

The Types of Extreme Tourism and Pilgrimage Tourism

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Abstract: The article highlights some general aspects of Extreme tourism, this type of this tourism is an adventurous niche that involves exploring the most challenging and often dangerous environments on Earth. It's for thrill-seekers who crave experiences beyond the ordinary, from scaling icy peaks to diving with sharks. It's not just about the adrenaline rush; it's about testing limits and embracing the raw beauty of nature.

Keywords: tourism, pilgrim tourism, extreme tourism, extreme condition

Introduction. Tourism is now being used around the world for relax, recreational, nature-friendly, sporting and extreme, pilgrimage and other purposes. Millions of people are involved in tourism activities each year. In many countries tourism has become an important sector of the economy. The purpose of any touristic trip (or more than one purpose) is to connect, for some reason. There are many types and directions of tourist trips around the world. Experience of foreign countries shows that the implementation of various types of tourism development stimulates such sectors of the economy, such as transport, communications, trade, construction, agriculture and consumer goods, to solve the issue of replenishment or replenishment of the revenue part of the state budget and other budgets. Tourism industry in Uzbekistan is rapidly developing. Uzbekistan has a huge touristic potential. Extreme tourism, also sometimes referred to as shock tourism, is travel that is strongly characterized by a sense of adventure or even physical danger. The “extreme” aspect of this type of tourism may derive from a destination itself or from one or more activities which are engaged in during one’s trip. Extreme tourism may be arranged by the traveler herself or may be coordinated by an adventure travel company. Critics of this type of tourism argue that it may lead to environmental damage.

In some cases, extreme tourism draws its sense of thrill or risk from a destination. Some extreme tourists travel to places that are considered moderately or even extremely unsafe for physical or political reasons. For instance, they may travel to regions that have been affected by nuclear disasters, like the area surrounding the Chernobyl plant in Ukraine, or to countries that are at war.

Another form of extreme tourism involves traveling to a destination in order to participate in one or more adventurous or potentially dangerous activities. While there are many different extreme activities in which one can participate, most of these activities are physical in nature. For example, an extreme tourist may take a trip which involves cage diving with great white sharks, BASE jumping, or parachuting from a static point such as a skyscraper or cliff, trekking across a desert, or exploring underwater caves.

The Republic is a central tourist destination not only in Central Asia, but also throughout the world. It covers various periods corresponding to historical and architectural ensembles of Uzbekistan. In modern architectural and historical centuries, national architectural monuments are distinguished by their originality and are unique not only to Uzbekistan. In recent years, we have a special focus on

tourism. In our country, to accelerated development of tourism, more comprehensive and effective utilization of the existing tourism potential, along with traditional cultural and historical tourism, other types of tourism must be developed: pilgrimage tourism, ecological tourism, educational tourism, ethnographic tourism, gastronomic tourism, sports and extreme tourism, agriculture tourism, industrial tourism, business tourism and other types.

Particular attention should be paid to the development of the most promising tourism destinations for our country like pilgrimage tourism and the extreme forms of tourism. Pilgrimage tourism has great prospects in Uzbekistan, primarily with the holy cities of the ancient Muslim world, like Bukhara and

Samarkand. There are many sanctuaries in these places for Islamic religious followers. Extreme tourism is one of the new, unusual routes for Uzbekistan. But it is also a promising tourist destination. On the one hand, these two lines may seem far-reaching, far from common. But in international experience, it is clear that these two directions are closely interconnected in certain aspects.

In the beginning, when we talk about the general features of these directions, let's talk about their essence. Pilgrimage tourism – a type of religious tourism, is a tour of religious representatives for the purpose of visiting. Pilgrimage tourism is about visiting some of the sacred places, such as: monasteries, churches, tombs and nature objects - mountains, rivers, lakes, gardens, caves and others may occur. The purpose of the pilgrimage tourism is to try to be in such a situation voluntarily, despite certain difficulties. It symbolizes the readiness of man to sacrifice temporal and transient material in the eternal spiritual name of man. Extreme tourism – is related to adventure and sports tourism on one side or the other, and its main purpose is to provide tourists with an impressive set of impression and excitement in extreme conditions.

The experience of foreigners indicates that true worshipers of religion go to sacred places even though they are located in dangerous, extreme areas. Here are the extreme sacred stories that are hard to come across.

Pilgrimage is an ancient form of mobility and a fundamental precursor to modern tourism. Traditionally, it applies to journeys with a religious purpose, but it can also refer to secular travel with particular importance for the pilgrim (Morinis 1992). Espousing a distinctive ritual structure, pilgrimage is often considered to be personally and collectively transformative. Though individually experienced, pilgrimage is a social process developed iteratively over time; pilgrims walk in the footsteps of Others. In this sense, pilgrimage implies a ritualized, hyper-meaningful journey – both inward and outward – to a person's or group's sacred center, set apart from everyday life, and built on rich mythological representations and symbolic markers.

The Power of Pilgrimage - Ancient pilgrim routes such as The Way of St James to Santiago de Compostela, Spain, report an annual 10% increase in numbers, particularly among non-religious. Harnessing this increased popularity to protect natural and cultural heritage is a common challenge faced by those responsible for Europe's major pilgrimage routes. GP will show policy makers how to protect natural and cultural heritage whilst developing jobs and growth along pilgrim routes through developing low impact tourism, digitalization, pilgrim accommodation and strengthening local traditions. This reconnects pilgrims with their environment, landscape and culture.

Kailash: The Tibetan pyramid. Located in the Tibet Autonomous Region of China. The mountain of Kailash is far from the rest of the world where the Tibetan mountains are located. It looks like a pyramid, Kailash is at the same time a sacred place for four religions. Kailash attracts pilgrims as magnets, but everyone can not climb high. Getting there is a real extreme.

Huashan Mountain: an extreme sports adventure. Located in Shaanxi, China. Huashan Mountain is one of the five most sacred hills of China. Five rock rocks have long been praised by ordinary people and emperors. Filled with the finest legends, these mountains are considered to be the houses of spirits

who symbolize the center of the world and China. Mountain temples can be climbed either by cableway or pedestrians. The top of Huashan Mountain was divided into five peaks: The number 5 in Daosism has a sacred meaning. On the southern hill, there is a "death squirrel" at the summit called "The Stumbled Geese."

Crossing the wooden pillars is a real extreme.

The ideal conical shape of Mount Fuji has inspired the Japanese for centuries. And the danger lurking inside added spice and forced to treat the mountain with respect, because Fuji is an active volcano that last erupted in 1707. Grief has been worshiped since antiquity. Now Fuji climb in July and August, when the snow cap disappears, the way back and forth along a good path takes 8-12 hours. Upstairs, you can not only feel like a true Japanese, but also look into the Shinto shrine of Hongu Sengen, to which Fuji officially belongs since 1609. Meteora monasteries. Located in Kalambaka, Greece. The sandy rocks are raised along the Thessaloníca coast. It's awkward and extreme, and there are many monasteries on the hill. The first clergymen lived in these monasteries in the 9th century and lived in isolation. A few centuries later, 24 monasteries were built on extreme and difficult access roads, of which 6 are still open to tourists. From the 20th century you can climb the staircase, but this rise is a real challenge and an adrenaline giver. Taktsang-lakhang: Monastery on the ravine. Located in Paro, Bhutan. The monastery is located on a 321-storey high building in a rocky cliff on the banks of the river. Taktsang-lakhang or Paro Takkang - Bhutan's most famous monastery was built in the 17th century as a cave, where the great Indian teacher Padmassambxava, who brought Buddhism to India, was thought to have been thinking about it nine centuries ago. This place is also a place not only for the Buddhist temple but also for many extreme recreational facilities.

Other types of tourism have also been developed in the sites of pilgrimage purposes. More precisely, the most active and extreme forms of tourism. Extreme tourism lovers can not only visit these sites, but also have many types of air and mountain extreme sports.

The homeland of Uzbekistan is also a vast area with many sacred places of worship. Not all places of worship are located in places easily accessible. Many temples are located in mountainous terrain or in areas that is difficult to go. That's why everybody can not go there. Such places attract the attention of the true extreme spectators or active species of tourism.

At the same time, pilgrimage tourism, as well as active and extreme tourism, would be desirable at the time when the government attaches great importance to tourism. It would be possible to attract more segment tourists to Uzbekistan, thus bringing the currency flow to the local budgets.

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