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## GROUPING AND ASSESSMENT OF TOURISM AND RECREATION RESOURCES OF BUKHARA REGION

<sup>1</sup>Ahmadjon Muhamadovich Mavlonov, <sup>2</sup>Istat Elmurodovna Mirzoeva,

<sup>3</sup>Anvar Nusratovich Nematov, <sup>4</sup>Charos Zarifovna Jalilova

<sup>1,2,3,4</sup>Bukhara State University, Uzbekistan

Factors such as the well-being and culture of the population and high demographic growth in the world and in some of its countries lead to an increase in demand for tourism, leisure, recreation and recreational resources, which in turn leads to the study of tourism and recreation resources of countries and regions, requires increasing the tourist potential of the regions by assessing the available opportunities.

Today, Uzbekistan has a huge potential for tourist resources, more than 7,000 historical and architectural monuments and beautiful natural and climatic resources. Only 1/3 of tourist resources are used for tourism, and the rest require the formation of tourist infrastructure and the development of new tourism products. Today, like many industries, the tourism industry is developing rapidly. The tourism business cannot be formed only with the available investment, technology, and skilled workers. This will require, first of all, the efficient use of tourist resources.

The importance of natural tourist resources in the grouping of tourism resources is great. The main importance of natural tourist resources is that they serve as tools for the restoration of physical and mental abilities of people. Tourists meet their basic needs from nature. Due to the fact that Bukhara region is located in the desert zone, landscapes (oasis and desert landscapes), climate, water bodies, mineral water and therapeutic swamps play a key role in the organization of tourist activities. These resources can be restored by itself or by man. These resources can be evaluated in terms of geography, biology, geology and other aspects. An analysis of natural tourist resources is required to organize recreation. As natural resources, it is possible to obtain individual components of nature or whole natural complexes.

All natural resources should be viewed in terms of recreational or tourist potential. Recreational resources include natural and anthropogenic objects of unique historical or cultural value, aesthetic

pleasure, therapeutic value, used in the organization of various forms of recreational activities [4, p. 87]. Among modern geographical studies, the study of the recreational potential of regions is one of the important directions today.

Bukhara region is located in the south-west of Uzbekistan, naturally in the south of the Kyzylkum Desert, in the lower reaches of the Zarafshan River [3]. Although the region is developing in the desert zone, it is possible to see a wide variety of recreational resources. Most scientists divide recreational resources into 2 groups [6]:

- Natural recreational resources
- Cultural and historical recreational resources

Natural recreational resources include the natural conditions used in the recreation, recreational and tourism areas of the region and its individual elements (relief, geological structure, climate, surface and groundwater, soils, flora).

The potential of historical and cultural resources of the region plays a key role in the development of tourism in the region. Cultural and historical resources can be used for many purposes in tourism. The attractiveness of cultural complexes depends on the ease of use of their historical and pictorial value.

Cultural - historical resources, a complex of various material and cultural monuments are the objects of tourist interest of a particular region.

The richness of the regions in architectural monuments contributes to the development of tourism. It is proposed to preserve cultural and historical resources for tourism as follows:

- Restoration of existing historical sites, buildings and monuments as objects of tourist interest;
  - intensification of protection of cultural and historical resources;
  - Increasing the responsibility of management organizations in maintaining and improving the environment in order to meet the needs of tourism.
- Cultural and historical recreational resources include cultural objects, architectural monuments, archeological monuments, religious sites, shrines.





historically and ethnographically unique places that serve the spiritual and cultural development of people.

It is no secret that Bukhara region is one of the regions rich in cultural and historical recreational resources. More than 700 historical monuments, archeological monuments and sacred places of worship in the region were the basis for the development of historical, religious, pilgrimage tourism.

Although Bukhara region has great potential for tourism development, it is mainly developed historical (sightseeing) and pilgrimage tourism. However, the region has a wide range of opportunities for desert tourism, ecotourism (geotourism), rural tourism, ethnographic, sports, gastronomic, recreational. In particular, the prospects for the development of tourism through the use of natural resources of the region for recreational purposes are great [2].

The natural recreational resources of the region are usually seasonal in nature. In particular, in the spring (especially in April-May) and partly in the fall, you can relax in the desert, restore health, enjoy the beautiful nature of the desert and the unique flora. These recreational activities have been developing relatively rapidly in recent years.

Bukhara region has great potential for the use of natural conditions and resources for tourism and recreation. Studies show that, depending on the natural conditions and opportunities of the region, the following groups can be distinguished:

• In terms of relief forms:

1. Study of plateaus (Karakul) and hills around the oases (Momojurgoti, Oftobachi, etc.);
2. Excursions to anthropogenic hills within the oases;
3. Viewing the ancient terraces of Zarafshan;
4. Study of the relationship between the desert and the oasis (excursions to areas at risk of sand cover in the periphery of the oasis).

• Climate resources:

1. Humidity in the summer should not exceed 15-20%, which gives very good results in the treatment of most kidney diseases. Mohi Xossa Sanatorium in Bukhara is one such balneological sanatorium;
2. Healing in sunlight.

• Water resources:

1. Organizing trips along the major canals and ditches passing through the territory of the region (fishing, creating beaches, providing opportunities for water travel, water sports, etc.);
2. Rest and relaxation by the pools;

3. Study of the culture of water use of the population (educational trip to the regional Hydrological Museum);

4. Further increase the efficiency of the use of mineralized, hot springs in the region for recreational purposes;

5. Study of mineralized wells;

6. To study the possibility of using collector water in the Bukhara region for tourism and recreation purposes;

• Vegetation:

1. Excursion to the protected areas (information on the "Green Shield" of the Bukhara oasis);

2. Excursion to the landscapes of Duoba tugai and tugai around the Central Bukhara collector;

3. Identification, propagation, cultivation and sale of medicinal plants;

4. Travel to agricultural clusters.

• Fauna:

1. Acquaintance with karakul farms;

2. Travel to intensive livestock farms;

3. Organizing a trip to the Jayron nursery [2];

4. Monitoring of newly established livestock industries in the region (ostrich and quail feeding);

5. Travel to fishing farms

• Travel to economic and social facilities:

1. Travel to ancient cities (Varakhsha, Ancient (Fortress) Romitan, Zandane, etc.) [2];

2. To get acquainted with the shrines of great people of the Islamic world, 7 shrines of Bukhara (Abdukholiq Gijduvani, Khoja Arif Revgari, Mahmud Fagnavi, Khoja Ali Romitani, Boboi Samosi, Sayyid Mir Kulol, Bahauddin Naqshband);

3. Travel to the holy shrines (Khoja Zafaran, Khoja Ubbon, etc.);

4. A trip to the place where Abu Ali ibn Sina, the founder of medical science, was born and raised (Afshana). Ibn Sino Museum. Khoja Peshko Complex;

5. Study of the lifestyle of the local population [5].

It is possible to study each of the above directions separately, to organize tourist routes on it. In particular, the organization of trips along the major canals and ditches passing through the territory of the region. Due to the fact that Bukhara region is located in the desert zone, the importance of water resources is incomparable. There are great opportunities for the organization of tourist and recreational activities around water bodies (canals and ditches, artificial lakes, reservoirs) in the region [2]. The water bodies can be used for tourism, boating, fishing, and health promotion. In this regard, the Amu-Bukhara canal and its networks are of particular importance [1].



Our research shows that the Amu-Bukhara car canal (ABMK) has the following recreational and tourist opportunities:

- Organization of educational tours around ABMK (travel tourism);
- Canal fishing;
- Rest and health in the areas around the canal;
- Development of water sports;
- Beach tourism;
- Swimming in a boat;
- Enjoyment of tugai flora and fauna;
- Knowledge of the economic importance of ABMK;
- Improving environmental culture (water economy culture);
- Exploring the ecotourism potential of ABMC, etc.

There are also great prospects for the use of Bukhara region's climate, mineralized wells and springs, as well as areas with medicinal salt and mud as a recreational resource [1].

In short, Bukhara region has great tourist potential. Although the region is located in the desert zone, it is possible to organize tourist facilities and routes on the basis of each component of nature. Currently, some of them are used in tourism, especially domestic tourism. However, in the future there is an opportunity to use these facilities as an object of international tourism by improving the tourist infrastructure. To do this, first of all, it is necessary to increase the number of media outlets informing vacationers about these tourist facilities, as well as to develop advertising, propaganda and propaganda work. In addition, further improvement of the tourist infrastructure (construction of hotels, hostels, catering and service facilities) in such places in the near future will serve to increase the flow of tourists.

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**Dr. A. Singaraj**  
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e-mail: [chiefeditor@eprajournals.com](mailto:chiefeditor@eprajournals.com)

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