



GO FOR THE SHARP EMOTIONS!

WHY UZBEKISTAN IS ONE OF THE BEST
CONTRIES FOR EXTREME SPORT



If you want to feel the adrenaline and the frenzied rhythm of your heart, then go to Uzbekistan, a country where natural conditions allow you to engage in active recreation and extreme sports all year round.



1. SKI MOUNTAINEERING

The mountains of Uzbekistan occupy the South-Eastern part of the country. As a rule, the average height of the mountains is from 2 to 4 thousand meters. Very popular mountain area of Uzbekistan - Chimgan mountains with the dominant peak of Big Chimgan. This area is the beginning of many mountaineering trails, hiking, rock climbing, horse trails, ski trails, etc. In addition, there are three ski resorts - "Chimgan", "Beldersay" and "Amirsoy".



2. MOUNTAINEERING, ROCK CLIMBING AND SPELEOTOURISM

Uzbekistan's vast mountain ranges are simply designed for mountaineering, rock climbing, and caving. The main routes are located in the regions of the Western Tien Shan: the Maidantal range, the Pskem range and the Chatkal range. For lovers of speleotourism, in the Baysantau mountains of Surkhandarya region is famous for the cave "Dark star", and the Amir Temur Cave in "Kalla-I-Shiron" tract of Kashkadarya region.



3. PARAGLIDING

You can fly a paraglider in Uzbekistan almost at any time of the year. The most popular place for paragliding are the surroundings of the Charvak reservoir, located 60 km from Tashkent's. In addition to paragliding, hang gliding and hot air balloon flights are also popular here.

4. SAFARI TOURS.



If you need to get to remote places that are difficult to reach, overcome the dunes of the Kyzylkum desert or the vast plateau Ustyurt, if you are going to go fishing or to a nature reserve, the jipping and motorcycle tours will be great options for traveling. In addition, the country regularly organizes motorcycle and bicycle rides, as well as rides on horses and camels



5. BIKING AND CYCLING

Bike tours in Uzbekistan is full of exotics, legends and Oriental hospitality. The season starts in mid-April and continues through November.



Bike tours can be combined with a tour of the cities of the Great Silk road, as well as a trip along the spectacular mountain scenery and blooming valleys.



More information
about sports tourism here:



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