

Shorobura I. M., Hutsal L. A. Excursionism: kamianets-podilskyi as an object of tourist interest. *Journal of Education, Health and Sport*. 2024;52:278-286. eISSN 2391-8306. <https://dx.doi.org/10.12775/JEHS.2024.52.114>
<https://apcz.umk.pl/JEHS/article/view/55964>
<https://zenodo.org/records/14034504>

The journal has had 40 points in Ministry of Education and Science of Poland parametric evaluation. Annex to the announcement of the Minister of Education and Science of 05.01.2024 No. 32318. Has a Journal's Unique Identifier: 201159. Scientific disciplines assigned: Physical culture sciences (Field of medical and health sciences); Health Sciences (Field of medical and health sciences). Punkty Ministerialne z 2019 - aktualny rok 40 punktów. Załącznik do komunikatu Ministra Edukacji i Nauki z dnia 05.01.2024 Lp. 32318. Posiada Unikatowy Identyfikator Czasopisma: 201159. Przypisane dyscypliny naukowe: Nauki o kulturze fizycznej (Dziedzina nauk medycznych i nauk o zdrowiu); Nauki o zdrowiu (Dziedzina nauk medycznych i nauk o zdrowiu).

© The Authors 2024;

This article is published with open access at Licensee Open Journal Systems of Nicolaus Copernicus University in Torun, Poland Open Access. This article is distributed under the terms of the Creative Commons Attribution Noncommercial License which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author (s) and source are credited. This is an open access article licensed under the terms of the Creative Commons Attribution Non commercial license Share alike. (<http://creativecommons.org/licenses/by-nc-sa/4.0/>) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.

The authors declare that there is no conflict of interests regarding the publication of this paper.
Received: 28.11.2023. Revised: 06.01.2024. Accepted: 29.01.2024. Published: 31.01.2024.

Excursionism: kamianets-podilskyi as an object of tourist interest

I. M. Shorobura

Doctor of Pedagogical Sciences, Professor, Rector of Khmelnytskyi

Humanitarian-Pedagogical Academy, Khmelnytskyi, Ukraine

shorobura@gmail.com

<https://orcid.org/0000-0003-3728-7968>

L. A. Hutsal

Candidate of Pedagogical Sciences,

Associate Professor, Khmelnytskyi Humanitarian and Pedagogical Academy

Khmelnytskyi, Ukraine

Gutsal82@ukr.net

<https://orcid.org/0000-0003-1107-7794>

Abstract

Kamianets-Podilskyi is due to several key aspects: historical and cultural heritage, development of tourist routes, educational component, promotion of the region, ecological tourism, socio-economic development. The Kamianets-Podilskyi fortress has witnessed numerous historical events that influenced the formation of Ukrainian statehood. Today, the fortress is a popular tourist attraction that contributes to the development of the local economy and the popularisation of Ukrainian history. Studying the Kamianets-Podilskyi Fortress in the course of excursion studies not only enriches knowledge about history and architecture, but also helps to develop skills in organising excursions.

Key words: Excursionism; tourist object; Kamianets-Podilskyi fortress.

Анотація. Екскурсологія є невід’ємною складовою програми «Туризм та рекреація». Актуальність дисципліни «Екскурсологія» при вивченні туристичних об’єктів Кам’янця-Подільського зумовлена кількома ключовими аспектами: історична та культурна спадщина, розвиток туристичних маршрутів, освітня складова, популяризація регіону, екологічний туризм, соціально-економічний розвиток.

Кам’янець-Подільська фортеця є свідком численних історичних подій, що вплинули на формування української державності. Сьогодні фортеця є популярним туристичним об’єктом, що сприяє розвитку місцевої економіки та популяризації української історії. Вивчення Кам’янець-Подільської фортеці в курсі екскурсології не тільки збагачує знання про історію та архітектуру, а й допомагає розвивати навички організації екскурсій.

Ключові слова: Екскурсологія; туристичний об’єкт; Кам’янець-Подільська фортеця.

Statement of the problem in general... The relevance of the discipline ‘Excursion Studies’ in the educational and professional programme ‘Tourism and Recreation’ is due to several important aspects. Excursionology provides students with knowledge about organising and conducting excursions, developing routes, which are important skills for working in the tourism industry. The discipline helps students understand the importance of preserving local heritage, contributing to the development of responsible tourism. Students gain knowledge about the history, culture, and nature of different regions, which allows them to become more knowledgeable guides and better communicators. Excursionology introduces new methods and technologies in the organisation of excursions, including the use of digital platforms and interactive elements. The discipline examines current trends in tourism, such as eco-tourism, cultural tourism and gastronomy, which is important for professionals to adapt to a changing market. Knowledge in the field of sightseeing allows graduates to be more competitive in the labour market, as they will be able to offer unique and interesting routes.

Thus, excursion studies is an integral part of the Tourism and Recreation programme, which contributes to the development of specialists who can work effectively in the dynamic environment of the tourism industry. The relevance of the discipline ‘Excursion Studies’ in the study of local distortions is extremely important. Excursion studies promotes a deeper

understanding of the history and culture of the regions, which helps to preserve the local heritage for future generations. Knowledge of local distinctions allows for the effective development of tourist routes and programmes that can attract tourists and support the region's economy. Excursionology helps to create excursion programmes that promote knowledge about the area, its history and nature. Teaching excursion studies promotes awareness of the importance of environmental protection and responsible tourism, which is especially relevant in today's environment. Excursions can serve as a platform for bringing people of different ages and social status together, contributing to community development. Excursionology plays a key role in the study, promotion and preservation of local distinctions, ensuring their sustainable development.

Analysis of research and publications, which initiated the solution of this problem... Topical issues of the historical development of the Kamianets-Podilskyi fortress are considered in the scientific works of Zavalniuk O., Komarnytskyi O., Kovalenko S., Petrenko A., Romaniuk O., Sydorenko V., and others.

The presentation of the main material... The relevance of the discipline 'Excursionology' in the study of tourist sites of Kamianets-Podilskyi is due to several key aspects: historical and cultural heritage, development of tourist routes, educational component, promotion of the region, ecological tourism, socio-economic development. Kamianets-Podilskyi is famous for its rich history and architectural heritage, including an ancient fortress and numerous churches.

Sightseeing allows us to study these objects, their significance and influence on the local culture in detail. Knowledge in the field of sightseeing helps to create interesting and diverse routes that take into account the peculiarities of tourist attractions, which can attract more tourists to the city. The discipline helps students develop in-depth knowledge of local traditions, legends and culture, which improves the quality of excursion services. The use of excursion knowledge contributes to the promotion of Kamianets-Podilskyi as a tourist destination, increasing its recognition at the national and international levels. Kamianets-Podilskyi is surrounded by picturesque nature, so excursion studies can also cover issues of ecological and active tourism, which is in line with current trends. The development of tourist attractions and excursion programmes can have a positive impact on the region's economy, creating new jobs and promoting social development.

Excursionism is an important element of studying Kamianets-Podilskyi's tourist attractions, as it contributes to the development of tourist infrastructure, promotion of the region and preservation of its cultural heritage. Kamianets-Podilskyi is one of the most

attractive tourist centres in the Khmelnytskyi region, known for its unique architectural heritage, picturesque natural scenery and rich history. The main aspects are: architectural monuments, natural beauty, cultural events, hospitality and infrastructure, and historical significance. The city is famous for its ancient fortress, which is a symbol of Kamianets-Podilskyi. Its walls and towers tell of the historical events that took place on this land. It is also worth noting the numerous churches, chapels and old buildings that have survived to this day. The city's location on the rocky banks of the Smotrych River creates unique landscapes that attract tourists. The Podilski Tovtry National Nature Park near the town offers opportunities for outdoor activities, eco-tourism and hiking.

Kamianets-Podilskyi hosts various festivals, fairs and cultural events that promote local culture and traditions. This also helps to attract tourists and local residents. The city has a well-developed tourist infrastructure, with hotels, restaurants and tour desks, which makes the stay of tourists comfortable. Kamianets-Podilskyi was an important trade and cultural centre, which gave it special historical significance. Studying its history allows us to better understand the context of the region's development.

Thus, Kamianets-Podilskyi is not only a historical and architectural treasure of Ukraine, but also an important tourist centre in Khmelnytskyi region, attracting travellers from all over the country and beyond.

The Kamianets-Podilskyi Fortress is one of the most impregnable medieval defences in Ukraine and Europe. Due to its unique 'island' location in the Smotrych Canyon, the city of Kamianets-Podilskyi was inhabited in ancient times. Medieval construction almost destroyed the ancient and early Slavic cultural layers. Nevertheless, numerous microplaces, the remains of the Trojan Wall, ancient Roman coins and the classical architecture of the arched bridge across the Smotrych River testify to the existence of a settlement dating back to BC, which the Romans may have called the Dacian stronghold of Clepidus. Historical sources also indicate that the Anti brought captured legionaries to build complex engineering structures such as the arch bridge and the Trojan ramparts [1].

Recent archaeological research has shown that under the medieval fortifications of Kamianets there are cultural layers of the Tivertsi and Old Russian fortified settlement of the 10th to 13th centuries. However, after Ponizzhia became part of the Galician principality, the centre of trade activity moved from Kamianets Hrad, which was located among the virgin forests, to the banks of the Dniester, the key international trade artery of the Galicia-Volyn principality.

The ancient Rus' castles of Podillia were also destroyed during the Mongol-Tatar invasion of 1241. Apparently, the wooden fortifications of Kamianets were dismantled by the voivodes of Danylo Halytskyi in 1259 on the orders of the Golden Horde commander Burundai.

Podillia was under the control of the Golden Horde's Tatar Basques for almost a hundred years. In 1362, after the victory of Grand Duke Olgerd of Lithuania over the Mongol-Tatars in the Battle of the Blue Waters, Podillia came under the protection of the Lithuanian state [2].

The chronicles attribute the construction of the stone fortress in Kamianets to the Lithuanian princes, the Koriatovych brothers (nephews of Grand Duke Olgerd), who, after their victory in 1362, inherited Podillia and established friendly relations with the local atamans, leaders of Ukrainian communities. Legend has it that a Lithuanian prince, chasing a deer that ran onto an island surrounded by chasms on all sides, decided to build a fortress there.

However, before the arrival of the Koriatovych, Kamianets already had an ancient Russian fortress and a large settlement, as just a few years after the documentary mention of the new fortress, Kamianets received Magdeburg rights.

During the 1360s and 1370s, the Koriatovych family focused on strengthening the ancient Rus fortresses of Podillia, in particular Kamianets and Skala-Podilska. Initially, the walls and towers of these fortresses were mostly wooden, but built on stone foundations. The first documentary mention of the Kamianets fortress is found in a charter of Prince Yurii Koriatovych, dated 1374 [3].

In 1395, Lithuanian Prince Vytautas the Great took several towns from Fedir Koriatovych, including Kamianets. After that, Podillia residents followed their Orthodox prince to Zakarpattia, settling in Mukachevo Castle and its surroundings. In 1434, Podillia was conquered by the Kingdom of Poland, and by 1793 Kamianets became the centre of the province and an important defensive point of the Polish-Lithuanian Commonwealth on its southeastern borders.

Pope Julius II, aware of the strategic importance of the Kamianets fortress for the defence of Western European civilisation, called the fortress city 'antemurale christianum' ('stronghold of Christianity'). Historians estimate that in the fifteenth century, Podillia and Kamianets were attacked by Tatars 28 times, in the sixteenth century - 18 times, and in the first half of the seventeenth century - 5 times. The most devastating attacks for the city and

the fortress were the Tatar attacks in 1448, 1451, 1509, and 1528, as well as the Turkish invasion in 1733.

In the Middle Ages, the city of Kamianets was a real fortress, which included two powerful systems of fortifications: the city defence walls and the Old Fortress. The Old Fortress was located on an island (1200 x 600 m), which was connected to the plateau by a narrow (up to 10 m) rocky isthmus 105 m long. The high, sheer walls of the canyon (about 30-40 m) and the narrow isthmus, which was blocked by river locks in case of a siege, made this island fortress virtually impregnable [3].

In the middle of the seventeenth century, the Kamianets Fortress became the centre of the national liberation war led by Bohdan Khmelnytskyi. From 12 August to the end of November 1648, Kamianets was under siege and repelled fierce attacks by the rebels and Cossacks of Colonel M. Kryvonos, who, like many others, did not retreat (it is worth mentioning the famous siege of Kremenets Fortress). However, the siege dragged on, and military circumstances demanded that he reduce the pressure and redirect troops to other parts of the front.

From 27 April to 2 May 1651, Kamianets was subjected to fierce attacks by Cossacks under the leadership of Colonel I. Bohun, but they failed to break through the main Polish defences. In August 1651, Podillia rebels led by Oleksandrenko and Chuyko attacked the city by surprise and almost captured it.

In early June 1652, the city and the fortress were besieged by a 60,000-strong Cossack army under the command of Hetman Bohdan Khmelnytsky himself. The fierce assaults lasted all summer, but an epidemic among the Cossacks and new tactical tasks forced them to retreat from Kamianets. In the autumn of 1653, a 40,000-strong Tatar horde stood in vain under the walls of Kamianets [4].

In early August 1672, a 300,000-strong Turkish army under the command of Sultan Mohammed IV and a 40,000-strong army of Tatars and Cossacks led by Hetman P. Doroshenko approached Kamianets. After a fierce two-week battle, the Turks managed to bribe and intimidate local leaders, which led to the city's surrender. On 18 August 1672, the Turks entered Kamianets, while the last defenders of the citadel - Commandant Michał Wolijewski, Major Heckling, and 800 soldiers - decided to blow up the fortress to avoid falling into the hands of the invaders. They destroyed the gunpowder cellars, but the Turks soon rebuilt and significantly strengthened the Kamianets Fortress. For 27 years (1672-1699), the city became the administrative centre of the Ottoman Empire's Podillia possessions, and it was returned to the Poles without a fight under the 1699 Treaty of Karlovy Vary.

In the eighteenth century, Kamianets underwent large-scale reconstructions under the guidance of prominent military engineers from England, Germany, the Netherlands, France, and Sweden (including Maximilian Cruzer, Archibald Glover de Gladen, and others).

After the second partition of the Polish-Lithuanian Commonwealth on 21 April 1793, Kamianets came under the control of the Russian Empire. From 1816 to 1914, the fortress was used as a prison. Its most famous prisoner was the folk hero Ustym Karmaliuk (1787-1835).

Initially serving in the army, he deserted because of the cruelty of the soldiers and began to fight against the Podillia landowners. In 1814 he was arrested, brought to Kamianets and tortured. After his second imprisonment in 1817-1818, he escaped from exile again, but was captured and punished for the second time. In 1823, Karmaliuk organised a prison break, but was again captured by the guards. In April of the same year, he was again punished and exiled to Siberia for the second time [4].

In the wake of Ukrainianisation, the Kamianets-Podilskyi fortress was declared a historical and cultural reserve by the Council of People's Commissars of the Ukrainian SSR on 23 March 1923. It is visited by about 300,000 tourists every year.

The fortress has a polygonal elongated shape, surrounded by walls with towers at each corner. To the right of the eastern gate (the main entrance from the city) is the single-tiered pentagonal Black Tower, which contains a 6-metre diameter well drilled into a 36-metre high rock. Further, moving clockwise, you can see ten more towers: Lianzkorunska, Komendantska, Rozhanka, Vodna, Nova, Denna, Lyatska, Tenchenska, Kovpak and Papska (or Karmaliukova, the tallest of the towers, built at the expense of Pope Julius II in 1503-1517). There is also a partially open underground passage leading to the Smotrych valley.

The Smotrych Canyon, which is shaped like the Greek letter 'omega', frames the fortress, extending on both sides of the Castle Bridge. This bridge, along with the fortifications (16th-17th centuries) of the Polish and Ruska gates with sluices to regulate the water level, are important elements of Kamianets's medieval defence and hydraulic system [5].

The city's fortification ensemble has been formed over the centuries and harmoniously combines elements of defensive architecture from different eras and schools. The foundations of its architecture were laid in the times of Kyivan Rus and the Grand Duchy of Lithuania in the X-XIV centuries. From the 16th century, famous Italian military engineers such as Camilius, Camerino and Rudolfo, as well as the German court architect Jodocus Weyher, worked on its development.

At the beginning of the 17th century, with the development of long-range artillery, military engineer Theophilus Schomberg built a stone and earth bastion fortress of the New Dutch system in front of the castle's western façade, known as the New Fortress. The labyrinths of stone casemates and grandiose earthen ramparts have been preserved.

In addition to the old fortress and the New Fortress, tourists in the city-reserve are recommended to visit the city fortifications of the XIV-XVIII centuries, the fortifications of the City Gate (XIV century - 1746), Armenian warehouses of the XVI-XVII centuries, the Armenian bastion of the XVI-XVIII centuries (citadel and Kazematnaya Tower), the seven-storey Skornyazhna Tower of the XVI-XVII centuries and many other attractions.

Kamianets-Podilskyi Fortress is one of the most significant architectural and cultural monuments in Ukraine. Its history goes back several centuries and reflects various stages of the region's development, including its defensive architecture, political and social changes. It is important to develop a route that includes the main elements of the fortress, such as the Armenian Church, the castle bridge, and the water gate. The use of visual materials, historical documents and legends related to the fortress will help create a rich atmosphere.

The Kamianets-Podilskyi fortress has witnessed numerous historical events that influenced the formation of Ukrainian statehood. Today, the fortress is a popular tourist attraction that contributes to the development of the local economy and the popularisation of Ukrainian history. Studying the Kamianets-Podilskyi Fortress in the course of excursion studies not only enriches knowledge about history and architecture, but also helps to develop skills in organising excursions. This topic is an important element in the development of tourist routes that promote the cultural heritage of Ukraine.

Recommendations for students include: studying historical sources and literature on the fortress; developing their own excursion programmes using various formats (walking, bicycle tours); engaging local experts to give lectures and workshops.

Thus, the Kamianets-Podilskyi fortress is not only an architectural monument, but also an important object for studying within the framework of excursion studies.

Conclusions... Khmelnytskyi region is famous for its valuable defence sites, such as the Kamianets-Podilskyi fortress and Medzhybizh castle. No less fascinating are the ruins of Zhvanets, Zinkiv, Letychiv and Starokostiantyniv castles, which should definitely be included in tourist programmes in Western Ukraine.

References:

1. Zavalniuk O., Komarnytskyi O.B. Kamianets-Podilskyi: a historical and popular essay. - Kamianets-Podilskyi: 'Abetka-NOVA', 2001. - 120.
2. Kovalenko S. (2019). *Podillia: historical, architectural and cultural monuments*. Chernivtsi:
3. Mazur, I. (2020). *Kamianets-Podilskyi: tourist guide*. Kyiv: Atlas. 140.
4. Petrenko A. (2021). 'The Architecture of the Kamianets-Podilskyi Fortress: Stylistic Features'. *Journal of Architecture*, 3(2), 45-58.
5. Romaniuk O. (2018). *Legends and myths of Kamianets-Podilskyi*. Kamianets-Podilskyi: Melnyk, 200.
6. Sydorenko, V. (2022). 'Kamianets-Podilskyi Fortress in the Context of the History of Ukraine'. *Historical Studies*, 1(4), 23-34.

Список використаних джерел:

1. Завальнюк О.М., Комарницький О.Б. (2001) Кам'янець-Подільський: історико-популярний нарис. - Кам'янець-Подільський: "Абетка - НОВА". 120 с.
2. Коваленко, С. (2019). Поділля: історичні, архітектурні та культурні пам'ятки. Чернівці. 210 с.
3. Мазур, І. (2020). Кам'янець-Подільський: туристичний путівник. Київ: Атлас. 140 с.
4. Петренко, А. (2021). Архітектура Кам'янець-Подільської фортеці: стильові особливості. Вісник архітектури, 3(2), 45-58.
5. Романюк, О. (2018). Легенди і міфи Кам'янця-Подільського. Кам'янець-Подільський: Мельник. 200 с
6. Сидоренко, В. (2022). Кам'янець-Подільська фортеця в контексті історії України. Історичні студії, 1(4), 23-34.