

**PILGRIMAGE TOURISM AND EXTREMAL TOURISM****Oripov Alisher Talatovich****Ltd “Marokand Khumo Services”****<https://doi.org/10.5281/zenodo.20226016>****ARTICLE INFO**

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KEYWORDS*pilgrimage tourism, extreme
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tourism***ABSTRACT***This article discusses the basics and prospects for the
development of pilgrimage tourism and extreme tourism.*

In recent years, special attention has been paid to tourism in our country. Accelerated development of tourism in our country, more complete and effective use of the existing huge tourism potential, traditional cultural and historical tourism along with other potential types of tourism - pilgrimage tourism, ecological, educational, ethnographic, gastronomic, sports, health, rural, industrial, business tourism and other types

There are huge problems, such as rapid development. In particular, one of the most promising tourist destinations for our country is pilgrimage and extreme sports, attention should be paid to the development of tourism. Pilgrimage tourism has great prospects in Uzbekistan, first with the holy cities of the ancient Muslim world of Bukhara and Samarkand. Islam is a religion in these places there are many holy places for followers. Extreme tourism in Uzbekistan is one of the new, unusual destinations for But at the same time, it has a very promising future as a tourist destination.

On the one hand, these two directions are very far from each other and have nothing in common.

Obviously, first of all, when we talk about the general features of these trends, to their essence if we stop. Pilgrimage tourism as a type of religious tourism is the purpose of pilgrimage for representatives of various religions. Pilgrimage tourism is associated with visiting certain places that are sacred and the presence of monasteries, churches, mausoleums, natural objects - mountains, rivers, lakes, gardens, caves is possible. The idea of pilgrimage tourism is to voluntarily find yourself in these conditions, despite certain difficulties, it means to move. These are temporary and transient material things in the name of the eternal spirituality of man symbolizes readiness for sacrifice. Extreme tourism is adventure and sport in one way or another.

The main purpose of the tour is to make a strong impression on the tourist in extreme conditions and is an independent type of tourism that is exciting. Foreign experience shows that the true followers of religion are in dangerous, extreme areas, they visit holy places. Below is the extremely sacred, hard-to-reach steps.

Kailash: Pyramid of Tibet. Located in the Tibet Autonomous Region of China. Mount Kailash from Tibet it is located in a lively mountainous area, away from the rest of the world. in the pyramid.

The mountain is traditionally one of the five sacred mountains of China. Five long stones have long been glorified by ordinary people and emperors. Filled with the most beautiful legends, these mountains are considered the home of spirits that symbolize the center of the world and the unity of China. Then the churches can be reached by focal or on foot. The top of Mount Huashan is divided into five peaks: In Taoism, the number 5 has a sacred meaning.

There is a "path of death" at the top called Goose. Walking on boards nailed to the edge of a mountain is really extreme. Located on the island of Honshu, Japan. The conical shape of Mount Fuji has inspired Japanese people everywhere for centuries. This mountain, which described the danger in itself, deserves respect because Fuji is an active volcano that last erupted in 1707.

The mountain has been worshiped since ancient times. Fuji is currently in July and August and usually takes 8-12 hours. Upstairs, it just looks like a real Japanese, but also Hongu Sengen, who officially belonged to Fuji since 1609, can be visited.

Monasteries of Meteora. Located in Kalambaka, Greece. The coast of Thessaloniki in Greece, high sandstones rise from the ground. It is strange and extreme in itself, and there are many monasteries on the hill. The first priests settled in these monasteries in the 9th century and lived in complete isolation. Centuries later, the corridors were extreme and difficult to access.

A tourist traveling for religious purposes is a person who travels outside the country of permanent residence for a period not exceeding six months to visit holy places and centers of religions. Religious tourism should be understood as activities related to the provision of services and satisfaction of the needs of tourists traveling to holy places and religious centers that are outside their usual environment. Religious tourism is divided into two main types:

- pilgrimage tourism;
- religious tourism excursion
- cognitive orientation.

In pilgrimage tourism, spiritual pilgrimage tourism stands out. Pilgrimage tourism is a set of trips of representatives of various faiths for pilgrimage purposes. Pilgrimage is the desire of believers to bow to holy places.

Among the reasons for making a pilgrimage are the following:

- the desire to be healed of mental and physical ailments;
- pray for family and friends;
- find grace;
- to do pious work;
- forgive sins;
- express gratitude for the blessings sent from above;
- show devotion to the faith;
- striving for asceticism in the name of faith;
- find the meaning of life.

Pilgrimage presupposes a certain relation of a person to reality. The idea of pilgrimage implies action in conditions of special difficulties, voluntarily undertaken obligations to be in these conditions. This symbolizes the willingness of a person to sacrifice transient material values in the name of eternal spiritual ones. Hinduism, Orthodoxy and Catholicism have developed foot

pilgrimages. People go on pilgrimages when ritual actions in places of their usual living environment are not enough for them.

Recently, adventure tourism has been actively developing - a type of tourism that combines all travel associated with active modes of movement and outdoor recreation, with the aim of obtaining new sensations, impressions, improving the physical fitness of the tourist and achieving sports results. Special types include a variety of adventure tourism, namely, extreme tourism, which is gaining momentum all over the world, especially in Russia. More and more people are eager to see the beauty of the underwater world, go down the mountain slope on skis and even jump with a parachute. In Europe, for example, this type of tourism began to develop rapidly and become more widespread in the late 1980s and early 1990s. And here, in Russia, since the mid-1990s. Despite the fact that this type of tourism is becoming more and more popular from year to year, tourists generally prefer such still popular types of tourism as sightseeing, educational, beach, etc.

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