

## THE BENEFITS OF HIKING TOURISM FOR HUMAN LIFE AND ITS ROLE IN WORLD COUNTRIES

*Khamidov Asilbek Umuruzokovich*

*Termez State University*

*Student of the Faculty of Tourism and economics*

[\*ahamidov383@gmail.com\*](mailto:ahamidov383@gmail.com)

### ABSTRACT

This article covers hiking tourism and improves blood circulation mainly in human organism as necessary for human life. tourism is a non-traditional form of tourism that attracts people.

**Keywords:** tourism, hiking tourism, benefits, negative aspects, development.

### INTRODUCTION

Tourism is the journey that people make from one place to another for various reasons within a certain period of time. Tourism soda means to understand the world, to understand the world, at the same time to get on the world stage.<sup>1</sup> The history of tourism goes back to the distant past, initially the basis of people's travel was education, the search for new lands, trade. It was considered an antiquity of Tourism. The rapid development of tourism in the later period took place in Europe, in the 17th century, when young nobles from Western and Northern European countries made a trip called The Grand Tour<sup>2</sup> it was followed by the foundation stones for modern tourism. In later periods, the improvement of transport systems became important for the development of Tourism. In a rapidly developing Europe, connected by railways, the increasing availability of free time in the 19th-century self-contained Europeans made it necessary to travel, and they would travel all over Europe. (Draw 1) The first travel agency was founded by Thomas Cook, on excursions and weekends, from his own transport, food and accommodation offered tourist packages consisting of. The 20th century was the Golden Age of tourism, as the discovery of the bus, car and samalyot in this period followed the collapse of prices. Tourism continued to thrive in the following period. Tourism is an important source of many new jobs, additional income creation, entrepreneurial activity and accelerated development of the economy of the regions, rich and diverse cultural-historical, areas of effective use of nature objects (sightseeing, hearing) and viewing on the basis of nature protection and environmental security<sup>3</sup>.

*Figure 1. Train. The end of the XIX*

<sup>1</sup> Karimov I.A "from the way of building". T.: Uzbekistan, 1996y-P. 285

<sup>2</sup> <https://www.europeana.eu/en/blog/travelling-for-pleasure-a-brief-history-of-tourism>

<sup>3</sup> S.N.Abdurahimov Investment is the power that develops the tourism of the country Thematics Journal of Business Management 2021-12-14 page 11

Tourism is one of the most important sectors of the economy. Further improvement of this network is necessary, effectively taking advantage of the available capabilities. This is dictated by the era itself. In the world, there will be an almanication of many tourists between regions, which in some regions will make up large numbers. (Figure 2).

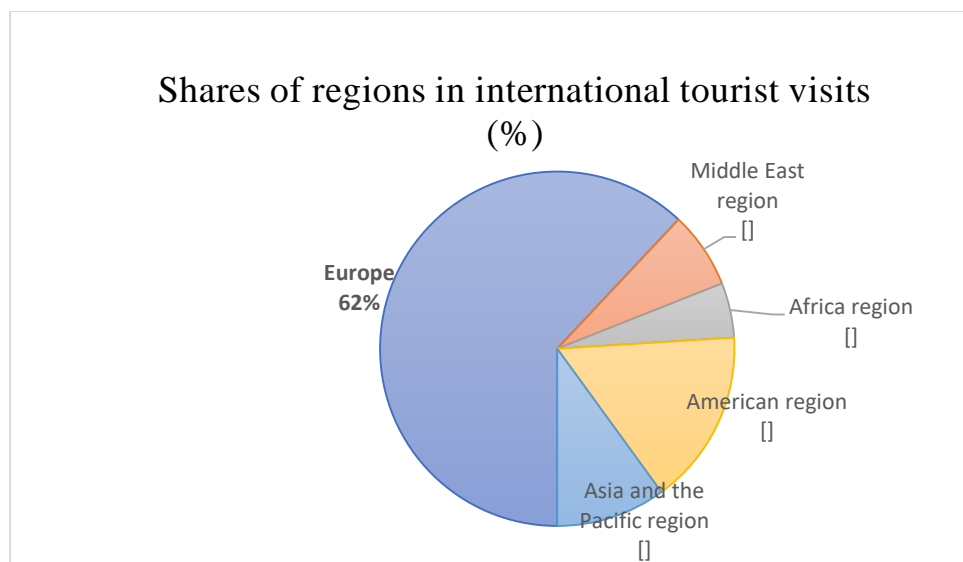


Figure 2. International tourist visit in the world continents in 2022 (%)<sup>4</sup>

Walking is considered very useful for human life, such a walk is better than just walking, as well as its easy training, which is often carried out in the bosom of nature and can enjoy it without any obstacles, communicate directly with local residents, is popular among tourists in terms of. In overcoming environmental problems on the planet by walking, in maintaining the biodiversity of nature<sup>5</sup> it is considered one of the effective methods, through which it minuses the damage caused to nature. Walking can take anywhere from a few hours to a few days. It does not need excess items for training, so much so that it is enough for the desired food, water and quality shoes. This type of travel is mowed for various purposes. For example, wildlife viewing, to learn to observe, the altitude the study of plants can be to determine the culture, geography of the local population.

### Useful aspects of walking

Walking improves physical fitness, which means that by walking, the human body is tempered through little movement, ensuring its flexibility to various conditions. Alternatively, the expansion of blood vessels in the human body, good blood circulation, strengthening of the imun system have been found by scientists to reduce

<sup>4</sup> Prepared on the basis of data from the World Organization of Tourism(UNWTO).

<sup>5</sup> Ecological tourism, R.Khaitbayev, Tashkent 2018

the risk of heart attack and stroke. And through cultural walks, the benefits that can be obtained through it will be greater. Physical activity, by walking in a row, leads to various mental disorders in a person, stress, decreased anxiety and high mood. By seeing beauty, the production of the substance dopamine in a person increases, which creates confidence that a person lives life. This leads to the fact that through this way this substance is produced naturally in man. Through this physical movement, it is also possible to prevent an increase in the ogress in the human body, through these walks, causing the excess fat in the traveler's body to Melt. As well as the beneficial aspects of each activity, there will certainly be negative aspects, the following are explained by the negative aspects of this activity: the physical strain of travelers who are not used to walking, who are not prepared enough, and through it harm their lives to varying degrees. By walking, there is a high calorie expenditure, and by eating foods that are high in calories than you should after this workout, stomach diseases can be observed, and in walkers for weight loss, there may be a constant change in weight.

### **The swing of hiking in this area in the world of Tourism and Uzbekistan**

Various competitions and promotions are held in this direction in the world. For example in the longest distance walk, Korea beats in the first place. That is, it is held annually in Jeju Province, South Korea. The number of visitors grew from 3,027 in 2007 to 950,541 in 2017. It is also considered high in Europe. In Europe, this type of activity is also one of the most popular. The cool air of Europe, the infrastructure of the countries are also the reason for the development of this type of Tourism. By organizing this type of travel in Europe, revenue was estimated at \$ 586.3 milloin in 2018, with projected revenue of 1.6 billion in 2026. From these numbers it can be seen that this area of tourism is the one that brings a lot of income through low investment. A survey conducted in Germany found that those who performed the above forms of walking simply to be outside were 30%. The development of this species is considered scarce in Uzbekistan. This can also be caused by: low quality of Service, insufficient conditions for walking (flatness of roads, safety), the scarcity of modern landscape designs and their role in the development of this area are not properly evaluated, and the unpopularity of this type of tourism among the population.

### **Important factors for the development of hiking tourism**

While hiking tourism can be developed in every jaoy, some factors are important for development, and the purpose of these factors is to bring amateur walkers to a professional level. At the stage of development of this area, the main elements are as follows:<sup>6</sup>:

- route features (attractiveness, safety, difficulty level);
- necessary equipment (signs, toilets, benches, etc.);

---

<sup>6</sup> [The European market potential for walking tourism | CBI www.cbi.eu](http://www.cbi.eu)

- maintenance system;
- Economic opportunities (accommodation, transport, shopping centers, cultural programs, contacts), etc;
- Marketing and commercialization.

In the context of organizing walking, it will be advisable to teach travelers safety rules, conservation laws, the provision of first ambulance. The purpose of this is to ensure the safety of travelers, to be prepared for any unforeseen emergencies.

**The most developed period of hiking tourism**

Hiking tourism is growing in fast pictures among the world's population between the ages of 20-50, although the reason for this can be considered that people in this age range find out that walking is the most useful activity through scientific and life experiences. In the 2020 pandemic, many residents experienced respiratory problems. To solve these problems, of course, walking was considered the most effective way. From this year onwards, many tour-packages organised by tour operators were for walking, and the period following the pandemic was a thriving period of this tour.

**Forms of hiking tourism**

Hiking tourism includes: long-distance walking and short-distance walking, mountaineering, trekking, mountain walking, gorge walking. These tular walking distances are separated by height, difficulty levels. The form of long-distance walking consists of boib crossing a distance of at least 30 km in one day. Short-distance walking is 3-4 km. The mountain walking pattern consists of 3000 m high snow fields, rocks, scratching into the mountain. It consists of the most dangerous and risk-rich and, at the same time, strong pleasure

Table 1.

**Forms of hiking tourism**

Long distance walk -	it takes a day or at least 30 km on foot, by taking a few hours away from everyday life. Many routes involve long-distance walking from footpaths through a variety of low altitudes-long-distance walking has become a hobby for many tourists as it is done in a variety of landscapes.
Walking in the mountains	Mountain Hiking is usually done at elevations up to 3,000 meters above sea level. Mountain walking usually does not require any special equipment to ensure the safety of pedestrians. Cuttings are walked in conditions that are paved, flat, or not at risk of falling, by tying a rope on steep cuttings that are difficult to walk.

Trekking (a kind of long walking trip)	The duration of the trip in trekking is longer and usually starts from two days. On average, it lasts seven hours a day, several days in a row. The distance traveled can range from 50 km, rarely, even up to 24,000 km. Trekking is carried out on rough terrain, dirt roads, in a complete desert, at high altitudes, but can also be carried out along designated trekking routes with appropriate tourist infrastructure.
Walking on the gorge	Hiking in the gorges (in other words: exploring the gorges) is carried out in rocky places on mountain rivers, waterfalls, pools, rocky ground, natural pits. This activity is interspersed with swimming in the canyon, but swimming in the canyon is much more interesting than walking in the ravines. Walking in the gorges takes up to 3-4 hours.

In conclusion, hiking tourism brings significant benefits to both human health and nature. It is through the development of tourism that we reduce many environmental problems. In Uzbekistan, it is also ensured to develop this species in the current conditions, increase the connection between man and nature, increase the domestic economy, show tourists many places by walking. By solving a number of problems, we will also develop hiking tourism in Uzbekistan, in general, the tourism sector. For example, the repair of roads in world standards, the establishment of public toilets at certain distances, the reconfiguration of the existing ones; the improvement of the quality of kitchens providing our national dishes, which is also considered to be a big influence on the development of domestic and foreign tourism, since it is natural for visiting tourists to be interested in the National taons of.

### REFERENCES

1. R.Khaitboyev, Environmental Tourism 2018.
2. M.A.Boltaboyev, I.S.Tukhliyev, B. SH.Safarov, S.A.Abdukhamidov. Tourism: theory and practice. 2018.
3. I.S.Tukhliyev, R.Hayitboyev, B. S. Safarov, G.R.Tursunova fundamentals of Tourism, 2014.
4. <https://www.trt.net.tr/uzbek/xalq-tabobati/2023/05/26/01234567890-1991173>.
5. <https://www.cbi.eu/market-information/tourism/walking-tourism/market-potential8>.
6. <https://www.trt.net.tr/uzbek/xalq-tabobati/2023/05/26/01234567890-1991173>
7. <https://www.cbi.eu/market-information/tourism/walking-tourism/market-potential>