

Pardayev N.S.
Uzbekistan National university
Economical and social geography department
intern-teacher
Tashkent, Uzbekistan

Samandarova S.E.
Uzbekistan National university
Geography and geoinformation systems faculty
Geography student
Tashkent, Uzbekistan

OPPORTUNITIES FOR THE DEVELOPMENT OF TOURISM OF SURKHONDARYO REGION

Annotation. *Abstract. Each region is closely related to the formation and development of the tourism industry, the tourism potential of the region and the potential of natural, historical and recreational resources in it. This article talks about the resource potential and opportunities in the development of tourism in Surkhondarya region. The article also describes the work being done in the field of tourism and the state of its use.*

Key words: *geographic location, tourism, ecotourism, mountain tourism, recreation, tourism potential, health center, sanatorium, recreation place.*

Geographical location and boundaries of Surkhondarya region. The Surkhondarya region, located in the southernmost part of our country, was established on March 6, 1941. Its area is 20.1 thousand km², which is equal to 4.5 % of the total territory of the Republic of Uzbekistan. According to the data of 2022, 2719.1 thousand people or 7.72% of the population of the republic live in the region. It can be seen that the demographic potential of the region is 1.6 times higher than its area.

Surkhondarya region is bordered by Afghanistan to the south, Republic of Tajikistan to the east, Turkmenistan to the west, and Kashkadarya region to the north and northeast. 70 percent of its area is occupied by mountain and sub-mountain areas, these areas have many different healing springs, weather for recreation, scenic areas, as well as opportunities for the development of mountain tourism and ecotourism, as well as religious tourism [3]. Such a geographical location of the region provides a favorable opportunity for the development of recreation and

tourism. In particular, the passage of transport routes leading to the ports of South Asian countries and the Indian Ocean through the city of Termiz, which is considered the regional center, serves as an important factor in the organization and development of tourism.

In the decision of the President of the Republic of Uzbekistan dated January 5, 2019 "On additional measures related to the rapid development of recreational activities and tourism in the Republic of Uzbekistan", in the further development of this relevant field, "Development of the tourism market, organization of services at the level of international standards and religious, cultural , increasing the interest of world tourists in historical places of interest, strengthening advertising" is given special attention.

Surkhandarya region is distinguished by its agro-industrial complex, in particular, cotton and grain cultivation, vegetable growing, and animal husbandry. Mining (polymetallic ores, coal, oil, salt), construction and pharmaceutical industries are also developing here. The region series has its own unique features. In particular, it is located in the southernmost, most mountainous, hottest region of our republic; the region has the lowest level of urbanization and industrialization, and one of the regions with the highest demographic development, i.e. natural population increase. Administratively, Surkhandarya region consists of 13 rural districts, 8 cities and 114 towns. Each village district has an average area of 1.44 km².

Nowadays, a large number of healing places, pilgrimages and historical monuments have been built in the territory of the region. The edge is the edge also healing in the regions springs and sanatoriums there is Initial in years this to regions very big attention being directed and people come and have fun for everyone conditions is being created . Almost all regions is being cultured . Next in years oasis history, monuments has been interest more and more over, foreign archaeologist scientists attention to himself pulling is coming In the province archaeological excavations take did not go memorials still a lot.

Surkhandarya is located in the southernmost part of Uzbekistan, on the right bank of Amudarya, at the southern foothills of Hisar mountain. Within the

framework of the Republic of Uzbekistan, it borders with the Kashkadarya region in the north, and on a geopolitical scale with Turkmenistan in the west, Tajikistan in the east, and Afghanistan in the south. In our country, only Tashkent and Surkhondarya regions are adjacent to 3 countries, but such a political geographical location, geopolitical situation acquires a special feature for Surkhondarya region.

Surkhondarya region is rich in pharmaceutical resources, 35-40% of the republic's medicinal plants are located here. At this point, the recreational and touristic potential of the region should be highlighted (Omonkhona, Uchkizil, Khojaikon, Vakhshimor, etc.). Archaeological findings of the region, historical monuments of At-Termizi homeland, remains of early urbanization, karst caves, springs and springs, unique natural landscape, places of pilgrimage and shrines serve as the basis for the development of international and local, religious and ecotourism. In this regard, the geological museum established in the city of Termiz is also of great importance.

Thus, the economic and political geographic location of Surkhondarya region is not favorable for its socio-economic development, and the potential of natural resources can be positively assessed.

It has great potential for the future of all areas of tourism. Foreign tourists coming to our region today are our oasis Uzbek living with ancient monuments and holy places interest in getting to know our style, national customs and traditions they say.

include such activities as tourism, physical education, sports, artistic and technical creativity . The social efficiency of these types of activity regulates the norm of social and physiological movement along with the harmonious development of the individual . Some types of recreational activities are related to the labor process and are of practical importance. Recreational activities are carried out by state and non-state institutions , and the institution that implements it gathers clubs within the framework of a single goal and plays an important role in the development of society.

We imagine recreational geography as the science of volunteering,

meaningful spending of free time and recreation . Usually, the organization of a person's free time is a more complicated process than the organization of working hours or daily scheduled activities. Because, while working or working, a person performs a task related to him, that is, he clearly imagines a position or task. Because in order to work in this or that profession, a person learns something for a long time, acquires qualifications or skills. In a word, they specialize in a profession.

It is known that restoration of human health is rehabilitation in order to do this, he uses various means of health. In particular, pharmacological, therapeutic, balneological means are very useful. Some sanatoriums are characterized by mud or healing water, some by salt or sun baths, some by clean air or special treatment features.

From ancient times, people knew about such healing places and tried to use them appropriately. For example, our grandfather Amir Temur, as the head of the state, a general and at the same time a philanthropic person, deployed his troops and poor soldiers in the villages around Nurota or Boysun. The main purpose of this was not only clean air, but also healing waters, sweet fruits and herbs of these regions. These traditions were later continued through other generations of Timurids.

in Surkhandarya region, which are engaged in wellness and recreation services for residents to have a good rest, improve a healthy lifestyle, and improve the physical and spiritual condition of a person.

Omonkhana health center. "Omonkhona" balneological healing resort, located in Boysun district of Surkhan oasis, is known and famous for its beautiful building, comfortable conditions and beautiful scenery, natural healing waters. Patients suffering from diseases of the gastrointestinal tract, diabetes mellitus, cardiovascular, liver, bile, and spine are treated in the facility, which has been renovated at the level of world standards by the initiative of the joint-stock company " Uzbekistan Railways". is healing. Omonkhana is famous for its healing water coming from the mountain springs around. In addition to the presence of sulfur, magnesium, and nitrogen ions in this spring water, it also contains silicic acid, iron,

aluminum, and many other trace elements. It has astringent, diuretic and blood pressure lowering properties. The sanatorium has 50 beds, where more than 700 employees are treated for a year. Treatment and rest periods are 10-15 days. Vacations are organized based on the use of passes. Heart, nervous, gastrointestinal, respiratory, locomotor, and urological diseases are mainly treated in this health center. There is also physiotherapy, massage, sauna, inhalation, paraffin, water treatments (circular shower, "sharko", rain shower, underwater shower-massage, bath), dentistry, salt room, physical education room, drug treatment, treatment room.

Termiz Marvaridi sanatorium. This sanatorium is specialized for the health of vacationers suffering from musculoskeletal, cardiological, neurological, gynecological, urological diseases. The main methods of treatment: mineral water with strong sulfur and iodobromine, natural sand. Gelotherapy- "in this treatment with the sun's rays, as a result of increased sweating, kidney function is relieved, feeling of well-being improves, freshness appears, workability increases, blood composition improves, provides the body with vitamin D, disease-causing kills germs.

Zhairankhana Hospital : It is located 420 meters above sea level near Uchkizil Reservoir, 22 km north-east of Termiz city, in Surkhandarya valley, Surkhandarya region. The main healing feature of this place is the underground mineral water, which is warm (33-40 degrees) and highly mineralized with chloride calcium sodium. Currently, this water is used in Physiotherapy bath treatment in Jaironkhan health center. In addition to mineral waters and climatic resources, you can take a dip in the Uchkizil reservoir , there is a wonderful bathing beach with holiday houses and boarding houses built here . With these healing waters, the musculoskeletal system, cardiovascular and nervous system, women and skin diseases are treated.

Khojaipok sanatorium-healthcare and recreation center - 200-bed modern "Khojaipok" sanatorium-healthcare and recreation complex in the Solim mountain area of Altinsoy district, Surkhondarya region. , a library with a collection of 10,000 books, a fountain polished in different colors was also built. The

sanatorium is equipped with modern equipment adapted to more than 20 physiotherapeutic treatments, as well as ultrasound, EKG and laboratory equipment. There is a fitness bar, an indoor pool. All conditions for treatment of cardiological, neurological, locomotor, gynecological, dental, urological and other diseases are provided here. 150 permanent jobs were created when the complex was put into operation. According to experts, sulfur water here helps to get rid of more than fifteen severe, acute and infectious diseases. As a natural effective tool, it is very useful for the treatment of musculoskeletal system, obstetric and gynecological diseases, nervous system, liver, kidney, skin, genital and other diseases.

The natural climate of the region and the river flowing past the shrine known as "Khojaipok Ota" are very favorable for the development of sanatoriums, agro, medical and pilgrimage tourism. The mineral healing water here, the abundance of oxygen in the clean air, and the unique mountain nature will involuntarily fascinate a person. Therefore, in the summer season, many local and foreign tourists from our country and abroad come to these places and visit the holy shrine. Now they are qualified in modern accommodation doctors under control comfortable opportunity, conditions they use This is a complex in the world sulphurous water with to treatment specialized fifth to the sanatorium became.



Figure 1. Khojaipok sanatorium-healthcare and recreation center

Saying that too It should be noted that " Khojaipok " is mineral healing water is 26 kilometers to the center of the district to the distance plastic pipes through take

the bride came . As a result in the district center living of the population now healing from water use opportunity created by people forever dream come true released.

In addition, there are many other recreational areas in the region. but their utilization rate is very low. **Sangardak waterfall**, which has a large number of local tourists who come only seasonally - this area is located on the Shargun ridge, and the waterfall falls from 200 m above. The waterfall flows continuously throughout the year.

This area is mainly visited by residents of our republic and local tourists in spring and summer, as well as tourists from the neighboring Republic of Tajikistan. Due to the lack of accommodation facilities for tourists visiting the Sangardak waterfall area, this area is considered seasonal. 350-400 thousand tourists visit this area during the season.

Khojamaikhana mountain area - currently there is no possibility of accommodation in this area due to the large number of travelers in spring, summer and autumn. Travelers this majestic mountains unique to the region and hush Visit to see the scenery they order. There is a famous spring in Khojamaikhana area. This spring is widely used for drinking water.

Khanjiza mountain area - 30.5 hectares of land has been allocated for the establishment of small hotels and guest houses in the area.

The "Khonjiza" massif is located 2000 meters above sea level and its nature is very cool in summer, the snows that fell in winter remain until the end of June. This area is mainly spring and Summer months people with crowded will be Khanjiza mountain region his own unrepeatable nature and his own unique nature with local and foreign tourists to himself attraction does.

Turnip village rest zone - Sherabad of the district mountainous and to infrastructures convenient area. This is from the center of the area long to be regardless spring and Summer vacationers during the months in order and out of order rest without _ points organize they relax . _ This area is winter in the season thick snow with be covered account take this in the area winter vacation - place to build for is a favorable area.

Hojaikon salt cave natural wellness health center - This area is populated to live from the centers long to be regardless whole Uzbekistan across to himself summer months seasonal natural to the camp bronchitis, asthma, allergic diseases with hurt patients many visit they order This to the area visit ordered to patients placing residences lack of reason population in their homes residence they do

This tourism of objects present of the day use level and his infrastructure it cannot be said to be satisfactory. Theirs most of them seasonal to the character have is local tourists visit abundance and this in the regions service show that the quality is low with is characterized.

Summary in place that's it to say maybe above _ name given and another one how much in the region natural recreational resources in the province tourism development for very opportunity increase for service does _ From this apparently as a region natural recreation potential very good level being his _ tourism field in development place extremely important is important.

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