theories and practices pertaining to sports tourism and environmental conservation. Utilizing research methodologies such as literature analysis, logical reasoning, case studies, and field investigations, this paper explores the pertinent theories and practices, assesses successful instances and prevailing challenges, and gains a deeper understanding of the specific effects of sports tourism on the ecological environment, as well as the execution of environmental protection initiatives. The overarching objective is to advance the development of eco-friendly sports tourism, achieve sustainable progress in the sports tourism industry, and contribute to fostering a harmonious coexistence between humans and nature.

## THE IMPACT OF SPORTS TOURISM ON ECOLOGICAL ENVIRONMENT

Sports tourism is an emerging industrial form that deeply integrates tourism industry and sports industry. It closely combines sports with tourism activities. With the help of a variety of sports activities, it not only meets tourists' demand for sports, but also enriches the content and form of tourism activities, so that tourists' physical and mental development can be harmonious, so as to promote social material and spiritual civilization. An activity that enriches social and cultural life [2]. The in-depth development and construction of sports tourism resources has become a key path to promote the vigorous development of local economy, promote cultural integration and mutual learning and improve the level of public health. However, the construction and operation process of sports tourism facilities is often accompanied by the consumption of a large number of natural resources, which inevitably brings a certain degree of threat to the ecological environment. The construction of large-scale sports tourism facilities, such as ski resorts, golf courses, and racing tracks, usually requires vast land for development, which inevitably leads to the destruction of surface vegetation, the intensification of soil erosion, and the gradual reduction of biodiversity. In the process of construction, excavation, landfill and other engineering operations will change the topography, affect the natural flow of water resources and groundwater level, and may even cause soil erosion and geological disasters. The consumption of these resources not only increases the environmental pressure, but also may cause damage to the local ecosystem. At the same time, the operation of sports tourism facilities also needs to consume a lot of energy and water resources. For example, the snowmaking system of the ski resort requires a large amount of water resources and electricity, and the maintenance of the golf course requires a large

amount of irrigation water and fertilizer and pesticides, which will put pressure on the local water environment and soil environment [3,4]. If the waste generated by sports tourism activities is not handled properly, it will cause pollution to the environment. For example, waste such as plastic bottles generated during sports events, if discarded at will, will pollute soil and water [5]. In addition, excessive sports tourism also has a negative impact on society and the environment. On the one hand, excessive tourists and their inappropriate tourism behaviors lead to the destruction of the natural environment and resources of tourist destinations, and have an irreversible impact on many tourist destinations, especially vulnerable ones [6]. On the other hand, traffic congestion, noise and other problems caused by overtourism will also affect the normal social life of residents, and the negative costs caused by these problems even exceed the economic benefits brought by tourism [7].

## **THE ROLE OF ECOLOGICAL ENVIRONMENT ON SPORTS TOURISM**

As a crucial backbone for sports tourism, the ecological environment plays an indispensable role in its flourishing development. First, a pristine ecological environment serves as a treasure trove of natural resources essential for sports tourism. From towering mountains and winding rivers to serene lakes, vast seas, lush forests, expansive grasslands, and even icy snow deserts, these unique landscapes form the very essence of sports tourism activities. These resources not only provide diverse sporting venues for enthusiasts but also significantly enrich the travel experience, allowing tourists to enjoy the thrill of sports while immersing themselves in nature's magnificence. For instance, Yunnan Province, with its advantageous geographical location, temperate climate, breathtaking ecological environment, and abundant eco-tourism resources, offers an unparalleled tourism experience and lays a solid foundation for the proliferation of eco-tourism. This, in turn, establishes a strong basis for Yunnan's economic and social progress and creates an ideal setting for the advancement of eco-sports tourism in the region [8]. The integration of ecotourism and sports tourism not only better meets people's tourism aspirations but also plays a pivotal role in fostering sustainable economic and social development. Secondly, the quality of the ecological environment directly influences the appeal and excellence of sports tourism. A pristine ecological environment, enriched by stunning natural resources, opens up a wide array of sports experiences for the public, attracting numerous tourists and presenting new opportunities and impetus for the growth of sports tourism. By fostering diversity and vibrancy in tourism destinations, enhancing the synergy between tourism and sports, accentuating the distinctive features of ecological sports tourism, and elevating its overall quality, this fusion promises great potential. Moreover, environmental protection provides vital ecological services such as climate regulation, water conservation, and biodiversity preservation. These functions are crucial for maintaining ecological balance and ensuring the sustainable development of sports tourism destinations. Through prudent ecological planning and protection measures, we can ensure the harmonious coexistence of sports tourism and the ecological environment, thereby achieving a harmonious unity of economic, social, and ecological benefits [9].

## **THE SYMBIOTIC PATH OF SPORTS TOURISM AND ENVIRONMENTAL PROTECTION**

### **Concept Symbiosis: Construction of Ecological Sports Tourism Concept**

Ecological sports tourism is a kind of sports tourism activity that focuses on participating in sports activities and is oriented towards ecological and environmental protection to achieve win-win economic, ecological and social benefits [10]. Ecological sports tourism is an important way to build ecological civilization, an important embodiment of meeting people's needs for a better life, and an important way to spread sports culture and promote economic development. Eco-sports tourism, as a new and cross-integrated form of business, is of great value and benefit to the construction of ecological civilization, economic development, cultural transmission, and the promotion of physical and mental health [11]. Ecological sports tourism emphasizes environmental protection and sustainable development in tourism planning, development, operation and other links, and promotes the development of sports tourism in the direction of green, low-carbon and circular. It is necessary to pay full attention to the carrying capacity of the ecological environment to prevent over-exploitation from causing damage to it. According to the local natural resource endowment and ecological environment characteristics, the scientific and reasonable layout of sports tourism projects to ensure the coordinated development of projects and ecological environment. Pay attention to the environmental protection construction of sports tourism infrastructure, promote clean energy, emphasize resource conservation and efficiency, select environmentally friendly materials and incorporate innovative technologies to build sports facilities, reduce resource consumption, reduce emissions, reduce the ecological impact of tourism activities, and promote sustainable development. Strengthen the environmental management of tourism activities, such as the implementation of garbage sorting and recycling, control noise pollution and other measures to ensure that tourism activities to minimize the impact on the environment. Enterprise management departments should strengthen the environmental protection training and education of employees to improve their environmental protection literacy and service level. At the same time, the environmental awareness

of tourists should be promoted through publicity, education and media guidance, and green consumption and low-carbon lifestyle should be advocated.

### **Practice Symbiosis: The Combination of Sports Tourism and Ecological Environment Protection**

The development of sports tourism related activities relies heavily on the natural environment. With its continuous development and expansion, the damage to the environment is becoming increasingly prominent. Therefore, it is necessary to explore a scientific development path and guide the development of sports tourism while taking into account environmental protection [12]. The combination of sports tourism and ecological environment is first reflected in the rational use of natural resources. Many sports tourism projects such as hiking, cycling and rock climbing rely on beautiful natural scenery and unique geographical environment. When developing tourism projects, the carrying capacity of ecological environment should be fully considered to avoid environmental damage caused by over-exploitation. Through scientific planning and reasonable management, tourists can enjoy the fun brought by sports tourism, but also feel the beauty and harmony of nature. In addition, sports tourism can also become a powerful driver of ecological and environmental protection. In sports tourism activities, the public will often have more in-depth contact with nature and understand the importance of ecological environment. This kind of personal experience can stimulate people's enthusiasm for environmental protection more than any publicity and education. Thirdly, the combination of sports tourism and ecological environment is also reflected in the concept of sustainable development. The development of sports tourism should not be at the expense of the environment, but should realize the unity of economic, social and environmental benefits on the basis of protecting the ecological environment [13]. Encourage and support sports tourism projects that focus on ecological protection and advocate green tourism, and promote the development of sports tourism industry in a more environmentally friendly and sustainable direction. Through rational use of natural resources, promotion of environmental protection, practice of sustainable development concept, let sports tourism become a powerful assistant for ecological and environmental protection, and jointly protect our beautiful earth home.

### **Institutional Symbiosis: Support of Policies and Regulations for Sports Tourism and Ecological Environment Protection**

In the symbiotic system of sports tourism and ecological environment protection, policies and regulations play a crucial role. They not only provide a strong institutional guarantee for the development of sports tourism, but also build a solid defense line for the protection of ecological environment. By clarifying the development direction and norms of sports tourism, policies and regulations guide it to a more environmentally friendly and sustainable road. Relevant government departments have formulated a series of policies to promote the development of sports tourism, encouraging and supporting those projects that pay attention to ecological protection and advocate green tourism. These policies not only provide funds, land and other aspects of sports tourism support, but also give it a lot of convenience in market access, tax incentives and other aspects, greatly stimulate the vitality of the sports tourism industry. At the same time, policies and regulations also put forward clear requirements for ecological environment protection in sports tourism activities. The government has strengthened environmental assessment of sports tourism projects to ensure that they will not cause damage to the ecological environment in the process of development. For those projects that may have a negative impact on the environment, the government will require them to take effective environmental protection measures, or restrict and prohibit them. This strict environmental supervision effectively protects the integrity and stability of the ecological environment. In addition, the policies and regulations have also improved the public's awareness of sports tourism and ecological environmental protection through strengthening publicity and education. The government uses various channels and platforms to popularize environmental protection knowledge, publicize the concept of green tourism, and guide tourists to pay more attention to environmental protection when participating in sports tourism activities, so as to achieve civilized tourism and green tourism. In short, policies and regulations play an irreplaceable role in the symbiotic system of sports tourism and ecological environmental protection. They support the harmonious development of sports tourism and ecological environment by providing institutional guarantee, strengthening environmental supervision, raising public awareness and other ways [14]. In the future, we look forward to more policies and regulations to provide more solid support for the symbiotic road of sports tourism and ecological environmental protection.

## **STRATEGY EXPLORATION OF SYMBIOSIS BETWEEN SPORTS TOURISM AND ECOLOGICAL ENVIRONMENT PROTECTION**

### **Strengthening Planning Guidance is the Key**

The government and relevant departments should undertake comprehensive research to thoroughly understand the distribution of local sports tourism resources, market demand, and the carrying capacity of the ecological environment. Based on this in-depth analysis, they should develop a scientifically sound and well-reasoned sports tourism development plan. It is not only

necessary to clarify the development goals and directions of sports tourism, but also to refine the specific project layout, facility construction, activity planning and other aspects to ensure the operability and effectiveness of the planning. At the same time, in the planning process, we must fully consider the needs of ecological environment protection, ecological protection as an important prerequisite and constraint of planning. It is necessary to pay attention to ecological priority, adhere to the principle of development in protection and protection in development, ensure that the development of sports tourism projects is coordinated with ecological environmental protection, and avoid irreversible damage to the ecological environment due to blind development and excessive use of resources.

### **Promoting Green Development is the Core**

In the planning and execution of sports tourism projects, it is imperative to prioritize green, low-carbon, and environmental stewardship principles. Energy efficiency, emission reduction, and resource recycling should be regarded as core objectives. We must actively promote the adoption of clean energy alternatives, such as solar and wind power, to reduce reliance on fossil fuels and consequently lower carbon emissions, thereby supporting global efforts against climate change. Additionally, we should advocate for the use of eco-friendly materials, including renewable resources and low-carbon concrete, in the construction of sports facilities to minimize the exploitation of natural resources and mitigate environmental degradation. Furthermore, we should encourage tourists to participate actively in environmental protection initiatives, such as waste sorting and promoting energy conservation and emission reduction. By implementing these practices, we can enhance tourists' environmental awareness and transform green tourism into a conscious and deliberate action. Through these efforts, we can cultivate a harmonious relationship between sports tourism and the ecological environment, ultimately achieving a balance between economic development and ecological sustainability.

### **Strengthening Supervision and Law Enforcement is the Guarantee**

Strengthen the environmental supervision of sports tourism projects, establish a complete set of scientific and comprehensive environmental assessment system. This system should cover all aspects of project site selection, design, construction, operation, etc., to ensure that the project always meets environmental standards during the development process and does not cause damage to the surrounding ecological environment. At the same time, the government also needs to step up law enforcement and severely investigate violations of environmental laws and regulations, and will not tolerate. Through a variety of means such as public notification, fine, suspension of business rectification, the formation of an effective deterrent effect, so that offenders pay the due price. Only in this way can we effectively guarantee the safety and stability of the ecological environment and provide a solid legal guarantee for the symbiosis of sports tourism and ecological environmental protection.

### **Promoting the Participation of Local Residents is an Important Way**

In the development and construction of sports tourism projects, the interests and needs of local residents should be respected and comprehensively considered, to ensure that the project is in harmony with the overall development of the local area, and to advocate local residents to actively participate in the whole process of project planning, development and management, so that they can truly become one of the core subjects of sports tourism development. Through the extensive participation of residents, it can not only effectively improve the cognition level of local residents on sports tourism and ecological environmental protection, but also fully stimulate their enthusiasm and creativity, contributing valuable wisdom and strength to the prosperity and development of the project. At the same time, the active participation of local residents also helps to create a good atmosphere of co-construction, co-governance and sharing, so that local residents, government departments, tourism companies and other parties can go hand in hand, shoulder the heavy responsibility of sports tourism and ecological environmental protection, and jointly promote the sustainable development of the project.

### **Strengthening Publicity and Education is the Foundation**

Make full use of various media and channels to increase the publicity of the concept of symbiosis between sports tourism and environmental protection, so that this concept will be deeply rooted in people's hearts and raise public awareness of the importance of the two. To strengthen environmental education, and foster public awareness and responsibility of environmental protection through various forms such as environmental protection courses, environmental protection talks and distribution of environmental publicity materials. Guide everyone in participating in sports tourism activities, consciously abide by environmental protection regulations, pay attention to environmental protection, do not arbitrarily discard garbage, do not destroy the natural landscape, and jointly maintain a good ecological environment. Through strengthening publicity and education, the whole society can participate in and jointly promote the harmonious coexistence of sports tourism and the environment.

In short, the symbiosis of sports tourism and environmental protection is a long-term and arduous task. We need to continue to explore and practice effective strategies, strengthen planning and guidance, promote green development, strengthen supervision and law enforcement, promote community participation, and strengthen publicity and education, and jointly promote the harmonious coexistence and sustainable development of sports tourism and environmental protection

## **GREEN DEVELOPMENT, PROMOTE THE SUSTAINABLE DEVELOPMENT OF ECOLOGICAL SPORTS TOURISM**

### **Sustainable Development of Ecological Environment**

Green development emphasizes respect, adaptation and protection of nature, and should be rooted in the concept of "two mountains" to care for the environment. We are committed to building a resource-saving, waste recycling, product quality, ecological coordination and environment-friendly ecosystem. In the process of resource development, the principle of ecological priority should be adhered to, natural resources and ecological environment should be protected, long-term planning should be done, infrastructure construction should be improved, and a supply system matching demand should be established [15]. Especially in tourist resorts, we should build sports tourism quality projects, build leisure sports facilities, pay attention to planning and layout, and strive to build a resort integrating sports and leisure. At the same time, the sports industry base and sports industry park will be integrated with the local natural characteristics and cultural history to create a unique sports leisure vacation destination.

Ecological civilization represents a crucial milestone in the evolution of human society, encapsulating the urgent need for harmonious coexistence between humanity and the natural world. The advancement of ecological civilization is intrinsically linked to the rise and fall of human civilizations, with the ecological environment serving as the foundation upon which human survival and progress depend. Humans and nature are interconnected within a shared community of existence. It is our duty and responsibility to nurture and preserve nature, cultivate ecological civilization, and establish a resilient ecological framework for sustainable development[16]. We must adhere to the principle of green development, recognizing that enhancing the ecological environment is synonymous with safeguarding and advancing productive forces, with the welfare of people as our fundamental starting point. We should advocate for a green transformation in production methods and lifestyles, promoting harmonious coexistence between humans and nature. Comprehensive education on ecological civilization must be disseminated widely to instill environmental protection principles deeply within public consciousness. Simultaneously, we must strengthen supervision mechanisms and implementation frameworks to ensure that all environmental protection policies are enforced rigorously and consistently. Through steadfast efforts, we will continue to elevate societal awareness regarding ecological civilization, empowering every individual to actively participate in constructing an ecologically sound future while collectively safeguarding our beautiful homeland.

### **Sustainable Development of Sports Industry**

With the launch of the "Sports +" initiative, the convergence of sports medicine, sports education, and sports travel has emerged as a pioneering trend in the evolution of the sports sector. Amidst this comprehensive integration trend, sports service complexes have become a crucial requirement for holistic advancement [11]. By fostering industrial synergy, resource sharing, technological cross-pollination, and market expansion, the sports industry can sustain its innovative momentum, generate a broader spectrum of products and services, and effectively drive diversification within the sporting domain. This diversified evolution not only enhances the core aspects of the sports industry but also broadens its horizons to meet consumers' increasing demand for personalized and multifaceted sporting experiences. Consequently, it infuses renewed vigor into the sustained prosperity and growth of this sector. The publication of "Opinions on Promoting National Fitness and Sports Consumption to Foster High-Quality Development in the Sports Industry" is poised to significantly energize the sports market while facilitating transformative advancements within this field. Guided by this policy framework, there will be further refinement in consumer engagement with sport-related offerings; additionally, consumer rights and interests will be more comprehensively safeguarded [17]. Concurrently, we anticipate notable enhancements in product quality across various segments within the industry as high-caliber and diverse sporting goods emerge to satisfy escalating public demands. By implementing strategies such as nurturing innovation and supporting novel business paradigms' emergence, the sports industry is set to explore uncharted territories that create new engines for economic growth while injecting fresh impetus into both economic development and social progress. Furthermore, this policy will robustly endorse differentiated regional development within local sport industries—thereby cultivating a vibrant and diverse ecosystem conducive to sustainable growth.



The construction of sports culture is an important way to promote the development of cultural industry and meet the spiritual and cultural needs of the people. The active development of sports culture industry can effectively stimulate the enthusiasm of public participation, which is not only a positive cultivation of new growth points of national economy, but also an effective strategy to promote the deep integration of sports and culture and common prosperity [18]. It is a new trend of the integrated development of sports and tourism to dig deep into the cultural connotation and develop the characteristic sports tourism products. Each place contains rich cultural elements and unique sports resources, which are valuable wealth for developing special sports tourism products. By digging deeply into the cultural connotation of the place, such as historical stories, folk traditions, artistic expressions, etc., and combining them with sports tourism, we can create characteristic tourism products with both cultural charm and sports vitality. These products can not only meet the needs of tourists for fresh and unique travel experiences, but also promote the inheritance and development of local culture. At the same time, the development of characteristic sports tourism products can also promote the development of local economy and improve the added value of tourism. Therefore, we should actively explore and utilize local cultural and sports resources, constantly innovate and develop characteristic sports tourism products, so that tourists can feel the charm of sports and enjoy the deep cultural heritage in the process of tourism.

Increasing the training of sports tourism professionals is the key to promote the sustainable and healthy development of sports tourism. As a new form of tourism, sports tourism integrates the two elements of sports and tourism, and the demand for professional talents is becoming increasingly prominent. Training compound talents who understand both sports and tourism management can not only design creative sports tourism projects, but also effectively manage sports tourism activities to ensure the safety and satisfaction of tourists. At the same time, strengthening the international exchange and cooperation of sports tourism professionals and introducing international advanced concepts and technologies are also important ways to enhance the competitiveness of sports tourism in China. Through systematic education and training, to build a team of high-quality and professional sports tourism talents will provide a solid talent guarantee for the vigorous development of China's sports tourism industry.

## CONCLUSION

The Guiding Opinions on Vigorously Developing Sports Tourism jointly issued by the National Tourism Administration and the State General Administration of Sport clearly point out the strategic layout of promoting the coordinated development of cultural tourism and the deep integration of the tourism industry and the sports industry, firmly establish and practice the concept of "two mountains", and seek development from the height of harmonious coexistence between man and nature. Sports tourism and environmental protection are interdependent and mutually promoting. Through strengthening planning guidance, promoting green development, strengthening supervision and law enforcement, and promoting community participation, the positive interaction between sports tourism and environmental protection can be realized and the harmonious development of the two can be promoted. Strengthening publicity and education, raising public awareness and responsibility for environmental protection is the key to promoting the sustainable development of this symbiotic relationship. Looking forward to the future, we will continue to deepen the exploration of the symbiotic path of sports tourism and environmental protection, constantly promote the sustainable development of sports tourism, and contribute to the construction of a beautiful China and the realization of the beautiful vision of harmonious coexistence between man and nature.

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