

# The Essence of Extreme Tourism in Uzbekistan

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**Abstract:** This article focuses on the development of tourism types. The purpose of the article is to reveal the essence of extreme tourism and to highlight the work done in this regard in Uzbekistan.

**Keywords:** tourism, extreme tourism, risk, sports, tourist service, mountain climbing, caving, snowboarding, mountain biking, paragliding and hang gliding.

## INTRODUCTION

Solving existing problems in the tourism infrastructure, increasing the quality of services provided and actively promoting national tourism products in the world markets, increasing the efficiency of the reforms implemented in the tourism sector by strengthening the personnel potential of the tourism network, and sharply increasing the number of foreign citizens entering the republic are among the first tasks. Noting that extreme tourism has been actively developed in the world, they actively carry out extreme tourism, assuming great risks, in order to relax in the heart of nature, get new impressions and emotions, and improve their physical condition. Extreme tourism is a non-traditional type of tourism that brings a lot of income in Uzbekistan, as in many countries. Considering extreme tourism as a potential type of tourism, its development is one of the urgent issues today, in the conditions of the wide attraction of tourists to the national economy. Extreme tourism is not well developed in our country, but it is recognized as a promising type of tourism.

Among the most developed types of extreme tourism in Uzbekistan are mountain climbing, cave walking, snowboarding, mountain biking, paragliding and hang gliding, and of course, mountain skiing. In Uzbekistan, efforts are being made to popularize extreme types of tourism: mountain biking, velomotocross, motor tourism, paragliding and hang gliding. These include holding an international off-road auto rally competition, "Lakeopenair" summer festival of auto tourists, "Chimgan Air Battle-2023 Paragliding Open Championship of Uzbekistan", "4x4 Energy" auto rally festival, "SKY accuracy cup 2023" in paragliding and precision landing and international it is commendable that it organizes auto tourism competitions, new route in GPS direction and other events. But in this regard, it is necessary to take measures to improve the quality of service, to organize training centers in cities and mountainous areas. These events are organized in order to strengthen the health of the population, to attract them to regular physical training, and to further improve their participation in mass sports competitions and health improvement works. These events are organized in order to strengthen the health of the population, to attract them to regular physical training, to further improve their participation in public sports competitions and health improvement works.

The goal of developing extreme tourism in Uzbekistan is:

- improvement of the country's economic situation;
- to demonstrate the country's extreme tourism potential and potential;

- meeting the needs of domestic and foreign tourists;
- bringing the tourism system to the level of world countries;
- increasing the place and importance of extreme tourism in the tourism system;
- improving the quality of extreme tourist services, etc.

In 2019-2025, based on the concept of development of the tourism industry in the Republic of Uzbekistan, work is being carried out to determine the points of ascent to the rocks and to approve the list of places for camping (tents) with appropriate signs in order to develop extreme tourism. One of the possible reasons for the popularity of extreme tourism is its psychological and spiritual side. Extreme tourism is a means of gathering strength and relaxation from the mental side, in a way of life that works in the same mode of work, spends most of its time in the office, and is distracted from the daily return work. Most of the time, people suffer from the lack of new emotions, different life events in their life. As people seek more adrenaline and unusual sensations, extreme tourism is becoming a trend and seems interesting.

Especially interesting places in Tashkent and Samarkand regions are the presence of mountainous regions. These mountain areas have the potential to develop extreme mountain tourism. Wise use of these opportunities would create the basis for an increase in the number of extreme tourists. It should be noted that there is a large proportion of young people among the population, and it is precisely young people who are interested in extreme tourism. In order to popularize extreme and mountain tourism among young people, it was decided to develop a specific schedule of activities and promote it, which included the following tasks:

- Organizing mountain bike races in the Bakhmal mountainous area in Jizzakh;
- Starting trekking in Ugam-Chotkal National Park and Chimyon Mountains along the Western Tien Shan Mountains;
- Alpinism in the Chimyon mountains, organization of rafting trips along the Chotkal river;
- Running in the Nurota mountain ranges of Forish district;
- Organization of paragliding and hang gliding in Tashkent region;
- Sariosia of Surkhandarya region, Zomin of Jizzakh region, Chotkal mountain ranges of Tashkent region and Kitab international geographical latitudes of Kashkadarya;
- Organization of trips within the framework of eco- and extreme tourism among young people in Bukhara region under the Desert Tourism project. Especially at the foot of the Chimyon mountains there are good opportunities for mountain skiing. In winter, when the mountains are covered with snow, fans of skiing and other sports come from all over the country. The combination of winter with little sun and fresh air, plenty of snow and the presence of safe mountain slopes create favorable conditions for skiing and sledding.

To develop extreme tourism in Uzbekistan, a number of measures should be implemented:

- improvement of the regulatory and legal framework, provision of a modern material and technical base;
- providing various tax benefits and reliefs;
- training of the personnel being trained in the types of extreme tourism activities;
- optimizing the work of rescue teams, improving mechanisms of tourist insurance;
- creating videos, advertisements and catalogs promoting extreme tourism, etc.

Solving the above problems will create a favorable environment for the development of extreme tourism in our country, offering active tourism types by tour operators and ensuring competitiveness.

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