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## **Geographical Distribution Of Recreational Tourist Facilities In The Chirchik Valley**

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**Abstract:** The article deals with recreational tourist facilities in mountainous areas, sanatoriums of the Chirchik Valley on the basis of natural geographical conditions of the region, as well as the complex geological features of the Chirchik Valley, unique natural climatic factors for health in the climatic conditions in which it lives. analyzes the sanatoriums.

**Key words:** Recreation, natural complexes, recreation areas, resorts, sanatoriums, mountainous areas, natural climatic factors, tourist facilities.

The scope of recreation (rehabilitation) is large, which means that people have a rest, cultural recreation. Recreation facilities are also common in the Chirchik Valley.

The study of natural complexes or landscapes from a recreational perspective is primarily an assessment of the recreational potential of landscapes and the impact of recreational pressure on them.

Recreation in recreation areas can be organized and non-organized (voluntary). Organized recreation is organized by various institutions. Non-organized (voluntary) recreation is organized in areas designated by one or more people at the

request of people. Such areas are Chirchik. In the upper and sometimes middle reaches of the valley, especially in the organized and even unorganized conditions, the arrival of vacationers is often observed along the Charvak Reservoir, around the Chimgan recreation area. In addition, Ugom, Pskom live along the rivers Chatkal. The formation of recreation areas by the local population in Aktash and Karakiya contributes to the formation of recreation areas.[1]

The purpose of recreation here can be in the form of treatment, rehabilitation, sports, dating and so on.

It can also vary depending on the holiday season. Types of summer vacations include; bathing, sunbathing, hiking (treatment, rehabilitation, excursions), boat sports, fishing, various fruits, herbs, picking mushrooms, horseback riding, mountaineering, etc.

When designing separate recreational complexes (holiday homes, sanatoriums, tourist complexes, etc.), the assessment of the exact area gives good results.

Chimgan Dust Sports Fitness Center is also known as “Chimgan Camp”. Here, all conditions are created for tourists, athletes and vacationers to engage in winter sports in December-April, enjoy the beauty of winter and restore their health. In the summer, there are excursions in the mountains in different directions. Chatkal Camp is located 80 km northeast of Tashkent, at an altitude of 1,600 m above sea level on the Chatkal ridge. In the 1170s, construction and leveling work began on this site. In 1983, a hotel, restaurant, cable car and other service systems were built. The Chimgan Camp has 300, 500, 800 and 1,500 m long ski trails with a slope of 25-40 degrees. Due to the good level of snow slippage on the Chatkal ridge, in 2000, the ski sports center "Bildersoy" was built in the Bildersoy basin near the "Chatkal camp". Its ski run is registered by the International Ski

Federation (FIS) because it meets international standards. The magnificent winter mountain scenery around the Chatkal Camp will delight visitors to this place. At present, a hotel for 220 people and two cable cars with a length of 700 and 2,500 meters have been built in the Chatkal resort.[3]

The object of recreational evaluation can be landscapes, places, squares and facies. Landscape analysis gives good results in designing the location of recreation complexes. In this case, the most suitable type of landscape is selected depending on the level of use of different landscapes for recreational purposes. For example, river valleys, mountain slopes, roadsides or reservoirs, plains, oceans, seashores, forests, etc.[4]

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Aesthetic assessment of recreational purposes also plays an important role. This takes into account the possibility of enjoying the natural conditions, especially the relief, the general appearance of the forest landscape.

Resorts of Chirchik valley. Due to the favorable natural and geographical conditions of the Chirchik valley for recreation and health, there are resorts at several points.

The spa (German resort - a place of rest) has natural remedies (mineral springs, healing muds, favorable climate, etc.) that have a beneficial and pleasant effect on the human body, and the necessary conditions for the use of these remedies for treatment and prevention is the place where he died. Sanatoriums are organized in such places, and there are such sanatoriums in the Chirchik valley.

Healing properties of climatic factors in climatic resorts; related to the geographical location, relief and nature of the resorts. Aktash, Chingan and others are famous for their climatic resorts in the Chirchik Valley. Depending on the location, resorts are divided into reservoirs, seas, lakes, mountains, plains, forests, steppes, deserts and steppes.

Air and sun baths in the Chirchik valley, as well as bathing in the sea, rivers and 16 lakes are the main treatments of climatic resorts. In the village of Yangibazar in the Tashkent region, koumiss treatment facilities have been built. Due to the fact that the resorts of the Chirchik Valley have a lot of ultraviolet light, the resort is low, the air is clean and purified, so it is possible to develop tourism by further developing the network, enriched with additional equipment.[5]

Treatment in garden climatic resorts includes not only the use of natural remedies, but also the necessary preventive measures to increase the body's defenses, as well as its resistance to adverse weather conditions. Physiotherapy, exercise, diet, medications, juices and tinctures of various herbs are used as needed. [2]

Treatment in spas is carried out according to special permits and instructions. If the patient is instructed to be treated at the spa, he will be given a certificate indicating the type of resort recommended, the type of treatment (sanatorium or outpatient clinic) and the most favorable season for the treatment of the patient. This will be the basis for the patient to get a ticket to the spa.

There are sanatoriums in the Chirchik valley with unique natural climatic factors for health in the climatic conditions in which he lives. It also has rich hydromineral resources, including all types of mineral waters. Sulfide (hydrogen sulfide) water similar to Moqesti water in Chingan sanatorium, low-mineralized hydrocarbonate, sodium chloride water in Chinobod Turon, Boston, Botanika

sanatoriums Patients drink this healing water, take baths, showers and use it for therapeutic purposes. Sanatoriums have a treatment diagnostic base that can meet today's requirements. Sanatoriums have qualified doctors, rooms and laboratories equipped with medical equipment to carry out medical diagnostic procedures. Depending on the direction, the sanatoriums will be designed for the treatment of diseases of the circulatory system, digestive organs, respiratory organs, metabolic disorders, nervous disorders, musculoskeletal disorders, endocrine diseases.[6]

There is a lot of information about sanatoriums in the Chirchik Valley. In the sanatoriums of the Chirchik valley, treatment and prevention work is carried out on the basis of the natural geographical conditions of the region. Here, along with the climate, mineral waters, healing mud and other means, treatment, physical education, dietary foods, treatment and rest are followed. Sanatoriums are located in health resorts and in places where the climate is favorable for sanitary and hygienic conditions. For example, sanatoriums in Aktash, Charvak recreation areas. In addition, there are sanatoriums in the Chirchik Valley, which have unique natural climatic factors for health in the climatic conditions in which he lives.[7] It also has rich hydromineral resources, including all types of mineral waters. Sulfide (hydrogen sulfide) water similar to Moqesti water in Ching'an sanatorium, low-mineralized hydrocarbonate, sodium chloride water in Chinobod Turon, Boston, Botanika sanatoriums Patients drink this healing water, take baths, showers and use it for therapeutic purposes. Sanatoriums have a diagnostic base of treatment that can meet today's requirements. Sanatoriums have qualified doctors, rooms and laboratories equipped with medical equipment to conduct diagnostic procedures.

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