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GEOGRAPHICAL ASPECTS OF USE OF RECREATION RESOURCES FOR TOURISM (ON THE EXAMPLE OF BUKHARA REGION)

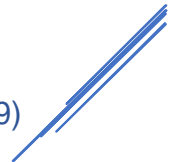
Abstract. *The study of recreational resources plays an important role in geographical research. This article discusses some aspects of Bukhara region's recreational resources. In particular, the article deals with the tourist and recreational potential of the Amu-Bukhara machine channel.*

Keywords: *recreation, recreational resources, tourism, natural recreational resources, cultural and historical recreational resources, Amu-Bukhara machine channel (ABMC).*

Factors such as rising living standards and culture in the world and in some of its countries, as well as high demographic growth, are leading to an increase in the population's demand for recreation, recreation and recreational resources.

Recreational resources include natural and anthropogenic objects of unique (unique) historical or cultural value, aesthetically pleasing, therapeutic value, used in the organization of various forms of recreational activities [3, p. 87]. Among the modern geographical studies, the study of the recreational potential of the 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 [5]. Although the region is developing in the desert zone, it can be seen in a wide variety of recreational



resources. Most scientists divide recreational resources into 2 groups [1]:

- 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).

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 ecotourism (geotourism), rural tourism, ethnographic, sports, gastronomic, recreational (treatment and rehabilitation). In particular, there are great prospects for the development of tourism through the use of natural resources of the region for recreational purposes.

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. However, non-compliance of the population with the relevant norms (damage to desert fauna and flora) and lack of enterprises and qualified specialists in this field are among the problems in the field.

There are great opportunities to organize recreational activities around water bodies (channels and ditches, artificial lakes, reservoirs) in the region. The water bodies can be used for tourism, boating, fishing, and health promotion. Especially important

in this regard is the Amu-Bukhara machine channel and its networks [4].

Our research shows that the Amu-Bukhara machine channel (ABMC) has the following recreational and tourist opportunities:

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

There are also great prospects for the use of the climate of Bukhara region, mineralized wells and springs, as well as areas with healing salt and mud as a recreational resource. Examples of this are the Sitorai Mohi Xossa and Joyzar sanatoriums, and the Alat district sanatorium [2]. In addition, some wells and springs in the districts and the surrounding mud (mud) are used by the local population in the treatment of various diseases. For example, skin water from the well of Khoja Ubbon shrine in Romitan district, hepatitis from the well of Khoja Zafaran, and water from the saint Yaqubi Sheikh are a cure for various skin rashes. Therefore, in the near future, the urgent task is to further improve the tourist infrastructure in such places (construction of hotels, hostels, catering and service facilities).

The study of recreational resources of the region allows us to draw the following conclusions:

- Bukhara region has great prospects not only for cultural and historical, but also for natural recreational resources;
- In particular, the main hydrographic facilities of the region - channels, ditches,

artificial lakes and reservoirs have great potential;

- There are few recreational tourism enterprises and institutions operating in the sector. The advocacy work of their activities is not well established;
- The system of tourist infrastructure is developed only in cities.

Suggestions:

- Development of a roadmap (action plan) for the use of natural recreational resources of Bukhara region with the involvement of specialists;
- It is necessary to further improve the efficiency of the region's natural recreational resources by improving the system of transport and social infrastructure;
- Development of developments in the use of natural recreational resources;
- Public awareness and scientific articles about natural recreational resources in the media.

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