

EXTREME TOURISM IN UZBEKISTAN

Nabiev Ulugbek Shodievich

Student of the Silk Road University of Tourism and Cultural Heritage

Abstract: The development and peculiarities of extreme tourism in Uzbekistan, including unique natural places and opportunities for active recreation are considered. Popular types of extreme entertainment offered by the country and their impact on the tourism industry are analyzed. The study also focuses on the infrastructure and safety of extreme tourism in Uzbekistan, including the availability of appropriate equipment and trained instructors. Measures for sustainable development of this segment of tourism are analyzed, taking into account environmental aspects. In conclusion, the potential of Uzbekistan as an attractive destination for lovers of active recreation, contributing to the diversity of tourist experiences is emphasized.

Keywords: Republic of Uzbekistan, extreme tourism, creating an extreme tour, extreme tourism, tourism.

Introduction. Extreme tourism is a type of travel that includes extreme travel, including energy-consuming physical activity and outdoor recreation, with the aim of experiencing new emotions and sensations, improving appearance and achieving athletic achievements. Among the unique varieties is adventure tourism, or extreme tourism, which is becoming increasingly popular throughout the world, especially in the Republic of Uzbekistan.

Day by day more people encouraged to see the beauty of the underwater creatures, dive the mountain slope on ski and including jumping with parachute.¹ Skiing, rafting, kayaking, skydiving, diving, all these active types of recreation are increasingly replacing the usual beach vacations.

In Europe, such kind of of tourism started developing rapidly and created more fans from late 1980s to early 1990s, in Russia - since the mid-1990s. Moreover, this type of tourism from year to year is made more and more famous, for the bulk of travelers the main thing is peace and comfort on vacation. Therefore, this category of recreational tourists chooses the most classic types of tourism, such as sightseeing, informative, beach, etc., as the most popular ones.

Actual extreme tourism became relevant due to the development of new technologies, where avid extreme tourists can share their ideas and directions with each other.

The nature of Uzbekistan is diverse and very interesting. Let's take for example the Kyzylkum desert and what wonderful tours or parachute jumps in desert areas, which are very popular in Dubai, cannot be organized in our country. In addition, in winter, the Tien Shan mountains are filled with snow, which contributes to the development of winter types of extreme tourism such as snowboarding. At the moment, some tourism organizations provide tours to the cities of Uzbekistan, which mainly include visits to memorial monuments, and for many tourists our country is associated more with ancient history, but

¹ Babkin, A. V. (Year). Special types of tourism. Rostov-on-Don: Phoenix.

why not show visitors to our country what our flora and fauna is like, another example of rock climbing or ascent to the highest point Hazrat Sultan is located in the Hissar mountain system, its height is 4,643 meters.

Nowadays, extreme tourism is actively developing, because the strained nerves, in turn, also help to relieve fatigue and distract from the everyday hustle and bustle.

However, in Uzbekistan people still find it more pleasant to go to the sea and have a quiet rest than to "waste their nerves" for extreme tourism. Why does this happen? Many people are ignorant in fact about what includes extreme and adventure tourism, where you can go and what pros in such a "dangerous" kind of activities.

There is no generally recognized definition of extreme adventure tourism. In general, extreme adventure tourism is commonly referred to as wanderings with intensive methods of movement (movement) in the natural environment.

Extreme adventure trips include canoeing or rafting (inflatable rafts), snowmobile safaris, quad biking, off-roading, yachting, multi-day trekking, etc. At the same time, the means of transportation can be horses, camels, dogs and reindeer. As characterized by adventure tours operators specializing in this type of tourism, "in hiking "laid" beyond the daily routine, which for each client is individual". Therefore, an extreme adventure tour can become both a water rafting on the river in the middle belt of Uzbekistan, and a combined tour on the snowy expanses of Antarctica.

Extreme tourism is a promising direction in the sphere of recreation and entertainment. Since about 2000s many people, especially those living in economically developed countries, lack thrills. Man, having arranged his life, having secured himself from natural disasters, begins to realize that he lacks adrenaline.²

First of all, we need to consider the concept of "extreme".

Extreme (from English Extreme - extreme, extreme, extreme degree)

1) new, unconventional sports that involve not so much achieving certain results as the sharpness of sensations, "adrenaline";

2) slang definition of any acute situation or strong experience;

3) entertainment, fueled by adrenaline (colloquialism).

Adventure tourism can easily be confused with extreme tourism, although they have some differences. After all, for example, skydiving from a great height for someone is extreme, and for the champion jumper is just another flight.

Extreme tourism is capability of people to endure certain pressure on their body, as well as mind and enjoy it. Strange it may seem, while extreme tourism is not limited and can be created anytime and anywhere, opposed to history or pilgrimage tourism for example. Ultimately, itself word adventure implies a trip with an unplanned development of events.

In fact, universally accepted classification of extreme and adventure tourism does not exist. As said before, this is due to the relative concept of extreme travel. As a result, the classification, characterized by the main definitions of tourism, is accepted as generalized.

By the place of occupation extreme tourism classified by:

- Water activities;
- Mountain climbing;
- Air;
- Land;
- Exotic.

Water types consist of: diving, wakeboarding (gives a combination of aqua-skiing, snowboarding,

² Ryndach, M. A. (2017). Fundamentals of tourism: textbook.

skateboarding and surfing), water skiing, windsurfing, surfing, kayaking, rafting.

The most liked by tourists nowadays is diving. However, it is very dangerous and exciting. Skydivers and skiers will have to squeeze in; The number of divers in Russia and around the world is rapidly increasing. Divers believe that there is no more wonderful holiday than diving to a depth of 40 meters with heavy cylinders on your back. Looking at the numbers, it is clear that the spread of diving is equivalent to an epidemic. There are now about 20 million licensed recreational divers in the world, up from several hundred just 40 years ago.

In modern kayaking, three main directions emerge: rowing slalom, rodeo and rafting. Kayak slalom is the ability to control a kayak while feeling the boat and the water. Freestyle kayaking involves performing various maneuvers on a boat due to the terrain of the river.

Mountain tourism involves mountaineering. Mountaineering is the most extreme type of recreation, since it tests not only a person's physical fitness and abilities, but also his psychological state.

Air tourism includes skydiving. Skydiving began more than half a century ago, but it was only about 15 years ago that it became a popular pastime. Skydiving has evolved into many varieties. These include skysurfing and group acrobatics, but base jumping is becoming increasingly popular.

Wakeboarding is a sport that combines surfing, skateboarding, snowboarding and water skiing. The boat is towing a raider standing on a short wide side. With additional ballast on board, the boat moves at a speed of 30–40 km/h, leaving behind a wave that the raider uses as a springboard. You can perform many different tricks while jumping³. The early 1990s saw a particularly dramatic rise in the popularity of wakeboarding. It was as revolutionary to water sports as snowboarding was to alpine skiing. From a hobby of select enthusiasts, it has turned into a popular sport with a special culture and ideology. Wakeboarders can progress year-round as they can learn many tricks from related "board" sports such as snowboarding and skateboarding. Changing the board is all that is required!

For those who prefer to feel the earth through spelunking, there is land-based tourism. Speleology is the science of caves, literally speaking. However, if cavers were tourists, they would be those who visit caves with heavy bags in the hope of discovering something new.

There is also a subgroup of exotic extreme tourism: space tourism, jailoo tourism and tourism to the North and South Poles.

The most expensive exotic type of extreme tourism is space tourism, which involves traveling to Earth's orbit.

An example of exotic tourism is kitesurfing. The fundamental element of kitesurfing is that a person stands on a board, propelled forward by a kite whose rope he holds onto. Both mountain and flat kitesurfing is possible; wind is a necessary condition. Even uneven or flat areas are suitable for skating. However, boarding on water bodies covered with snow and ice crust is a unique style.

The lack of generally accepted criteria, as well as a common terminological approach, naturally leads to the fact that almost all popular sports and sometimes recreation, including sports tourism, mountaineering, sports travel, speleology and many others, primarily modern, rapidly gaining popularity, youth sports, began to be called "extreme sports" or "extreme activities".

Extremality is not only the nature of any situation or conditions, but also an indicator of the internal psychological state. In the state of psychological stress, the extremity of the situation is set first of all by the attitude of a person to the created situation. That is why extreme, i.e., extreme, extremely possible conditions for different people are different.

Extreme tourism risk factors are classified according to their characteristics:

- injury hazard: caused by moving parts and objects (avalanches, rockfalls, etc.), poor ergonomics of equipment, dangerous atmospheric phenomena;

³ Birzhakov, M. B. (2006). Introduction to tourism. SPb

- impact on the environment – risk of adverse weather conditions;
- hazard of fire;
- biological impact - the risk of animal bites, deadly insects, disease carriers and the entry of poisonous microbes into the human body;
- psychophysiological stress is the risk of physical and neuropsychic overload for tourists when passing difficult, risky sections of the route.;
- UV and radiation hazards;
- Chemical effects: toxic, irritating, sensitizing;
- particular hazards - the chance of nature-induced or human-caused calamities along the path, inadequate upkeep of infrastructures, undertrained service staff and guides, lack of adequate route information support.

Certainly, the growth of extreme tourism appears inevitable. The role of authorities is to institute safety measures for those involved while curbing irrational exploitation and decimation of natural tourist attractions. Extreme tourism relates to precarious forms of travel pursuit with an objective that hinges on experiencing danger up close. All risk factors within this branch can be categorized based on their characteristics as well as the involvement level from tourists in eliciting a hazardous scenario.

Now there are many extreme hobbies, each of which is characterized by its own specific features and conditions.

Extreme sports are engaged in students, as it is these sports that are popular among young people.

Extreme tourism is in continuous development both in the world and in Uzbekistan. Its newest types and variations are constantly emerging.

Not so long-ago space tourism emerged, and it may be in 10-15 years it will be more accessible than at the moment.

References

1. Aleksandrova, A. Yu. (2018). *Ekonomika i territorial'naya organizatsiya internatsional'nogo turistik* [Economics and territorial organization of international tourism]. Retrieved from <http://www.russiatourism.ru/>
2. Aleksandrova, A. Yu. (2008). International tourism [Electronic resource]. Retrieved from <https://domashke.com/referati/referaty-po-turizmu/referat-vidy-ekstremalnogo-turizma>
3. Babkin, A. V. (2022). *Special types of tourism*. Rostov-on-Don: Phoenix.
4. Birzhakov, M. B. (2006). *Introduction to tourism*. SPb.
5. Zorin, I. V., & Kvartalnov, V. A. (2012). *Encyclopedia of tourism*. Moscow: Finance and Statistics.
6. Zorin, I. V., & Kvartalnov, V. A. (2019). *Encyclopedia of tourism* [Electronic resource]. Retrieved from <http://bigrefs.ru>.
7. Izotova, M. A., & Matyukhina, Y. A. (2011). *Innovations in sociocultural service and tourism*.
8. Nikolaenko, D. V. (2015). *Recreational geography* [Electronic resource]. Retrieved from <http://rosdiplom.ru>
9. Ryndach, M. A. (2017). *Fundamentals of tourism: textbook*.
10. Sokolova, M. V. (2003). *History of tourism*. Moscow: Academy.
11. Ushakov, D. S. (2005). *Technology of outbound tourism*. Rostov-on-Don.