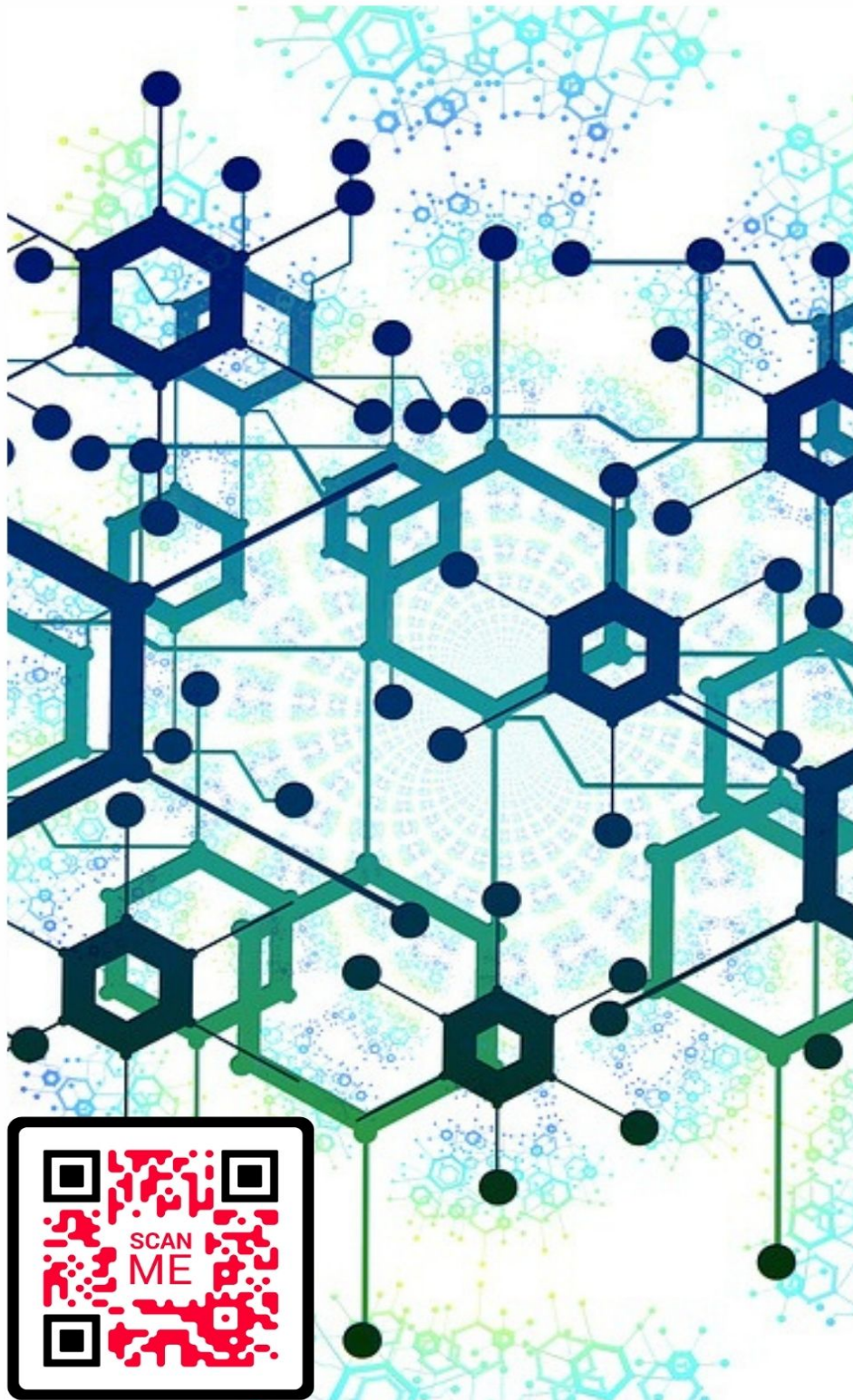


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**Effective Use of Recreation Resources of South Uzbekistan**

*Penggunaan Sumber Daya Rekreasi yang Efektif di Uzbekistan Selatan*

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**Abstract**

In this article, the geographical location of the Surkhandarya region of the Republic of Uzbekistan, its healing springs and their importance in the treatment of diseases, the beautiful and fresh air natural areas in the mountain and sub-mountainous regions, and the construction of health centers that meet world standards in these regions, as well as some issues of the further development of the recreational sector in the region problems, as well as the issues that should be resolved in their elimination are highlighted.

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## Introduction

Surkhandarya region is located in the south of the Republic of Uzbekistan in the valleys of the Surkhan and Sherabad rivers. The region borders with Afghanistan in the south, the Republic of Tajikistan in the east, the state of Turkmenistan in the west and the Kashkadarya region in the north and northeast. 70 percent of its area is occupied by mountainous and foothill areas, in these areas there are many different healing sources, there is a good climate for recreation, picturesque places, as well as opportunities for the development of mountain tourism and ecotourism, religious tourism [3]. This geographical position of the region creates favorable opportunities for the development of recreation and tourism. In particular, an important factor in the organization and development of this network is the passage of transport routes leading to the ports of South Asia and the Indian Ocean through the city of Termez, which is considered the regional center.

## Result

The recreational and tourist potential of each region is directly dependent on the level of its development, socio-economic, natural conditions, i.e. development of natural complexes, technical infrastructure, production network, service system, culture, art, science, in a word, the natural characteristics of the region associated with the economic, political situation and geographical location [2]. In many countries of the world, this industry is now considered a large and independent sector of the economy.

In the Decree of the President of the Republic of Uzbekistan dated January 5, 2019 "On additional measures related to the advanced development of recreational activities and tourism in the Republic of Uzbekistan", special attention is paid to the further development of this topical area [1].

Opportunities will be created to increase the flow of domestic and foreign tourists by expanding and equipping sanatoriums near the center of the region (10-15 km) with sulfuric and iodine healing springs in Uchkizil and Jayrankhan [5] .

One of the healing springs of the mountainous regions of the region is the "Gurim spring" in the western part of Mount Kuhitang, at an altitude of 1700 meters above sea level, 95 km from the city of Sherabad. This healing water gives good results in the treatment of kidney diseases, but the conditions for vacationers are not created, the population is treated in the "Wild" way. Experts say that the water of this source has higher healing properties than the water of "Naftusia" in the Eastern Carpathians. Opportunities will be created to attract local and foreign tourists through the construction of world-class sanatoriums and hotels and other infrastructure networks in the area.

In the western part of Mount Kuhitang, at an altitude of 1000 meters above sea level, there is the only "Salt Cave" in Central Asia, there is a preventive physiotherapy center "Aktash", where chronic bronchitis, asthma, pneumosclerosis, cardiovascular diseases are treated. It is necessary to equip and expand this physioprophyllaxis to world standards. Also, the healing spring water "Omonkhona" on Mount Boysun is considered extremely useful in the treatment of the liver and related diseases. It has been proven that people suffering from hepatitis can be completely cured of the disease if they drink this water for a week. A further increase in the flow of vacationers and tourists is possible due to the expansion of the existing sanatorium in the area, as well as its equipment at the level of requirements and the organization of infrastructure networks around it at the level of world standards.

Healing spring water "Khojaipok ota" is located on the mountainside in the Altynsay region, and this water is extremely useful in the treatment of skin diseases. At present, this spring water has been piped to the center of the district and a sanatorium has been built. Near the source there are also favorable conditions for the construction of such a sanatorium. In the future, sanatoriums, hotels and other infrastructure networks will be built around this spring, and they will be widely used for the treatment of foreign and local residents.

Near the reservoir "Uchkizil" in the Termez region there are healing mineral springs with sulfur and iodine-bromine, the sanatorium "Pearl of Termez" was built there. Radiculitis, bone diseases and diseases related to the nervous system are treated here. The reconstruction of this sanatorium, as well as the construction of infrastructure facilities around it, will create opportunities for increasing the flow of tourists.

In the "Vandob" area, at an altitude of 1500 meters above sea level, in the western part of Mount Kuhitang, there is a healing spring called "Beshbulak" (Five Springs), whose water is extremely healing for removing kidney stones and treating diabetes. A sanatorium for 50 people was built next to the spring, but the infrastructure networks (hotel, restaurant, kitchen, various entertainment establishments) were not built. The area may also become a destination for foreign holidaymakers in the future. There are many such healing spring waters in the region, but for their effective use it is necessary to create sanatorium-resort and infrastructure networks that meet international standards.

Since 70 percent of the territory of the Surkhandarya region is occupied by mountainous and foothill areas, there



are many places with a good climate and beautiful landscapes where residents can relax and have fun. For example, the districts "Bagli Dara", "Shalkan", "Punjab" on Mount Kuhitang, the districts "Sairob", "Debola", "Dugoba", "Machai" on Mount Baysun, "Katta Vakhshivar" on Mount Keraga. Areas "Ushor", "Sangardak" and "Khanjizsa", which are considered the ridge of Mount Gissar, are famous for their cool, beautiful nature, ecologically clean, icy waters [6]. It is necessary to organize modern infrastructure networks (hotels, sanatoriums, trade and public catering enterprises, etc.) for the arrival and recreation of local and foreign tourists in these territories, which is an important factor in the socio-economic development of the region in a modern market economy.

## Conclusion

We believe that for the further development of the recreation sector in the region and the elimination of existing problems, it is necessary to carry out a number of the following works:

- construction of a modern five-star hotel, hosting vacationers in the regional center and cities;
- construction of modern infrastructure facilities around existing sanatoriums and recreation centers;
- an increase in the number of "camping sites" (mainly a complex serving vacationers in the summer). [four];
- construction of a "Bungalow" (one-story residence surrounded by a porch, a house made of light metal or other materials) in beautiful natural areas [4], which is widely used in regions with a hot climate;
- Creation of "Ratel" (mobile hotel, house-wagon with all conveniences) in desert and mountainous areas with beautiful nature in the spring months;
- organization of short-term tourism, as a result of physical and mental labor people get tired and feel the need for rest;
- detailed study, mapping and cadastre of natural monuments, caves, springs, ancient plane trees, health-improving complexes in the region;
- in order to further develop recreation and tourism in the region, open a coordination department serving this area in the regional khakimiyat;
- providing practical assistance to entrepreneurs working in this area in the region, in the search for foreign partners, providing legal advice and methodological assistance;
- organizing a demonstration of folk art, folklore, national traditions and rituals for local and foreign tourists visiting the region;
- pay special attention to the training of specialists working in this area;
- organization of advertising of existing recreation centers in the region in developed countries;

Through the implementation of these proposals, recommendations and works, it is possible to achieve further development of the recreational sphere of the Surkhandarya region and eliminate existing problems.

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