



## DEVELOPMENT OF NATURAL REST ZONES, RECREATION ZONES

Salimov Arifdjan Muslimovich

Scientific Supervisor: Arch. Science. Doc., Prof.,  
TAKI Department of Architecture

Kurganov Uktamjon,

Kurganova Zulayho

Graduate Students: FarPI M 23-21 BIA Group Graduate Students

zulayxoermatova62@gmail.com

### Abstract

This article discusses the formation and origin of natural recreation zones, provides practical suggestions for the restoration of recreation zones and their improvement.

**Keywords:** Natural recreation park, Recreation, recreation, tourism, recreational resources.

### Introduction

There are two main trends in solving modern problems of delineating areas for long-term recreation outside the city: 1) development of "urbanized" recreation zones on the basis of resort settlements or entire resort agglomerations; 2) development of recreation in inter-settlement areas by establishing recreation parks. Recreation zones in rural areas can be included in intermediate recreation zones.

### The Main Part

Sanatorium-resorts, which use a number of factors of the geographical environment for preventive and therapeutic purposes, are also included in the urbanized forms of recreation activities. Natural factors such as climate, mineral waters, and healing mud have long been known to treat and prevent many diseases. Modern balneology has accumulated important knowledge about the mechanism of influence of these factors of the geographical environment on humans.

Its composition, properties, therapeutic use and effects on the body are widespread and extremely diverse, its mineral waters and healing mud, as well as favorable climatic conditions, became the basis for the development of many spa centers and regions. Among the areas of the first type, coastal recreation areas, individual wellness and spa areas, and ski resorts are common all over the world.





Seaside recreation areas are probably the fastest growing of all existing recreation areas. It would not be a mistake to say that it takes the second place after the most visited capitals of the world in terms of the number of vacationers. The rapid and often rushed development of the sea coast is a product of tourism, which began in the 50s of our century and continues to this day. Convenient transport links with the sea coast provide an opportunity to take sun and sea baths every day. In order to more rationally functional zoning and save the beaches, the construction is carried out not along the coast, but perpendicularly, that is, the main pedestrian artery runs perpendicular to the sea coast, and the main highway passes along the sea significantly. removed from it. Three functional zones are clearly located perpendicular to the coast: 1) directly near the coast - water sports and entertainment zone; 2) further development of surface sports and entertainment zone; 3) then - the place of residence of tourists (hotels, catering establishments, parking lots, etc.). The central place in the field of water sports is occupied by the port of tourist boats. There is no fixed size for each of these zones. They are determined by the specific conditions of the area. This planning principle allows, first of all, to save beach areas, and secondly, to define functional areas more precisely. One of the main issues in the territorial organization of seaside recreation areas is the choice of places for placing recreational buildings, and the choice for the construction of the best areas is questionable.

The emergence of a great demand for recreation by the sea, the need to satisfy it coincided with the rapid introduction of industrial construction methods. Typical industrial construction methods were used in resorts, and often the spatial planning of resort complexes did not differ much from ordinary cities. This is how the urbanized recreational complexes of Spain, France, Bulgaria and other countries were created. As a rule, the characteristic features of the territorial structure of these regions are a linear strike along the coastline and an insignificant division into the area. At the same time, the further growth of coastal complexes goes along the perimeter of the coastline, and not inland. Large linear recreational agglomerations are being created, which leads to many negative phenomena: the effectiveness of recreation decreases due to the usual attributes of urban life, natural complexes are overloaded, social problems of local residents are complicated, etc.

**What is a vacation?** It is believed that the term "recreation" came to us from the Latin: recreation - "restoration". There is such a word in Poland - recreatja, which means "recreation" in translation. It should be noted that there is still no single and generally accepted scientific definition of this concept in the world.





We can say that rest is the process of restoring a person's vital forces (physical, moral and mental) spent during work. By its nature, recreation can be touristic, therapeutic, spa, wellness, sports, etc. The types also differ according to the time frame: short-term, long-term (with or without a break in work), seasonal. Also, recreation can be organized and unorganized (called wild recreation).

Basic concepts. Other important concepts can be derived from the definition of the term "recreation": "tourist and recreational resources" and "recreational activities". The second term refers to a special type of economic activity aimed at restoring human strength. In this case, the word "economic" together with the word "activity" means the possibility of earning income.

Recreation and recreation geography are concerned with the study of these and some other related concepts. Scientists of these disciplines include geographers, biologists, economists, and psychologists, as they were formed at the intersection of several fields of knowledge at the same time. In particular, he studies the characteristics of the distribution of recreation resources and objects on the territory of our planet, as well as in individual countries. Recreational resources of the world and their study also fall under the purview of this discipline. They are discussed below.

Recreation World Resources. They began to excite scientists and researchers from about the middle of the 20th century. It was then that the first serious scientific developments began to appear in this field.

Recreational resources of the world are a set of recreational facilities (natural or man-made) that are suitable for the development of recreational activities.

What can a resort be? Anything you want if the object has a rest effect. It can be a waterfall, a mountain peak, a medical sanatorium, a city park, a museum or an old castle.

The main characteristics of such resources are as follows:

- attractiveness;
- geographical convenience;
- importance;
- potential reserve;
- method of use, etc.

### **Classification**

The world's recreational resources still do not have a single classification. Each of the researchers has his own point of view on this issue. Nevertheless, the following types of recreational resources can be distinguished:

1. Rest and therapeutic (treatment).





2. Rest and wellness (treatment, wellness and relaxation at the spa).
3. Recreation and sports (active recreation and tourism).
4. Recreation and education (excursions, cruises and trips).

This classification seems to be the most successful and understandable. Although there are many others, the world's recreational resources are divided into:

- natural (created by nature);
- natural-anthropogenic (created by nature and changed by man);
- historical and cultural (man-made);
- infrastructural;
- unconventional.

## Conclusion

A natural recreation park is an education that combines the interests of nature conservation and the interests of recreation. These are areas with little natural change or areas with unique natural and cultural features. In world practice, there is experience of using places called national parks. According to international definitions, natural national parks are mainly protected natural objects, in which the organization of recreation and tourism is limited.

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