

## TOURISM IN UZBEKISTAN

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**Abstract:** Tourism improves the lives of ordinary people, outstrips many industries in the world in terms of income. Natural resources, such as gas and oil, may be depleted, but it is difficult to say the same about tourism, of course, if we do not destroy tourist facilities ourselves lives.

**Keywords:** well-equipped, entertainment, recreation, picturesque, grandeur Ancient, pearl, monuments, flavours, intricate patterns.

**Аннотация:** Туризм улучшает жизнь обычных людей и превосходит многие отрасли в мире по доходам. Природные ресурсы, такие как газ и нефть, могут истощиться, но сложно сказать то же самое о туризме, конечно, если мы сами не разрушим туристические объекты.

**Ключевые слова:** благоустроенность, развлечения, отдых, живописность, величие. Древние, жемчуг, памятники, ароматы, замысловатые узоры.

**Introduction.** Uzbekistan is one of the ancient civilizations that arose on earth, the history of which is rightfully considered to be original unusual and exciting. With its development and various conquests, the territory has undergone significant changes over the millennia. The bright and original culture of Uzbekistan is a true fairy chest for a sophisticated traveler and explorer. It has absorbed the whole spirit and culture of various peoples that have lived on this land for several millennia

### **Types of tourism**

**Cultural tourism:** Uzbekistan is the pearl of the East country is famous for its rich cultural and historical heritage, unique architecture and art. A trip to the ancient cities of our country, attracting with its unique architecture, monuments of cultural heritage, old shops and artisan's workshops, will undoubtedly leave a bright and unforgettable experience for every traveler.

**Gastronomic tourism:** The gastronomy of the country is another reason to fall for Uzbekistan. When you come to our country, you will definitely not be able to refuse the national cuisine! Gastronomy is one more reason to fall in love with Uzbekistan. Having arrived to our country, you can refuse any excursion, but you will never refuse food, especially here, where even at the airport the air is saturated with the smell of delicious dishes.

The gastronomic trip to Uzbekistan will give you an unforgettable taste experience for the whole year and you will certainly want to repeat it even at home.

**Pilgrimage tourism:** On the territory of Uzbekistan there are many holy places related to Islamic culture and its school of Sufism, as well as other religions. The most valuable monuments are recognized as **UNESCO** World Heritage Sites. Among them is the city of Bukhara, called in the Islamic world Bukhara-Sharif, which means Blessed Bukhara. The city of Samarkand, which has a huge number of priceless monuments. Shakhrisabz is the birthplace of Amir Temur. Of course, these cities have an ancient and rich history and have undergone significant changes throughout their lives.

The idea of immortality is associated with these cities. There was one episode in the biography of the prophet Muhammad. He was making a Mirage. He had a celestial horse and he ascended to the sky on this horse. First he visited Jerusalem, then Mecca. On his way to Mecca, he saw the sun's rays illuminate the entire world. Then he saw only two points on the ground, from which the rays came up from below. These rays were Bukhara and Samarkand.

**Medical tourism:** Did you know that you can come to Uzbekistan not only to see the ancient monuments of architecture, but also to take care of your health?

Our country can offer you high-quality medical care, sanatoriums, clinics at affordable prices.

Our country can offer you highly qualified medical care at affordable prices. In Uzbekistan, there is no medical insurance and the service of citizens of the republic in the state hospitals is free of charge. Therefore, we recommend that you to get medical insurance in your country to avoid unnecessary expenses.

So, if you decide to come to Uzbekistan for the treatment, be sure that here you will receive decent medical care at the most advanced standards and at affordable prices.

**Sports tourism:** If you are a fan of outdoor sports and away from big cities, then there is a large number of well-equipped mountain resorts in Uzbekistan. The mild climate allows you to practice various sports almost all year round.

Ideal land for sport tourism.

Those who like to practice sport in the fresh air and away from the big cities are welcomed Uzbekistan. The mild climate allows you to practice most sports almost all year round. For classic winter sports, there are four well-equipped mountain resorts: Chimgan, Beldersay, Amirsoy and Yangiabad. Their number is growing.

Uzbekistan offers numerous opportunities for extreme sports due to its vast and diverse landscapes, although these sports are still new in the country. These include:

- extreme skiing, snowboard;
- motorcycle racing, rallying, motocross;
- skateboarding, mountain biking, rock climbing, canyoning and paragliding.

**Youth tourism:** If you are tired of the traditional types of tourism and want to plunge into youth life with friends, then all the regions of Uzbekistan present the best places for entertainment and recreation. You are interested in nature. However, do you want extreme sports at the same time? Go to the mountains or book safari tours in our endless deserts, bike tours on long-distance tracks, take a winter ride on the modern ski slopes of Chimgan, Beldersay and even Zaamin. Do you like the mysterious places? Book adventure tours to unique mountain caves with traces of the prophets or a trip to the magical expanses of the drained Aral Sea.

**Ecotourism:** If you want to enjoy the picturesque nature and unique protected areas of Uzbekistan, the fauna of rare animals and birds, visit the national parks and reserves of our country.

After all, Uzbekistan is not only famous for the architectural monuments included in the UNESCO Cultural Heritage List, not only for the ancient cities, but also for the amazing flora and fauna, picturesque mountains, caves, deserts and crystal-clear lakes, rivers and waterfalls.

What do travel companies most often offer when organizing ecotours? For example, it can be desert safari tours, trips to glaciers, tours to unique mountain zones, trips to nature reserves and national parks.

**Mice tourism:** Uzbekistan is famous for its versatility and grandiosity of major holidays, festivals and exhibitions.

Each event is unique. The main purpose for organizing cultural events is to unite the people, transmit true cultural values and create a global business platform.

Every day is a holiday in Uzbekistan. With special trepidation, the people are waiting for March 21 - the personification of the Navroz - "New day" and the spring equinox. The incredible beauty of this holiday puts the hearts of guests in a state of euphoria. On this day, it is customary to cook sumalyak, halim, cook samsa, hold celebrations and treat guests.

**Winter tourism:** Winter is a great time to relax in Uzbekistan. During this period of the year, you can get a lot of positive emotions and unforgettable impressions, especially in the mountainous area covered with snow.

**In conclusion.** Our world is so huge, and every corner in it is unique and specific in its own way. Uzbekistan will amaze you with its customs, architectural monuments, delicious dishes, natural attractions.

Each region of our country is an amazing corner, where various natural landscapes, historical monuments and modern buildings are adjacent and mixed.

Tourism in our country has always attract people. For anyone who knows about the country, this is easy to understand - bright colours, intricate patterns, rich flavours, and friendly people await every visitor.

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