

ABOUT THE DEVELOPMENT OF SPORTS TOURISM IN OUR COUNTRY

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Annotation: in this article, sports tourism, which is gaining popularity in our country, is the best it is one of the tourist destinations. Sports tourism is when overcoming natural obstacles it is considered a sport aimed at improving a person with sports. When doing sports tourism, there are a number of requirements and it will be necessary to comply with it. It has been analyzed and studied on the basis of this data.

Keywords: sports, extreme skiing, snowboarding, skateboarding, marketing.

Аннотация: в данной статье спортивный туризм, который набирает популярность в нашей стране, является лучшим именно одним из туристических направлений. Спортивный туризм - это когда преодоление естественных препятствий считается видом спорта, направленным на оздоровление человека с помощью спорта. При занятии спортивным туризмом существует ряд требований, и его необходимо будет соблюдать. На основе этих данных он был проанализирован и изучен.

Ключевые слова: спорт, экстремальные лыжи, сноуборд, скейтбординг, маркетинг.

Sports tourism is when overcoming natural obstacles makes a person with sports a sport aimed at improving. Sports skills of tourism to overcome natural obstacles, overcome obstacles it consists in the application of various tactics and methods.

The main skills of a tourist in sports tourism include: first aid, organization and conduct of evacuation of victims, selection and installation of camp and temporary stops, work with ropes and technical means control of passages, insurance, etc., overcoming obstacles of movement techniques and other nature, organizing movement procedures and other actions in the group, extreme conditions (for example, overnight in the snow, working with, act in case of loss of contact with the group, self-help,), create a menu and eating routine in a sports campaign, increase and maintain fire, prepare food, repair equipment, orientation and navigation, psychological work and conflict resolution, and lead various activities and actions in extreme situations. Additional skills include knowledge of The Walking zone or common language, related types and sports of tourism, hunting and fishing skills, work with animals and various techniques, useful knowledge in Geography, Environment, negotiator, storyteller, engineering knowledge determined.

Written notification of the duration of the trip, direction, duration, participants of the trip is given to the heads of local places of residence, internal affairs and Rescue Unit departments. The participants of the groups going on the trip are sorted.

Groups can be 3-15 people. Travelers will consist of 2-5 groups. They are assigned leaders from teachers and mentors.

The responsibility of travelers on the trip is determined. Cook for trips, doctor, rescue specialists are involved. Farm weapons, tents, overnight equipment, cooking equipment, rescue equipment are prepared.

Mountain Tourism:

The mountains of Uzbekistan are very attractive for lovers of active types of recreation, such as mountaineering, Mountain Tourism and rock climbing.

Most of the territory of the country is occupied mainly by Plains, but in most regions of the territory there are also chains of the Tyan-Shan and Pamir mountain ranges, stretching from West to East.

One of the famous mountainous regions of Uzbekistan is the Chimyon mountains, with the highest peak being the large Chimyon peak at 3,309 meters. This area serves for many climbing routes, hiking, rock climbing routes, horse riding routes, Mountain ski trails, etc.

It is home to three ski resorts, Chimyon, Bildirsoy and Amirsoy, which have attracted lovers of a wide variety of winter sports. The ski season dates from late December to mid-March. The best time for skiing is February.

Mountaineering and rock climbing:

The vast mountainous regions of Uzbekistan are designed specifically for mountaineering, rock climbing and ice climbing sports. The Uzbekistan mountaineering and Rock Climbing Federation mentions on its Web page 74 routes in 34 high mountains of Uzbekistan, ranging in height from 3,099 to 4,326 m, of which 15 routes have level 4A or 4B, 9 routes have difficulty level 5A or 5B, and only one route has difficulty level 6A.

The main directions of mountaineering, rock climbing and ice climbing are mainly located in Western Tyan-Shan: the Maidan-Tol range, the Pskem range and the Chotqol range. Open mountaineering and rock climbing competitions are held each year.

Velotourism:

In Uzbekistan, Velotourism is rich in exoticism, legendary and Oriental hospitality. The season begins in mid-April and lasts until November.

Cycling tours can be combined with a trip along the Great Silk Road, a trip through the ancient cities of Samarkand, Bukhara, Khiva and Termiz, as well as exciting mountain landscapes and a trip through the flower valleys. When cyclists travel through villages and mountain ovals, they can get acquainted with the lifestyle of local residents there. And for those who like extreme sports, there is a route along the White Ridge near Samarkand.

In addition, in mountainous areas and large cities, open competitions and cycling competitions are held almost every month in the warm season, in which everyone can participate!

Sports tourism is also gaining popularity in our country. The above article describes in detail the requirements for sports activities, sports tourism.

In addition to this, it can be noted that in the first place in sports tourism, it is necessary to act on the abyss, as well as beware of sun and hot beats, cold eating, fainting, inhaling and involuntary cardiac arrest, poisonous insects when eating poisonous plants and fruits, when attacked by snakes and predators, when drowning in water and Avalanche, when It is necessary to definitely check and clean the overnight stays.

Travelers need to comply with the requirements of personal hygiene and public hygiene, relax and eat on time. It is necessary not to harm flora and fauna, ecology, not to hunt without permission, not to consume plants uncontrollably. With the help of means of communication, it is necessary to constantly give information about the mood of travelers, events, distance spent.

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