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### Stages and Types of Development of Extreme Tourism

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#### Annotation

This article discusses the types of extreme tourism and the issues of increasing the tourism potential of the population in our country. One of the most important areas for any country today is tourism, which has a significant impact on the financial and social situation of the country.

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#### Introduction

Recently, the term "tourism" is often used in conjunction with the adjectives "sustainable tourism" and "smart tourism". Sustainable tourism aims to increase profits and reduce the negative impact of tourism on places. It is characterized by a better understanding of the responsibilities of people and business companies. We are talking about development goals, people and organizations that are not indifferent to environmental and climate risks. Such tours assess the contribution of the country's development and its cultural heritage [1-6]. They also discuss how travel can affect climate change and the environment. The program for the accelerated development of the tourism sector in 2017-2021 will ensure the introduction of comprehensive accessibility of tourist facilities, improvement of transport and hotel services and tourism logistics, and the introduction of modern information technologies in various areas of services related to the tourism industry [7-13].

#### Materials and methods

Extreme tourism is one of the most promising types of tourism business, attracting more and more people. New unexplored areas are emerging for extreme tourism, and the emergence of new types of tourism is proof of this [14-19]. Extreme tourism requires not only high-quality physical training, but also courage, perseverance and perseverance. People with such qualities may take risks, but in return they get a wave of unforgettable feelings and emotions, colorful impressions of nature, mountains, the sea. All types of extreme tourism require certain skills, appropriate equipment, experience and high professionalism. Extreme tourism is constantly developing in our country. The main task facing the state is to further strengthen its security and control [20-31]. We can say with confidence that life in our time is much more monotonous. Moreover, in contrast to the rural, pastoral monotony, the

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melancholy and boredom in the cities harm not only the soul but also the body. We do the same thing every day, watching TV or visiting social networks, sometimes we go to the gym to improve our physical condition. Over time, all of this becomes boring, especially since the life of a successful modern man is not limited to work and casual recreation. What sets a successful person apart from others is that he knows and uses his time productively. Extreme sports often become a part of such people, which helps them not only to fully relax and unwind but also to unlock their 100% potential! The main types of extreme tourism used worldwide can be classified (Figure 1) [32-45].



Figure 1. Types of extreme tourism

### 1. Water tourism (Figure 2)

- Dive-dive. This is one of the most dangerous types of tourism.
- Wakeboarding is a combination of water skiing, surfing, skateboarding.
- Water skiing is one of the most popular types of outdoor activities.
- Windsurfing - a device that is lowered into the water with a sail attached to the board.
- Skiing is the ability to have a boat, you have to feel the water and the boat.
- Rafting - landing on special planks along mountain rivers.

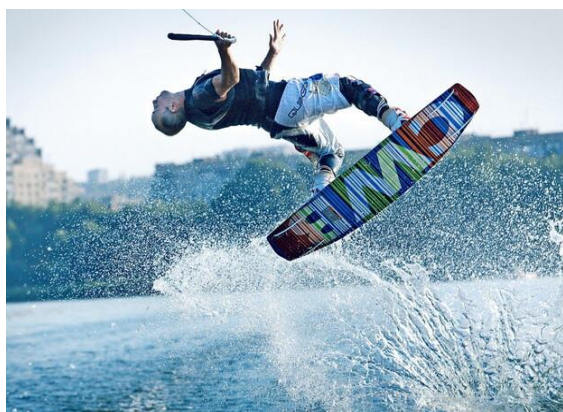


Figure 2. Water tourism

### 2. Surface types of tourism (Figure 3).

- "It's a bicycle."
- Mountain types of tourism.
- Mountaineering - climbing.



Mountain skiing is wintertime in skiing. The surface for skating can be artificial or real.

- Snowboard - falling on the snow from the mountain slopes.
- Air types of tourism.
- Parachute - parachute jump from a plane.
- The main jump is a jump using a special parachute, the fall occurs from a specially set height.
- Freestyle - a parachutist performs complex figures during a free fall.

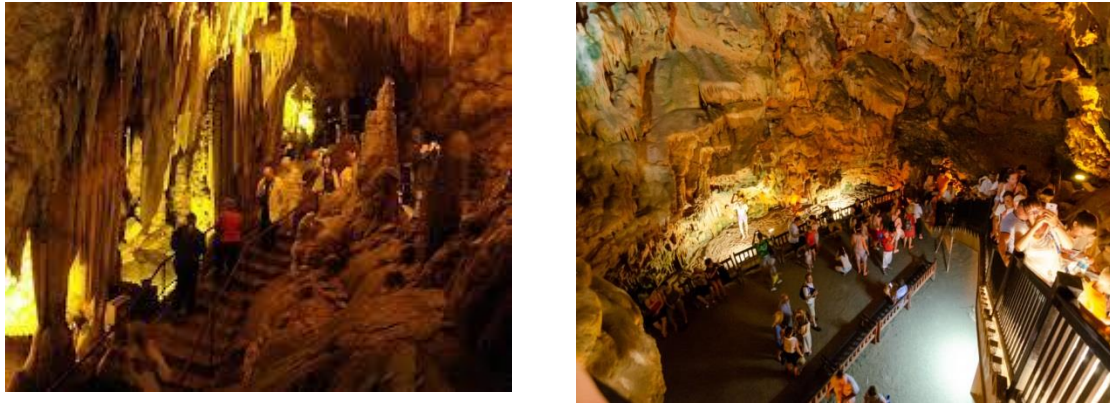


Figure 3. Surface types of tourism.

### 3. Exotic types of tourism. (Figure 4)

- Jaylo tourism is a primitive system with all aspects of nomadic life.
- Camping in the trees - spending time in the treetops.
- Volcanoing is riding on volcanic ash.
- Jumping rope - jumping from the abyss over the cables.
- Industrial tourism is growing among young people. It attracts tourists with its knowledge of abandoned objects, factories, collectors, catacombs.



Figure 4. Exotic types of tourism.

The experience of other countries shows that the popularity of tourism among young people serves to increase their worldview, scientific potential, sense of belonging to the environment, tolerance for intercultural differences and love for nature and humanity. Despite the high level of attention paid to youth in our country, the need to increase the demand of young people for travel, to make full use of

the tourist potential of our country, to develop measures to familiarize young people with their country requires urgency of our research [46-53]. In the development of tourism, the issue of attracting tourists is one of the most important issues. Attracting tourists as one of the most important issues of our time. Let's get acquainted with some of these methods. Build many modern hotels. Pricing and courtesy in hotels:

- Launch of new innovative directions of tourism;
- Widespread promotion of tourism (especially advertising);
- Widespread posting of announcements of festivals across the country on websites;
- Promoting the attractiveness of our cultural and historical monuments to the world through the media;
- Expansion of activities of organizations engaged in tourism;
- Improving the services sector; It is expected that the share of tourism in the country's GDP in the coming years will be 5%.

In short, the development of tourism will play an important role in the further prosperity of our country, and even in the improvement of infrastructure in remote areas of the country.

## Conclusion

Today, the tourism industry plays an important role not only in the world economy but also in the economy of our country. In particular, long-term soft loans were provided for the development of family businesses in the field of tourism. Tourism is one of the main sectors in the economy of our country, and the number of foreign tourists is growing every year, and their revenues are growing. Therefore, the further development of tourism will contribute to the prosperity of our republic.

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