

**PECULIARITIES OF ORGANIZING SPORTS AND HEALTH TOURISM  
ACTIVITIES FOR VARIOUS SEGMENTS OF THE POPULATION**

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**Abstract:** The article provides methodological provisions and practical recommendations for organizing sports and tourism activities under favorable natural and geographical conditions, which play a significant role in the formation and development of domestic sports and health tourism among various segments of the population. The paper also discusses issues related to the consideration of seasonality and natural conditions when organizing sports tourism activities.

**Keywords:** domestic tourism, pilgrimage tourism, sports tourism, mountain tourism, hiking tourism, water tourism, tourism, cycling tourism, auto tourism, horse tourism, air tourism, ecotourism, tourist activity, travel, guide, etc.

A number of reforms are being implemented in our country to develop the tourism sector, expand tourism and related infrastructure in the regions, diversify tourism products, and create new tourism facilities. Significant positive results have already been achieved. In the Appendix No. 1 to the Decree of the President of the Republic of Uzbekistan No. PF-5611 dated January 5, 2019, "On Additional Measures for the Accelerated Development of Tourism in the Republic of Uzbekistan," entitled the Concept for the Development of Tourism in the Republic of Uzbekistan for 2019–2025, important tasks aimed at developing tourism in the country were identified. In particular, special programs for the development of domestic tourism were envisaged. Today, field practices and various sports and health tourism activities are organized for students majoring in geography, history, physical education, and tourism.

Therefore, great attention is being paid to the development of sports and health tourism as one of the means of educating the younger generation to become physically healthy and spiritually mature individuals. In this regard, elements of sports tourism are actively utilized.

The development of a healthy lifestyle among different segments of the population through the involvement of people in sports and health tourism has become an important objective in our republic. The relevance of the topic lies in the fact that sports and health tourism is, above all, a path toward better health. Scientific evidence increasingly confirms that, in some cases, traveling, observing nature, breathing fresh oxygen-rich air, and benefiting from the ultraviolet rays of the sun can be more effective than medication. Excursions and active walking have long been used in medicine as important methods of disease prevention, treatment, and rehabilitation.

The purpose of this study is to introduce various forms of sports tourism to different population groups throughout the regions of Uzbekistan on a mass scale.

Another objective is to promote a healthy lifestyle through participation in sports and health tourism, identify natural medicinal plants found along tourist routes, study climatic features, and discover new locations suitable for sports and health tourism activities.

The study aims to strengthen the physical health of different population groups through sports and health tourism activities conducted in clean-air environments far from large cities, develop their willpower, improve psychological well-being, and help them gain the energy necessary for daily life activities. The formation of a healthy lifestyle in Uzbekistan is achieved through involving the population in physical education and mass sports. Sports and health tourism plays a crucial role in this process. The Law of the Republic of Uzbekistan "On

Tourism,” adopted by the Legislative Chamber on April 16, 2019, and approved by the Senate on June 21, 2019, regulates tourism documentation, forms and types of tourism, services within the tourism industry, and the certification of tourists, guides, guide-interpreters, tour leaders, and instructors. These legal foundations further emphasize the relevance of the present study.

Tourism is developed differently in various countries. Some countries achieve success through significant investments, while others utilize their natural resources and geographical advantages. Attracting tourists through multiple directions rather than a single approach and implementing various tourism projects can generate substantial income for any country. Therefore, issues related to the comprehensive organization of tourist trips are becoming increasingly relevant. The availability of favorable natural conditions serves as a positive factor in the implementation of such activities. Currently, sports and health tourism occupies a special place in the sustainable development concepts of many countries. International experts emphasize the significant role of sports and health tourism in the development of different regions. Uzbekistan possesses numerous opportunities for developing various branches of sports and health tourism in its picturesque locations. At present, Uzbekistan is lagging behind in the competition of international sports and health tourism. Therefore, it is necessary to launch systematic and purposeful actions aimed at developing this sector by effectively utilizing areas with favorable natural and geographical conditions that could become centers of international sports and health tourism. Traveling and excursions contribute to the development of physical fitness, culture, intelligence, and coordination of movements. Due to its vast and diverse landscapes, Uzbekistan offers numerous opportunities for extreme sports, although many of these activities are still relatively new in the country. Uzbekistan's natural environment provides excellent conditions for lovers of active recreation.

Based on the analysis and generalization of scientific literature, sports and health tourism activities can be classified into the following categories:

#### **Mountain Hiking Tourism**

Mountain hiking improves blood circulation, enriches the body with oxygen, and allows individuals to benefit from fresh mountain air rich in oxygen. Exposure to morning sunlight also helps the body synthesize Vitamin D. This type of tourism includes one-day and multi-day hiking trips, mountaineering, cave visits, exploration of mountain peaks ranging from 3,000 to 4,000 meters, visits to traditional mountain villages known for their hospitality, observation of unique flora and endangered endemic species, as well as waterfalls, mountain lakes, and fast-flowing rivers.

Mountain tourism includes mountaineering and cave tourism (speleology), requiring special training for tourists interested in conquering mountain peaks and exploring caves. Uzbekistan's mountains are particularly attractive for enthusiasts of mountaineering, mountain tourism, and rock climbing. Although most of the country's territory consists of plains, many regions are crossed by the western branches of the Tien Shan and Pamir mountain systems.

One of the most famous mountainous areas is the Chimgan Mountains, whose highest peak is Greater Chimgan Peak at 3,309 meters. The area offers numerous hiking routes, rock-climbing opportunities, horse-riding trails, and ski slopes. Three ski resorts—Chimgan, Beldersay, and Amirsoy—are located here, attracting winter sports enthusiasts. The ski season lasts from late December to mid-March, with February considered the best month for skiing. Deep caves such as Boysunbulok Cave (1,415 m), Festivalnaya-Ledopadnaya (-580 m), and Ural Cave (-565 m), as well as the beautiful landscapes of Kulasoy, Langar, and Gulkam gorges and the healing mountain air of Zaamin, attract large numbers of tourists and adventure seekers.

### **Water Tourism**

Although Uzbekistan is one of the few countries without direct access to seas or oceans, it possesses numerous water resources suitable for sports tourism. These include the Charvak Reservoir, mountain rivers, and large lakes such as Aydarkul, Sudochie, and the Tashkent Sea. Visitors can enjoy jet skiing, catamaran rides, and other recreational activities. For adventure lovers, tour operators offer rafting on rivers such as the Chatkal, Pskem, Ugam, and Syrdarya. Water tourism also includes diving and underwater exploration of aquatic flora and fauna. Participation in such activities requires proper training and safety preparation.

### **Air Tourism**

Air tourism in Uzbekistan, particularly paragliding, can be practiced almost year-round, except during rainy weather. Summer is considered the most popular season for flights, and mountainous regions provide the best conditions. The most famous paragliding area is located around the Charvak Reservoir, approximately 60 kilometers from Tashkent. Flights can be conducted with professional instructors or independently after completing special training. In addition to paragliding, the area is suitable for hot-air balloon tourism. During flights, tourists enjoy breathtaking views of the reservoir and surrounding mountain peaks.

### **Mountaineering and Rock Climbing**

The extensive mountainous territories of Uzbekistan are ideal for mountaineering, rock climbing, and ice climbing. According to information provided by the Mountaineering and Rock Climbing Federation of Uzbekistan, there are 74 climbing routes on 34 high mountain peaks ranging from 3,099 to 4,326 meters in height. Among them, 15 routes are classified as difficulty category 4A or 4B, 9 routes as category 5A or 5B, and one route as category 6A. The main areas for mountaineering and rock climbing are located in the Western Tien Shan, including the Maidantal, Pskem, and Chatkal mountain ranges. Open competitions in mountaineering and rock climbing are held annually in these regions. Participation in such activities is recommended only after completing specialized training programs.

Sports and health tourism is an effective means of promoting a healthy lifestyle, strengthening physical and mental health, and fostering active recreation among various segments of the population. Uzbekistan possesses significant natural and geographical resources for the development of mountain, water, air, and adventure tourism. The effective utilization of these opportunities will contribute not only to improving public health but also to enhancing the country's tourism potential and international competitiveness.

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