

## Recreational Potential and Prospects Tourism Development in the Republic of Uzbekistan

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### ABSTRACT

*This article focuses on the effective use of the country's tourism potential and the development of recreational tourism, since today it is one of the fastest growing areas. Recreational tourism is one of the most important areas of the modern economy, aimed at improving the health of people and improving the quality of life of the population and not leading to the depletion of natural resources.*

**KEYWORDS:** *recreational tourism, hydro-mineral resources, balneology, resort, infrastructure.*

Uzbekistan is considered one of the centers of tourism not only in Central Asia, but also around the world. Let there be enough sun and spa facilities in many countries of the world, but nowhere in the world can you find such a variety of cultures as here - in Samarkand, Bukhara, Khiva, Termez, Tashkent, Shakhrisabz, Kokand.

The tourist and recreational potential of the country indicates that there are 7,400 cultural heritage sites in Uzbekistan, 209 of which are included in the list of four museum cities: "Ichan Kala in the city of Khiva", "The Historical Center of Bukhara", "The Historical Center of Shakhrisabz" and "The City of Samarkand", included in the list of UNESCO World Heritage Sites. Their history goes back centuries, the ancient walls of the ramparts remember the phalanxes of Alexander the Great, the hordes of Genghis Khan and the battle formations of Tamerlane's soldiers.

You can come to Uzbekistan not only to see ancient architectural monuments and enjoy the unique nature and culture, but also to strengthen your health as the main value of life.

Among the national natural resources of Uzbekistan, sanatorium-resort resources (mineral waters, therapeutic mud, mountain climate and others) occupy a special place in terms of their economic and social significance. The best sanatoriums and medical resorts of the country are located in beautiful ecologically clean places, surrounded by mountains and in close proximity to natural reservoirs [1].

The use of water for recreation is based on the use of the potential of natural and artificial ecosystems, which include foothill and mountainous areas, floodplains of large rivers, banks of reservoirs and canals. The most attractive landscapes in this regard are water surfaces. However, in their natural state, they are of little use. For recreational purposes, which requires significant work on landscaping and environmental protection with extremely low water costs for household and drinking needs.

The conducted studies show that in the conditions of Uzbekistan, the main recreational areas are: Amudarya (floodplain territory of the river, banks of reservoirs and channels), Zarafshan (covers the entire length of the river), Tashkent (Chatkal and Chirchik rivers, the coast of the Charvak reservoir), Karadarya (the Karadarya, Syrdarya rivers and the coast of the Kayrakkum reservoir), Ferghana

(foothill and mountainous sections of small rivers). Their potential recreational capacity is 45 thousand people, and with full cultivation of near-water landscapes - 170 thousand people [2].

Mineral waters are the main therapeutic factor of sanatorium-resort areas of Uzbekistan, the possibility of their use and the result of exposure to the human body for therapeutic and preventive purposes is engaged in the science of balneology. The internal intake of mineral waters has prospects of application to address aspects of population aging.

Recreational tourism is evaluated on the basis of hydromineral and unique natural healing resources [3].

Groundwater makes up a significant part of the country's water resources and plays an important role in drinking, medicinal, agricultural water supply, including irrigation and irrigation of pastures. Natural groundwater resources in Uzbekistan as a whole amount to 24.35 km<sup>3</sup>. Of these, 20.79 km<sup>3</sup> is formed in sediments of Quaternary age, 2.92 km<sup>3</sup> - in sediments of Upper Pliocene-Quaternary and 0.46 km<sup>3</sup> - in sediments of Upper Cretaceous age.

In total, as of January 1, 2020, reserves were approved in the amount of 33,686 thousand m<sup>3</sup>/day, including 28,857 thousand m<sup>3</sup>/day for industrial categories A+B+C1. The largest amount of reserves was approved by the balance sheet for the Republic of Karakalpakstan (10,786 thousand m<sup>3</sup>/day), Namangan (4,576 thousand m<sup>3</sup>/day) and Navoi (3,629 thousand m<sup>3</sup>/day) regions. The proven reserves of mineral waters in the Republic of Uzbekistan are 314.9 thousand m<sup>3</sup>/day, which is 11.8% of the reserves approved by categories A+B+C1. [4].

Rich hydromineral resources have been identified in the republic, on the basis of which popular balneological sanatoriums and resorts are organized and operate: (Table 1):

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### Therapeutic factors of mineral waters

Balneological group of mineral waters	Balneological sanatoriums and resorts	Therapeutic factors
Without specific components, small, medium and highly mineralized	"Chinabad", "Nazarbayev", "Chimion", "Turon", "Kasansai", "Mother and Child", "Almazar", "Zarafshan", "Samarkand", "Syrdarya", "Hahog", "Botany", "Honka", "Bulavli garden Cherokee", "Shifokor", "Botany", "Marjon",	Functional diseases of the stomach with hypotonic dysfunction, chronic non-atrophic gastritis and uncomplicated peptic ulcer with normal and increased acid formation, chronic secondary enteritis of mild and moderate severity (without diarrhea), subacute and chronic pancreatitis with impaired excretory function
a) bicarbonate		
b) chloride and sulfate	"Mersian", "Chinabad", "Turon", "Buston", "Botany", "Sitorai Mokhi-Khosa", "Shakhrikhon", "Chatkal", "Kashkadare sohili", "Oltynsay", "Malham Shifo", "Gulshan", "Sirli bulok", "Kushagach". "Uchkyzil", Health complex "Kibray", "Farhad", "Chimion", "Integral", "Khorezmtrans, "Orom", "Havotog", "Turon maidanli suvi"	Functional disorders of the stomach with impaired motor function of the stomach (hypotonic dysfunction), chronic non-calculous cholecystitis in remission, chronic pancreatitis with reduced external secretory function, mild type I and II diabetes mellitus in a state of compensation.
Carbon dioxide	"Uzbekistan", "Rapkan", "Buston-Bugo"	Digestive and cardiovascular system
Hydrogen sulfide	"Chartak", "Nihol", "Chimion", "Mercian"	Cardiovascular and nervous

		systems, sciatica, gynecology, skin diseases, etc.
Glandular	"Zangiota Zam-Zam", "Chimion"	Iron deficiency anemia, general strengthening agent, cell building, body growth, oxygen transfer, hemoglobin increase, respiratory tract catalyst.
Arsenic - containing	Wellness complex "Politotdel"	Growth of tissues and bones, weight gain, proliferation of cells of internal organs (liver, kidneys, muscle tissue), stimulation of nitrogen metabolism, increased absorption of nitrogen and phosphorus, strengthening of the body, skin, allergic reactions, nervous diseases.
Yodobromnye	"Chartak", "Chimion", "Namangangaz", "Shahand", "Nihol", "Topivaldieva", "Rapkan", Wellness complex, "Shirin", "Jayhun", "RIPKU named after K. Ubaydulayev", "Gulparshin", "March 8", "Marhamat"	Cardiovascular and nervous systems, organs of support and movement, skin, chronic gastritis, colitis, liver, metabolism, organs of support and movement, gynecology.
Siliceous	"Zangiota Zam-Zam", "Hotamtoy", "Mercian", "Semurg", "Madaniyat", Wellness complex "Politotdel"	Gastrointestinal tract, metabolism, biliary tract, organs of support and movement, skin, nervous system.
Boric	Sarybinaz	Digestive organs
Containing organic substances	"Surkh-Tepa", "Mother and child", Sanatorium of veterans of war and labor of the MSO RUz, "Uzbekistan", "Farhad"	Digestive organs, liver, biliary tract, metabolism, urolithiasis.
Radon	"Abu Ali ibn Sino"	Nervous and cardiovascular systems, respiratory and digestive organs, diseases of bones, joints, muscles, gynecology, metabolism.
Brine	The sanatorium of the boarding house "Uzbekistan Temir Yullari", "Marhamat", "Namangangaz", "Shahand", "Chartak", "Buston Buva", "Honka"	Organs of support and movement, peripheral and central nervous systems, skin, etc.
Nitrogen-alkaline baths	"Hotamtoy", "Integral", "Moviy Gulkhan"	Gastrointestinal tract, organs of support and movement, peripheral nervous system, gynecology, skin.

The most famous for their favorable climatic conditions are "Shakhimar-dan", "Chartak", "Zaamin" (Figure 1), "Tibet" (Figure 2), recreation areas Chimgan, Char-vak. Zaamin sanatorium is called "Uzbek Switzerland" for the mountainous landscape and the abundance of century-old coniferous trees, whose aroma saturates the already healing high-mountain air. The Aktash Sanatorium is another popular mountain resort with wonderful landscapes of broad-leaved groves, the mountain rivers Aktash and Ayubsai flow here [6].

Silt sulfide mud is successfully used, which is imported from the Jizzakh region from Lake Balykly. The leading sanatoriums and resorts of Uzbekistan use modern medical technologies in their practice, the quality of which meets high international standards.



Figure 1– - "Zaamin Sanatorium".



Figure 2. - Sanatorium "Tibet".

To date, the total number of States whose citizens have the right to visit Uzbekistan without visas has been reached 86. Numerous tourists visit this state to enjoy their holidays at the ski resorts. The most popular ski resort of the country "Amirsoy", with an area of 900 hectares, designed according to world standards, is located at the northern slopes of the Maigashkan mountain of the western Tien Shan mountain system, the Beldersay tract of the Bostanlyk district [5].

Tourists coming to the climatic and balneological resort - sanatorium "Kashkadarya Sohili" can also come to the Kitab Geological State Reserve, can touch the history of the ancient world, see the course of the formation of life on our planet. Kitab Geological State Reserve is one of the most unique natural monuments.

The main objectives of state regulation of tourism activities are: ensuring the right of citizens to rest, freedom of movement and other rights when traveling; environmental protection; creating conditions for activities aimed at the upbringing, education and health improvement of tourists; the development of the tourism industry that meets the needs of citizens when traveling, the creation of new jobs, the increase in income of the state and citizens of the Republic of Uzbekistan, the development of international contacts, the storage of tourist display objects, the rational use of natural and cultural heritage. The priority areas of state regulation of tourism activities are the support and development of domestic, inbound, social and amateur tourism [7].

Effective measures are being taken in Uzbekistan in the organizational, legal, economic, financial and other spheres of tourism functioning. A set of measures aimed at cardinal changes in the tourism industry of Uzbekistan is provided for in the Decree of the President of the Republic of Uzbekistan "On additional measures for accelerated development of tourism in the Republic of Uzbekistan" No. UP-5611 dated 06.01.2019. Since the main purpose of the order for the development of the tourism sector of the Republic of Uzbekistan in 2019-2025 is aimed at transforming tourism into a strategic branch of the national economy and achieving its targets by diversifying and improving the quality of tourist services, improving tourist infrastructure, including by attracting foreign investment, conducting effective advertising and marketing work [8].

In conclusion, I would like to note that every city in Uzbekistan gives hundreds of reasons to visit it. It is necessary to implement large investment projects in the field of tourism and recreation. Because tourism revenues contribute to economic stability, create jobs for businesses and increase the flexibility of the labor market.

There are mineral water deposits in the Republic, which in their qualities and medicinal properties are not inferior to well-known world resorts (Italy, Germany, Spain, Yugoslavia, Georgia, Russia, Romania, Poland, Czech Republic, Austria, USA, Bulgaria, Kazakhstan, Kyrgyzstan, Lithuania, Turkmenistan and Ukraine). These deposits are "Chimion" (Ferghana region), "Uchkizyl" (Surkhandarya region), Zangiata (Tashkent region), Kyzyltepe, Isfara (Ferghana region), Nihol,

Uchkurgan (Namangan region).

For the most effective use of such deposits for medical and health purposes, it is necessary to have a resort infrastructure. The resort infrastructure should be understood as a system of material objects and types of activities that provide resort services to the population and contribute to the strengthening of their health. The resort infrastructure includes medical and preventive, cultural and recreational facilities, sports grounds, specially trained medical and service personnel, etc. Resort infrastructure is a subsystem of social infrastructure, but it also has its own subsystem. It includes a system of auxiliary farms - communications, roads, transport, etc.

Thus, the development of recreational tourism in Uzbekistan involves the development of an effective regional policy for the development of recreational tourism, taking into account the specifics of the regions, as well as in-depth hydrogeological and medical research for more successful integration.

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