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Development of Extreme Mountain Tourism in Tourist Destinations of Uzbekistan

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Abstract: The article focuses on the development of extreme mountain tourism in the tourist destinations of Uzbekistan. Thanks to its vast and diverse landscapes, Uzbekistan offers many opportunities for extreme sports, although these sports are still relatively new to the country.

Key words: Tourism, tourism industry, development, fresh air, mountain tourism, mountain areas, ski resort, mountaineering, extreme adventure tours, kayaking or rafting.

Introduction.

Whoever likes to do sports in the fresh air and away from big cities is in the right place in Uzbekistan. The mild climate makes it possible to practice most types of sports almost all year round. There are four mountain resorts for classic winter sports: Chimyon, Beldersoy, Amirsoy and Yangiabad. Soon their number will increase. Thanks to its vast and diverse landscapes, Uzbekistan offers many opportunities for extreme sports, although these sports are still relatively new to the country. These include: - extreme skiing, snowboarding; – motorcycle race, rally, motocross; – skateboarding, mountain biking, rock climbing, canyoning and paragliding. The vast mountainous regions of the country are especially attractive.

Methodology.

Data on the development of extreme mountain tourism were used as the methodological basis of the research. Also, the methods of induction and deduction were widely used in the analysis of views and opinions related to the research work. Data grouping, comparative analysis, sample observation methods were used. Scientific abstraction and other methods were used to enrich the content of the work and give it concluding thoughts.

Results.

Mountain tourism in Uzbekistan is a small but actively developing industry. These are hiking through beautiful mountain landscapes, climbing, visiting mountain caves, winter sports on skiing in one of the four modern resort complexes. These are the ancient mountain fortresses of the Achaemenids (6th-4th centuries BC) and Alexander the Great (4th centuries BC), and many thousand-year-old rock paintings. These are amazing panoramic views of the mountains between 3000 and 4000 meters. It is a remote traditional mountain village retreat with warm and welcoming people. These are rare flora, endemic and rarely disappearing animals, beautiful waterfalls, mountain lakes and roaring mountain rivers.

Uzbekistan is one of the few countries that does not have access to the sea or ocean, but there are many places for water tourism - it is located in the foothills of the Western Tien Shan Mountains, and the countless famous Charvok Reservoir. Rivers and huge sea-like lakes such as Aydarkol, Sudochye, Tashmor.

While relaxing here, you can ride a scooter with the breeze or explore the surroundings on a catamaran, for those who like extreme recreation, many tour operators offer rafting trips to Chotkal, Pskem, Ugom, Syrdaryo and many other places.



Uzbek mountains are very attractive for those who like active recreation such as mountaineering, mountain tourism and rock climbing.

Most of the country's territory is occupied by plains, but in most parts of the country, a long chain of Tien-Shan and Pamir mountain ranges stretches from west to east.

Discussion.

The mountainous region of Uzbekistan is very famous - Katta Chimyon, the dominant peak of the Chimyon Mountains, is 3309 m high. This area has many mountain climbing routes, hiking routes, rock climbing, horse riding trails, serves as the beginning of ski slopes and others. .

Here, three ski resorts - Chimyon, Beldersoy and Amirsoy attract more and more winter sports lovers. The ski season is not so long - from the end of December to the middle of March. The ideal time for skiing is February.



Deep caves of Boy-Buloq (amplitude 1415 m), Festivalnaya-Ledopadnaya (-580 m) and Uralskaya (-565 m) in the Boysuntov range, amazing panoramas of canyons - Kulasay, Langar canon and Gulkam gorges, healing air. The northwestern parts of the Turkestan Range in Zomin attract an unprecedented number of travelers and thrill seekers.

The vast mountainous regions of Uzbekistan are designed only for mountaineering, rock climbing and ice climbing. The Federation of Alpinism and Rock Climbing of Uzbekistan reported on its website about 74 routes in 34 mountainous areas of Uzbekistan with a height of 3099 to 4326 m. 15 of them are 4a or 4b difficulty level. have, 9 have difficulties. Levels 5a or 5b and only one difficulty level reaches 6a.

The main areas of mountaineering, rock climbing and ice climbing are mainly located in the Western Tien Shan regions: the Maidantal range, the Pskem range and the Chotkal range. Open competitions of Uzbekistan in mountaineering and rock climbing are held here every year.

For those who love hiking, Uzbekistan offers not only beautiful mountain landscapes, but also historical sites in the form of mountain fortresses, ancient irrigation systems and village(s) that have remained almost unchanged for centuries. also offers a meeting with the past.

Excitingly beautiful hiking trails cross traditional mountain villages in the Nurotau Mountains. Boisun Mountain region also attracts with beautiful hiking trips. Travelers can enjoy unique scenery in Sarmishsay gorge near Navoi city and Gulkam gorge in Chimyon. And this is only a small part of the country's inescapable mountainous regions.

There are many rock paintings (petroglyphs) along most of these tourist routes, for example, more than 4000 images were found in Sarmishsay gorge.



Extreme adventure tours include kayaking or rafting (inflatable rafts), snowmobile safaris, quad biking, jeep tours, yachting, multi-day trekking, and more. Combined routes are especially popular when different types of transport cover different parts of the road. And, of course, the expanses of our Republic provide great opportunities for extreme adventure travel.

Despite the vagueness of the word, the growth rate of extreme and adventure tourism is several times higher than that of standard group programs. According to the WTO (World Tourism Organization), if tourism in general grows by 2-4% annually, adventure tourism grows by 10-15%.

Conclusion.

Thus, rapid development of extreme and adventure tourism in Uzbekistan, including the creation of infrastructure that meets international standards, creation of regional structures, strengthening of relations with foreign partners, is necessary for the future of tourism.

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