



THE ROLE OF NATURAL TOURIST OBJECTS LOCATED IN UZBEKISTAN IN THE DEVELOPMENT OF TOURISM

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ABOUT ARTICLE

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Abstract: This article discusses the tourist and recreational potential and opportunities of the Zaamin sanatorium, the tourist and recreational potential of the Turkestan mountain range, the resorts and sanatoriums located in the Bakhmal district, the tourist destination facilities located in the northern and northwestern parts of the Nurota range, and the tourist potential of the Gobdin mountains and their recreational and tourist potential.

INTRODUCTION

Zomin sanatoriumsining tourist-recreation salons. There are many recreational facilities and resorts in Zaomin, which are of great importance in the development of tourism. Among the recreational facilities in the district, the “Zaomin” sanatorium is of particular importance. This sanatorium, which is considered a climatic resort, is the most beautiful recreational destination in the Zaomin region. Located on the northern slope of the Turkestan Range, this recreational facility is located at an altitude of 2100 meters above sea level, within the Zaomin National Nature Park, and covers an area of 25 hectares. The unique mountain landscape, clean air, sufficient sunlight and high levels of ultraviolet radiation, which attract people's attention, create favorable conditions for conducting climatic preventive and therapeutic procedures.

The main healing factor in the region is the mountain air and climate. The sanatorium employs 12 doctors: a cardiologist, urologist, neurologist, gynecologist and dentist. People who come to this sanatorium for treatment are people with respiratory diseases, nervous system (functional diseases),

allergies (bronchial) and asthma. This sanatorium can accommodate about 700 people at a time. The Zomin sanatorium is equipped with modern medical and diagnostic equipment, and for the treatment of patients with bronchial asthma, hygrotherapy (artificial pearl, iodine-bromine, pine baths, shower, swimming pool), physiotherapy, exercise therapy, health care, massage methods are widely used. The main residential building has rooms that meet the requirements from the first to the sixth floor. The seventh floor was renovated and put into operation in 2019. The sanatorium has a mother and child building, family rooms, dining and treatment rooms.

The sanatorium has "Mother-child" departments for receiving children aged 3 to 14 years with their parents. The dormitories consist of comfortable single and double wards, and the building has a club, library, sports field, and playrooms with attractions for young children. The duration of treatment at the sanatorium is 10 days, with 100% discount and 45% discount prices. During the summer vacation season, only people who come by referral are accepted. As of 2022, the cost of one day at this sanatorium is 335 thousand, and deluxe rooms are 490 thousand soums. Referrals to the sanatorium are issued by trade unions once every two years.

The number of people coming for treatment in the spring months is slightly lower, and the anthropogenic load falls mainly on the summer months. In the fall, the number of people undergoing treatment decreases in September. According to official data, 30-40 tourists visit the sanatorium per day in the spring months, and more than 150-200 tourists in the summer months to see the sanatorium. As is known, in determining the future prospects of any industry, it is of great importance to predict the existing capabilities and, if necessary, the features of use in advance. In this regard, the Zamin sanatorium requires taking into account many factors when receiving and accommodating tourists, that is, vacationers.

Tourist and recreational opportunities of the Zamin sanatorium



Tourist and recreational potential of the Turkestan mountain range. In the Chumqartog tourist and recreational region located on the northern slope of the Turkestan mountain range (western part of the Shakhristan plateau), the number of cold days in the spring and autumn months (April, November) is quite unfavorable, so the possibility of developing recreation in these areas is quite unfavorable. The presence of treatment and recreation, sports and recreation, excursions to natural monuments and junipers in this area, the organization of mountain and water tourism, the development of water sports in the area of the Novkin reservoir, the possibility of taking sun and air baths indicates that the potential for developing tourism and recreation in this area is high.

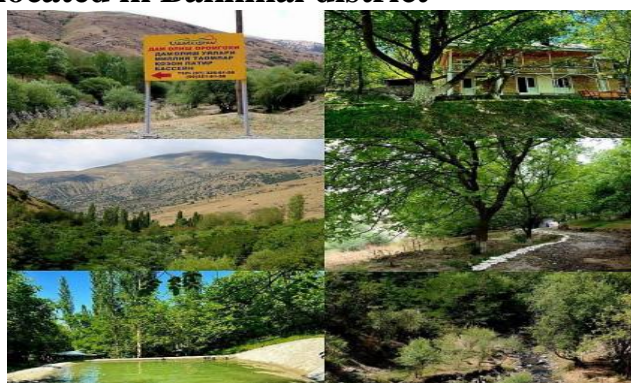
At the same time, the various trees, several hundred-year-old plane trees, lush meadows with meadows, and fish in the healing spring waters around the shrines of "O'smat Ota", "Kho'ja Kundalang Ota", "Novqa Ota" and "Bog'imozor" located in this area cannot fail to attract any tourist.

The "Bakhmal" recreation and health resort, located in the territory of the Vaxmal forestry, is a modern type of home hotel, camping, where guests can undergo preventive and health procedures, thanks to the coniferous trees, clean air, and mountain climate. Bakhmal is a specialized area for the rehabilitation of people suffering from respiratory diseases and bronchial asthma, allergies, diseases of the nervous system and musculoskeletal system. Also, tourists visiting the "Dong'ara", "Sa'dulla Izbosarov", and "Baikong'ir O'tovlari" recreation centers in this area will have the opportunity to enjoy the beautiful scenery, camping sites on the slopes of the stream and mountains, huts, beautiful natural landscapes, clean air, tranquility, swimming pools, cauldrons, national cuisine, relax in tapchans along the stream and spend the night in national huts, enjoy ecologically clean dairy products, and walk along ecological trails through dense junipers.

Resorts and sanatoriums located in Bakhmal district



"Dongara" recreation center



"Sa'dulla Izbosarov" recreation center



"Bakhmal rest"- sanatorium



"Baikungir Huts" recreation center

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clean air, tranquility, swimming pools, cauldrons, national cuisine, relax in tapchans along the stream and spend the night in national huts, enjoy ecologically clean dairy products, and walk along ecological trails through dense junipers.

The geomorphological landscape of this region is diverse, and the natural conditions of the region, depending on the altitude, include karst craters, caves, and unique natural monuments such as the "Kirqqiz Tosh" ensemble and "Tash Kuyov", which were formed under the influence of exotic karst and weathering processes that are rare in arid regions in the world.

Tourist destination objects located in the northern and northwestern parts of the Nurota range. Several historical monuments, religious sites and interesting destinations in this area are of particular importance in terms of regional tourism. Cultural and ethnographic monuments such as "Khoja Bogbon Ota", "Hasan Ota", "Narvon Ota", "Mavlano Muhammad Sharif" and "Jondahar Ota" located in this area will serve as the basis for the development and organization of religious tourism in this area.

The cultural and ethnographic monuments located in the northwestern part of Hayotbashi Peak, the highest point of Nurota Mountain, in the Forish district, include the "Hazrati Eshon Khalifa" shrine in the village of Andagin, the "Hazrati Zaynulobiddin" shrine in the village of Mojurum, a 2,300-year-old juniper tree (10 m in diameter, Savr juniper), which is very rare in the Central Asian region, oriental biota, and the remains of 1,000-year-old stone houses, which also indicate a high potential for organizing and developing tourism in these areas.

In addition, the ancient Khanbandi hydraulic structure built in the 10th century in the Forish district, the Khanbandi waterfall, hunting and fishing resorts, and the "Kyzylkum Desert" ecotourism region are also of particular importance in the development of regional tourism. Also, modern camping sites and hotels have been built on the banks of the lake for tourists visiting the Aydar-Arnasay lake system to rest and relax. At the same time, several home hotels have been built in the village of Ukhum, which serve local and foreign tourists visiting this area.

Touristic opportunities of the Gobdin Mountains. Gobdin Mountain is part of the Nurota Mountain System and is considered to be the western mountain massif of the Turkestan Range in the western part of the Pamir-Aloy mountain system. This mountain borders the Zarafshan Valley in the south, is separated from the Koytash-Koshrobot Basin in the north, is bordered by Karachatog in the west through the Kuruksay Stream, and is separated from the east by the Chumqortog and Morguzar Mountains through the Sangzor Valley. Administratively, the southern slopes of Gobdin Mountain belong to the Bulungur District of the Samarkand Region, and the northern slopes belong to the Gallaoral District.

Mount Gobdin stretches for 41 km from east to west, and its widest point from north to south is 16 km. The highest point of the mountain is 1672.8 m above sea level, and the average height is around 1200-1300 meters. The highest peak of the mountain is located in its middle part, and from this height the mountain decreases to the west and east.

Observations show that one of the main factors in the use and development of the recreational and tourist resources of the Gobdin Mountains is favorable climatic conditions and clean air, long-lasting favorable temperature conditions, a large number of sunny days, optimal relative humidity for the body and other climatic factors that create wide opportunities for organizing treatment and recreation. In particular, the invaluable and so far little-studied medicinal plant world of this region, which treats various diseases, mineral waters, climatic resources and recreation and health resorts, attract tourists. Unfortunately, at present, the rich tourist and recreational resources of the Gobdin Mountains have not yet been sufficiently explored. The main reason for this is the lack of tourist bases and hotels and the

underdeveloped transport infrastructure. In order to use the recreational resources of the region, it is necessary to establish a "plain-mountain" tourist route system. Also, these mountainous regions have a high potential for the development of ecotourism, mountain tourism, speleotourism, sports tourism and recreation in the future.

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