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TOURISM
EXTREME



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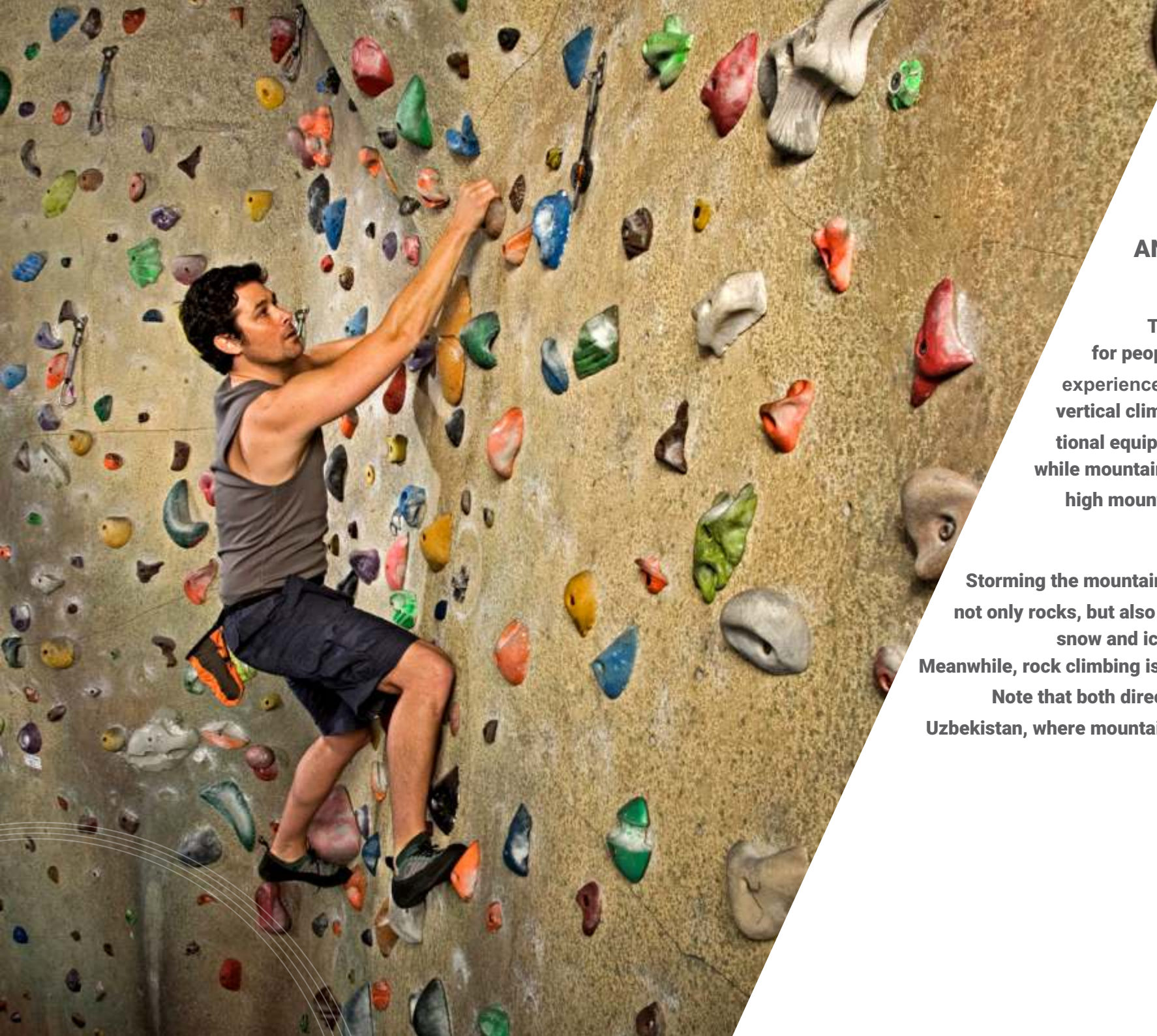
Extreme tourism

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Information about extreme tourism objects in the Republic of Uzbekistan



MOUNTAINEERING AND ROCK CLIMBING

Types of active recreation for people with a certain training experience. Rock climbing means a vertical climb up a cliff without additional equipment (except insurance), while mountaineering is a long climb to high mountains using ropes, hooks, climbing cats, etc.

Storming the mountain, the climber overcomes not only rocks, but also other natural obstacles - snow and ice areas, mountain rivers. Meanwhile, rock climbing is a part of alpine training.

Note that both directions are very popular in Uzbekistan, where mountains make up 21.3% of the country's territory.



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Title:	Location:	Description:
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Climbing wall in the "Vatanparvar" park

Kashkadarya region, city of Karshi

The theme of this new park, as the name implies, is of a military-patriotic nature. Therefore, all the necessary conditions have been created here so that everyone can engage in their physical development. In particular, a modern climbing simulator is installed in the park, perfectly repeating the sheer wall of a real rock.



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Title:	Location:	Description:
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Climbing wall in the city of Nukus

Republic of Karakalpakstan, Nukus, Islam Karimov str.,116

The Nukus climbing wall is a great place for training and honing climbing skills for beginners, and for training professionals. There are all the necessary simulators of varying degrees of complexity, simulating natural rocks.



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3

Title:	Location:	Description:
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Climbing wall in Ankhor Locomotive Park

City of Tashkent, Shaykhantohur district, Labzak str.

Ankhor Locomotive is one of the largest amusement parks located in the capital of Uzbekistan. Here, on the territory of 8 hectares, you will find karting, an ice rink, carousels, attractions and more. There is also a climbing wall where anyone at the age of 6 can try to conquer its peak.



Contact:
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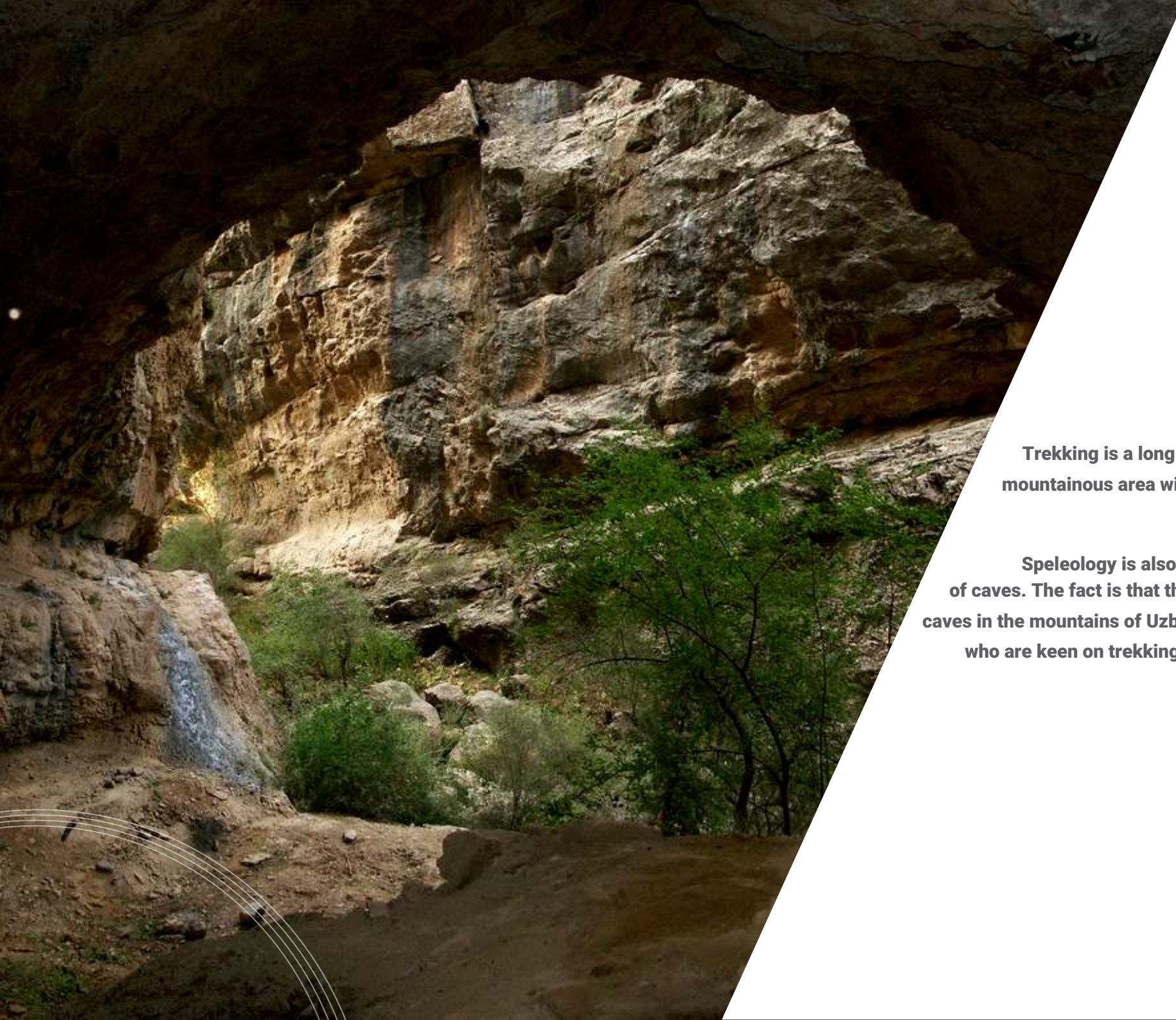
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Title:	Location:	Description:
Kenkutan Mount	Samarkand region, Samarkand district, Upper Agalyk Location 	This picturesque mountainous area is located 15 km southwest of Samarkand, in the valley of the river Agalyksay. Agalyk is a spur of the Zerafshan ridge is about 818 m above sea level. And its main mountain Kenkutan has a height of 2178 m and is accessible for climbing by both professional and novice climbers.
Contact:		
+998 91 555 41 34		

5

Title:	Location:	Description:
Climbing wall in the Locomotive park	City of Tashkent, Mirzo-Ulughbek district, Temur Malik str., 66 Location 	In one of the most popular amusement park of Tashkent - Locomotive park there is a separate extreme zone. It is represented by trampolines, a rope town with five route options, broken down by difficulty levels. Well, the most massive object of this zone is a wall for practicing a professional climbing wall on outdoors.
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SPELEOLOGY AND TRACKING

Trekking is a long hiking trip through a mountainous area with overnight stays in designated places.


Speleology is also called the searching of caves. The fact is that there are quite a lot of caves in the mountains of Uzbekistan, and tourists who are keen on trekking are often interested in speleology.



Title:	Location:	Description:
Amir Temur cave	Kashkadarya region, Yakkabag and Kamashi districts, Hissar State Nature reserve	Located at an altitude of 2550 m above sea level, this cave resembles an ancient fortress and is divided into two parts: the main one has a length of 750 m and a through - 190 m. An artificially created platform at the very entrance to the cave and a large stake for tying horses indicate that Amir Temur stayed here. Inside there are stone stalactites of bizarre shape, and in the southern part there is a lake, the water of which retains a temperature regime in the region of 6-8 ° C.
	Location 	
	Contact: +998 91 257 47 76	

Title:	Location:	Description:
Khoja Gur Gur ota mountain range	Surkhadarya region, Baysun district, Yukori Machay village	The area of Khoja Gur Gur ota is a real gift for all lovers of mountaineering and scenic nature. There are several ways to climb this mountain range - easy for beginners and through the rocks, requiring climbing skills from the tourist. Here are the holy spring and cave, and opposite it is the grave of the saint, after whom the array is named.
	Location 	
	Contact: +998 76 223 35 03	

Title:	Location:	Description:
Khazret Sultan - the highest mountain peak	Surkhandarya region, Sariosoyo district, Sangardak village	Khazret Sultan Peak has a height of 4643 m and is the highest point in Uzbekistan. According to legend , there is a grave of the saint Khazret Sultan here. For many tourists , the peak resembles an ancient fairy-tale castle. At the peak of this majestic mountain there is a stone platform where prayers are usually read.
	Contact: +998 76 223 35 03	

Title:	Location:	Description:
Khozrati Dovud Cave (Saint David)	Samarkand region, Nurabad district, Aksaray village	There are many legends associated with this sacred place, located 40 km southwest of Samarkand. Many pilgrims come here to ask for help from the saint, healing from diseases or fulfillment of a cherished wish. To get into the cave, you need to climb 1303 steep to the ancient mosque, and already from it to descend 200 steps down. The cave is a dark tunnel 0.5-4 m wide, 15 m high and 30 m long. When you reach the end of the tunnel, you will see the prints of David's palms and feet, touching which people make wishes.
	Location 	
	Contact: +998 99 311 02 58	

Title:	Location:	Description:
Khoja Maykhona	Surkhandarya region, Baysun district, Irone Gate village	Incredibly beautiful natural area, the main attractions of which are the gorge and the holy spring. Khoja Maykhona will not leave indifferent any connoisseur of mountain landscapes. Moreover, fans of speleological excursions can look into the famous Teshik-Tash cave located nearby, where the remains of a Neanderthal child were once found.
	Location 	
	Contact: +998 99 676 02 61	





PAINTBALL

A team game with the use of pneumatic guns shooting paint balls that break when they hit an obstacle and paint it. In the process, players who have been marked with paint are eliminated. In Uzbekistan, paintball is played both in closed areas - in cities, and in open areas - in nature.

All conditions have been created for this team game in different parts of the republic.



Title:	Location:	Description:
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Paintball at the Angor resort

Namangan region, Yangikurgan district, Zarkent village

Location



Once in these parts with a group of friends and family, do not miss the opportunity to play paintball. Local places are ideal for tactical maneuvers, and the staff of the paintball club will competently select for you all the necessary equipment and the most accurate paintball gun.

Contact:

+998 88 198 08 08

Title:	Location:	Description:
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Paintball Club Andrenaline

Karakalpakstan Republic, Nukus, Khamza street

A great place for collective events of any kind, whether it's a birthday party or team building. Interesting locations, as well as polite and courteous staff will help you plunge into the atmosphere of a real team battle.

Contact:

+998 93 488 25 55

Title:	Location:	Description:
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"Legion" paintball club

Tashkent city, Yunusabad district, Mustakillik avenue, 38

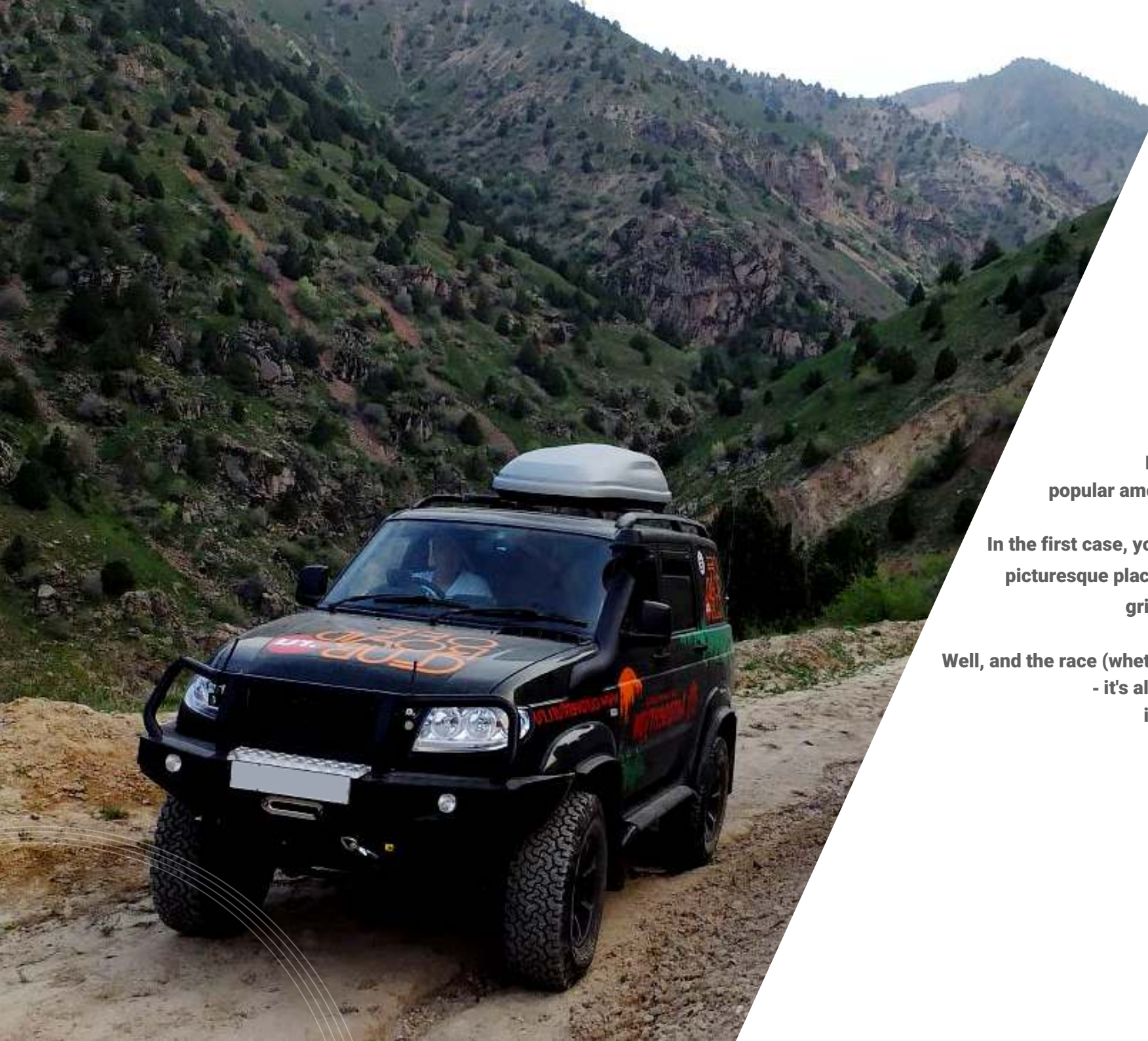
Location



This paintball club has an indoor playground, which allows you to hold paintball matches in any weather, regardless of the time of year. Professional instructors and referees, technical support are at the service of the players here. Exciting scenarios are also provided.

Contact:

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ROAD TRIPS AND RACES

Both destinations are quite popular among tourists in Uzbekistan.

In the first case, you go for a car ride through picturesque places, historical sites and pilgrimage sites in a rented car.

Well, and the race (whether it's a track or off-road) - it's always drive, adrenaline and incomparable impressions.



ROAD TRIPS AND RACES


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Title:	Location:	Description:
Bukhara desert Oasis & Spa	Bukhara region, Romitan district, Marzia village	Bukhara desert Oasis & Spa is an innovative tourist cluster located in the desert. Excursions to picturesque places, catering establishments, the beach, fishing, horse and camel riding and much more are available to guests. For fans of extreme sports, riding through the wild desert on a Land Cruiser, ATVs or sports cars is provided here.
		
	Contact: +998 93 626 42 77	

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Title:	Location:	Description:
Aral Sea Discovery JEEP TOURS	Republic of Karakalpakstan, Nukus city, Alisher Navoi street, 121	Traveling across the Aral Sea by off-road vehicle is a unique opportunity to see the famous Cemetery of Ships and the endless Ustyurt plateau, lunar landscapes and abandoned villages, ancient burial sites and the Mizdakhkan complex, the sands of the Karakums, incredibly beautiful sunsets and sunrises.
	Contact: +998 91 377 77 29	

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Title:	Location:	Description:
"Navruzbulak" auto-motodrome	City of Jizzakh, Kipchak village	Autocross championships are held at this specialized circuit, but not only professional racers, but also tourists can experience the drive while driving a crossover car or buggy. And rally fans will surely appreciate the local track.
		
	Contact: +998 93 299 00 14	

Title:	Location:	Description:
«Savana Kosonsoy» motodrome	Namangan region, Kosonsoy district, Almazar village Location 	The Savana Kosonsoy motorcycle track, located in a picturesque mountainous area, is an amazing opportunity to experience the spirit of freedom and unity with nature. Ride a mountain bike or ATV and get your dose of adrenaline, get charged with amazing emotions for a long time. Guests wishing to stay for a couple of days a hostel is available.
Contact:		
+998 97 250 03 03		

Title:	Location:	Description:
Axelon karting club	Tashkent, Shaykhontohur district, street of Labzak, Ankhor Locomotive Park Location 	This karting center is the hallmark of the city's Ankhor Locomotive Park and the largest in the CIS. Its area is over 12 thousand square meters, and the length of the race track is 540 m. Both beginners and experienced racers can try their hand on the track, because both kid's and professional maps are available here. For the latters, the Axelon club even holds competitions.
Contact:		
+998 71 241 81 94		





WINTER TOURISM

Winter tourism involves visiting ski resorts or specially equipped trails for snowboarding, skiing, sledding and similar sports equipment.

There are a number of high-class ski resorts at your service in Uzbekistan. Among them are Amirsoy Resort, Chimgan, Beldersay located in the Tashkent region.



Title:	Location:	Description:
Mugol extreme tourism base	Jizzakh region, Bakhmal district, Mugol village	Currently, a project for all fans of extreme and mountain tourism is being implemented here. Upon its completion, skiing and snowboarding, mountain racing, zipline and other "adrenaline" attractions will be available to the guests of the Mugol base
	Location 	
	Contact:	
	+998 99 551 16 78	

Title:	Location:	Description:
Chimgan Ski Resort	Tashkent region, Bostanlyk district	The ski complex "Chimgan" - is located 80 km from Tashkent, in the spurs of the Chatkal ridge at an altitude of 1600 m. The active season lasts from December to mid-March. The complex offers slopes and lifts, a chairlift and tow cable car, ski slopes. There is also a 700-seat hotel complex with a bar, disco and billiard room, cottages.
	Location 	
	Contact:	
	+998 99 979 33 21 +998 90 176 38 26	

Title:	Location:	Description:
«Duoba» ski resort	Jizakh region, Zaamin district, Duoba village, Zaamin sanatorium	This area is famous for its amazing climate and clean air. No wonder there is a sanatorium here. In winter, the resort has all the necessary conditions for skiing, there is a rental of ski equipment, as well as guest houses for skiers. In the evenings, cultural events are organized for guests here.
	Location 	
	Contact:	
	+998 99 356 57 08	

Title:	Location:	Description:
Amirsoy ski resort	Tashkent region, Bostanlyk district	"Amirsoy Resort" is a world-class all-season mountain resort located on an area of over 900 hectares on the spurs of the Chatkal Ridge of the western part of the Tien Shan Mountains. There are 10 trails of varying complexity and length, 38 Alpine-style chalets, a SPA complex, two restaurants, gondola, chairlift and ribbon lifts, ATV and snowmobile rentals, picnic areas and a media center that provides photo and video shooting services.
	Location 	
	Contact: +998 90 915 12 36	

Title:	Location:	Description:
«Humo Arena»	City of Tashkent, Chilanzar district, Beshagach str.	This large multifunctional sports and entertainment complex and ice palace is the home arena of several Tashkent hockey clubs. Its large and small arenas are mainly intended for hockey matches, but it is also possible to organize competitions in figure skating, short track and curling. In turn, an ice rink operates in the small arena all year round
	Location 	
	Contact: +998 71 245 02 67	

Title:	Location:	Description:
«Ice City»	City of Tashkent, Yakkasaroy district, Babur str,6	Perhaps this is the only indoor theme park of its kind in Uzbekistan. Winter attractions are available here all year round. On the territory of the complex there is an ice rink made of natural ice with an area of 1800 sq. m, a snow track for skiing and snowboarding 46 meters long, an ice track for downhill sledding (bobs), a speed skating track and much more.
	Location 	
	Contact: +998 71 209 00 77	

Title:	Location:	Description:
«Ice Avenue»	City of Tashkent, Mirabad district, Tallimarjon street	This is an indoor ice rink made of natural ice with a size of 50x25 meters. As you know, ice skating is a kind of active recreation that will give both health benefits and a great mood. Also on the territory of the skating rink there is a cafe where you can have a delicious snack and warm up with a cup of coffee.
	Location 	
	Contact: +998 95 170 68 77	



BICYCLING

Cycling - in sports tourism involves cycling on routes of different difficulty categories. This is an extremely relevant direction, especially for those who seek to protect the environment.

By the way, in Uzbekistan, as part of the promotion of an active lifestyle and the preservation of ecology, all the necessary infrastructure has been created for both cyclists and tourists.

There are bike paths in the cities, an interesting and exciting routes outside of them.



Title:	Location:	Description:
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Alvastikul Lake (Lake of the evil spirit)

Samarkand region, Urgut district, Amankutan village

Location

+998 91 555 41 34

Contact:



We present to your attention a bicycle tour through the picturesque mountain passes. The routes are organized to cover all the local tourist news, including the mysterious lake Alvastical. Cyclists who are fond of mysticism, for sure, will be interested to find out why the locals call this reservoir the lake of the evil spirit. You must ask them about it!

Title:	Location:	Description:
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"Bike Track" Complex

City of Jizzakh, Khamid Olimjan village

Location

+998 90 139 77 72

Contact:



The construction of the modern velotrack complex, designed for 2,500 spectators, is carried out on a territory of 3.2 hectares. This facility is being built on the basis of a similar Russian project in Sochi. Upon completion of construction, it is planned to hold competitions in four directions of cycling here. In addition, the complex will include a swimming pool, a modern hotel with 100 seats, a business center and other facilities.





PARAGLIDER AND HANG GLIDER

Ultralight non-motorized flying machines. The paraglider is based on a gliding parachute, and the hang glider is based on a flexible triangular wing. At the same time, the second one wins in the airfield and is easier to manage.

For comparison, the speed of a hang glider is up to 130 km/h, while that of a paraglider is about 65 km/h. In the mountains of Uzbekistan, you can easily use the services of professional pilots of both one and the second such device.



Title:	Location:	Description:
«Jangal»	Samarkand region, Nurabad district, Aksay village	Aksay is quite a picturesque place, decorated with mountain ranges and vegetation. Moreover, the legendary Khazrati Dovud Cave is not far from here. Being on a tour of these places, do not miss the opportunity to enjoy their stunning bird's-eye views. It is, of course, about paragliding under the control of an experienced instructor.
	Location 	
	Contact:	
	+998 99 960 15 99	

Title:	Location:	Description:
Paragliding	Tashkent region, Bostanlyk district, along the 4P10 motorway	Paragliding will give you incomparable sensations. Using updrafts, you can fly for hours under the clouds on a paraglider, covering tens and hundreds of kilometers. This is a great opportunity to see the magnificent mountain scenery Bostanlyk district as a passenger with professional pilots
	Location 	
	Contact:	
	+998 99 882 88 25	

Title:	Location:	Description:
«Apart Kosmos hotel»	Namangan region, Pap district, Chadak village	History of the village of Chadak of the Pap district in Namangan region has more than ten thousand years, and its geography is distinguished by the unique beauty of mountain landscapes, the richness of flora and fauna. By the way, hang gliding services at a local hotel will help you fully enjoy the beauty of these places.
	Location 	
	Contact:	
	+998 69 435 62 66	



ZIPLINE

this is a descent along a steel rope with separation from the ground, through the air, using a special device using blocks.

A great attraction for lovers of adventure and thrills.

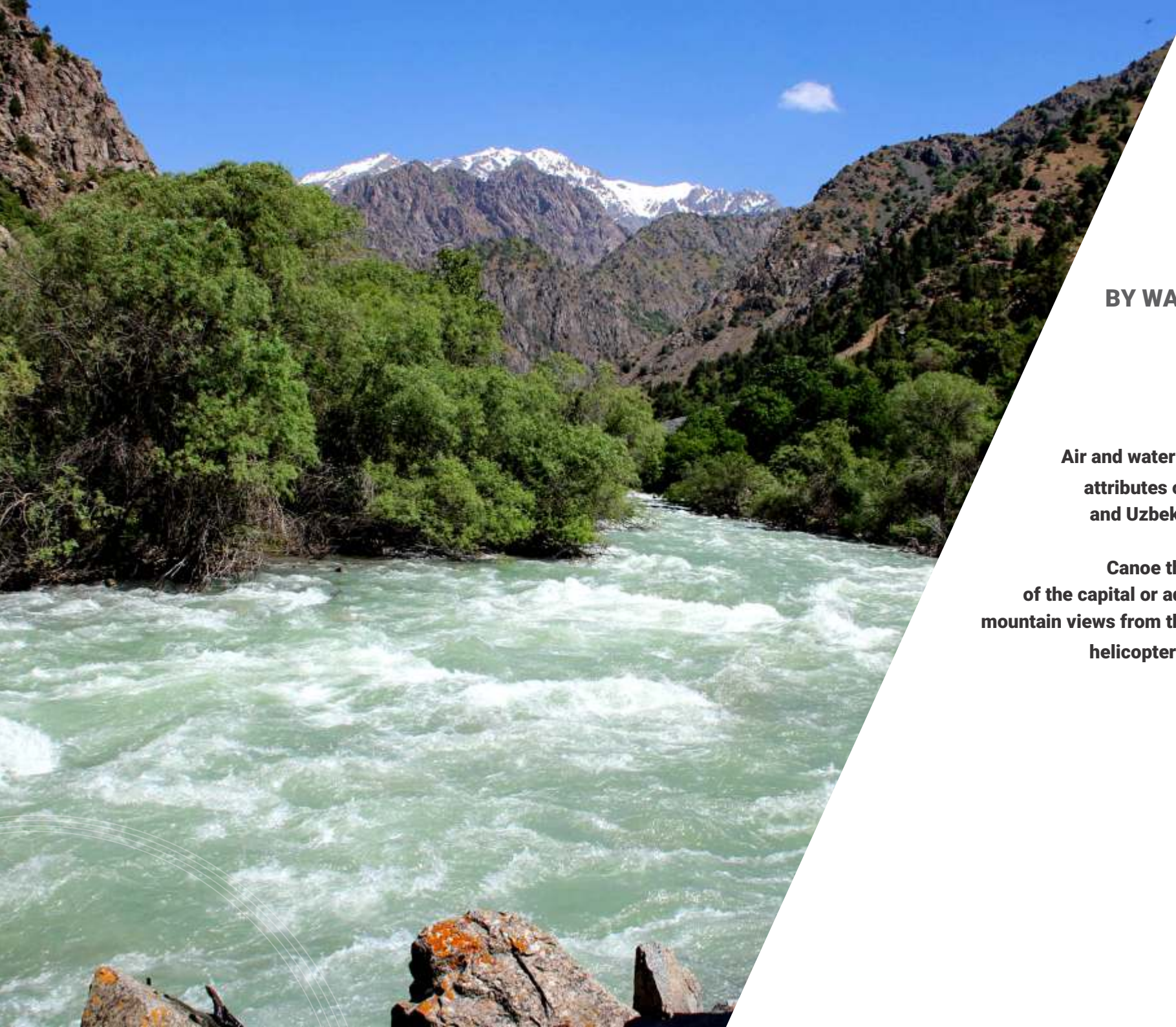
In Uzbekistan, the zipline can be found both in suburban recreation areas and on entertainment sites of shopping centers in large cities.



Title:	Location:	Description:
<p>Extreme sports for kids and teenagers</p>	<p>City of tashkent, Almazar district, Nurafshon str, Riviera mall</p>	<p>At the same time, the shopping center has a large entertainment area (1600 sq.m.) for children from 1 to 18 years old. Among the extreme types of active recreation, there is a spacious trampoline zone, a two-level rope town, an inflatable pillow, all kinds of bungee jumps and climbing walls.</p>
<p>Contact:</p>		<p>+998 71 242 97 00</p>

Title:	Location:	Description:
<p>«Ziplayn»</p>	<p>City of Tashkent, Shaykhantohur district, Labzak str. Ankor Locomotive Park</p> <p>Location </p> <p>Contact:</p>	<p>In the Tashkent Ankor Amusement Locomotive Park for fans of extreme sports, a number of attacks are provided. One of them is a zipline, or an extreme descent on a steel rope using a block device. Those who want to feel like a hero of an adventure movie should definitely try it!</p>





BY WATER AND BY AIR

Air and water tourism are essential attributes of any tourist country, and Uzbekistan is no exception.

Canoe through the waterways of the capital or admire the picturesque mountain views from the window of a tourist helicopter - the choice is yours.



BY WATER
AND BY AIR

Title:	Location:	Description:
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Helicopter travel

Tashkent region, Bostanlyk district

Bostanlyk district is famous for its contrasting landscapes. A special beauty is revealed when viewed from above, when mighty mountains and emerald reservoirs are visible as if in the palm of your hand. Flying by helicopter, you will be surprised at how big the Charvak water reservoir really is. And representatives of extreme sports will be interested to know that the helicopter, in addition to standard excursions, provides heli-skiing and heli-biking services.

Location



Contact:

+998 90 054 86 22

Title:	Location:	Description:
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Kayaking and gondola rowing

City of Tashkent, Yunusabad district, Minor mahalla

Since relatively recently, such entertainment as gondola rides and kayaking along the capital's Bozsu Canal along the embankment has been available to guests and residents of Tashkent. You can rent a boat and carry out this kind of walking throughout the day. And closer to night it is quite interesting to walk along the embankment itself, it is ennobled by a sufficient number of benches and lanterns, in addition there is free Wi-Fi.

Location



Contact:

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