Now, more than ever, we are aware of the importance of ensuring we are living healthy lives. For many this is gained by spending leisure time in a way which helps to promote well-being and healthy people in healthy places. In this way there is a growing industry of touristic locations and events which bring people to experience aspects of a healthy lifestyle.

This mini track aims to bring together leading academics, researchers, and scholars to exchange and share their experiences and research results on all aspects of Active life strategies linked to nature tourism, cultural tourism, sports tourism, well-being tourism and quality of life, among others.

Topics of interest include, but are not limited to:

- Health and Well-being
- Thermalism
- Nature tourism
- Slow tourism
- Rural tourism
- Ecotourism
- Endogenous resources
- Retreats

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**Submission Details**

In the first instance a 300-350 word abstract is required, submissions must be made using the online submission form at [http://www.academic-conferences.org/conferences/ictr/ictr-abstract-submission/](http://www.academic-conferences.org/conferences/ictr/ictr-abstract-submission/)

If you have any questions about this track please email the mini track chair: faf@esht.ipp.pt or/and alcina@ipb.ipp.pt

See more about ICTR 2022 at [http://www.academic-conferences.org/conferences/ictr/](http://www.academic-conferences.org/conferences/ictr/)