
SOME ASPECTS OF TOURISM AND NATURE CONSERVATION

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ABSTRACT: The article discusses the issues of tourism and nature protection and the possibilities of their rational use, the tasks that. It is necessary to decide when implementing tourist routes.

KEYWORDS: Nature, shrines, historical and cultural sites, tourism, leisure, route, excursion, auto tourism, autograph, environment, component

INTRODUCTION

Tourism - a route or trip organized in order to see and learn about some noteworthy, wonderful and interesting natural places of our country (waterfall, cave, ravine, stream, rock, spring, etc.). On the one hand, tourism is considered a means of spreading geographical knowledge among the general public, and on the other hand, it helps to understand geographical phenomena based on local materials. It helps the population (people) to grow up healthy. Through tourism, the general public gets to know the Motherland's natural components and resources closely, they have a different attitude towards nature and a sense of nature protection is formed. Tourist routes are short (one day) and continuous (long term); local and long distance; in groups and individually; it will be in the form of sports and excursions. Depending on the nature of movement and the use

of types of transport, it is divided into water tourism (on boats), pedestrian tourism, car tourism, and hunting tourism. Among these, the most common type is walking tourism.

Before the tourist route, the guide should provide information to the tourists about nature protection during the excursion along the route. Because tourists, while passing through the wonderful places of nature, should not only look at them and get information, but should follow the wonderful (historical) natural monuments, the current condition of rare plants and animals. Tourists are also responsible for maintaining the cleanliness of the roads they pass without disturbing its natural scenery. In many cases, tourists leave all kinds of "autographs" on rocky rocks with a wonderful view, break them, destroy and decorate the nests of animals and birds there. Such points should not be allowed at all.

Nature protection depends to a large extent on the behavior of tourists, that is, on their behavior and behavior in nature. Because when tourists go on an excursion to nature, they not only exercise, enjoy the beauty of nature, relax mentally, take aesthetic pleasure and use natural resources (water, air, plant fruits, etc.), but also get to know the nature of those places to a certain extent. they hide. Therefore, before each tourist or tourist group organizes an excursion to a certain natural object (for example, in the Aktash Valley of the Bostonliq district), they are instructed on how to behave in nature and have different attitudes towards the elements of nature. should be and familiar with the laws and regulations aimed at their protection.

Tourists should have geographical information about the region where the route will be organized under the guidance of the group, fire and fire prevention rules; fundamentals of the law on air, water and their protection; soil and its protection; they must thoroughly study the basics of the law on the protection of flora and fauna.

After choosing a certain route, the tourist group should pay special attention to nature protection in places where they will spend the night or rest. For this, they must follow the following:

- it is necessary to choose a place where tourists spend the night or have a rest, which does not harm the components of the environment;
- in order not to pollute the environment, it is necessary to dig a separate garbage pit;
- it is necessary to dig a toilet in a place far from water bodies (stream, spring, brook, seepage water, etc.);
- organization of a reliable fireproof kitchen for cooking and cooking;
- strictly control the use of only dead plants for food preparation;
- not to allow pollution by throwing paper, cans, bottles, various wastes, etc. in and around the place of landing, overnight stay, rest;
- to prevent the contamination of water objects around the place of landing, overnight stay or rest from falling into the water;
- in order not to pollute the water bodies in the place of landing and overnight, it is necessary to organize a place to wash away from the water bodies (at a place where dirty waste water cannot reach the clean water bodies);
- fish and other water animals in the streams and rivers where they spend the night should not be killed for nothing (not to openly hunt and kill);

- never and anywhere cut plants arbitrarily, do not leave an "autograph" with sharp objects;
- not to have a negative impact on the growth of plants in and around the place where one spent the night or rest (breaking, making a "bouquet" of flowers, cutting, breaking a branch from its fruit, etc.);
- do not disturb the animals and birds in the place where they stayed for the night (break their nests, collect their eggs, shoot, catch, scream, do not increase the volume of radios, etc.);
- collecting garbage and burying or burning it when leaving the place where you stayed or rested;
- before leaving the place where you stayed for the night, you should completely extinguish the fire and fill the trash can and temporary toilet with soil.

The leader of the group and the person on duty are responsible for monitoring the implementation of the above-mentioned measures aimed at the protection of nature on the tourist route. They monitor the implementation of the above regulations aimed at the protection of nature and call to order the persons who violate those regulations.

The correct attitude of tourists towards nature will be good if they protect natural resources and provide them with Estonians in the cycle of "tourists-protectors of nature". Here's an example of what a "save the forest" message looks like:

Save the forest! The forest is a sanitizer that processes the parts you need and keeps the atmosphere clean. The most dangerous disaster for the forest is a fire. Do not forget that 37-40% of forest fires are caused by humans. Do not smoke in wooded areas, do not light matches for nothing. If there is a smoker, you can continue the route after making sure that the lit match or cigarette residue is completely extinguished.

Do not make bonfires in the groves in vain, and if necessary, do not leave it unattended; then make sure it is off. Never burn dry wood or grass. Because it quickly ignites and causes great ecological and economic damage by burning the seeds and roots of plants, in addition to causing disaster for the animals inside it, especially reptiles and insects.

Never, anywhere, arbitrarily cut plants, do not leave an "autograph" with an ax, ax, knife and other sharp objects.

Do not cut plant flowers, do not make "bouquets" of them in vain, do not notice them.

Pay special attention to the plants included in the "Red Book" of Uzbekistan and fight against poachers.

Do not disturb the ant nests in the forests, they are sanitizers that keep the forests free from all kinds of harmful insects. Do not try to use plants as a "Bed" during your vacation. Use lightweight and inexpensive synthetic mattresses designed for tourists.

Preserve the diversity (natural beauty) of forests and meadows. For this, do not forget to collect and bury paper, glass, cans, synthetic materials and other waste left and located in your resting places and during the excursion. Do not disturb the silence of the forest, its inhabitants, birds and animals by making noise in the forests and driving the transistors loud. Protect forests carefully, because they retain moisture in the soil, are a factor that ensures the abundance of spring, river,

and stream water, and are a source of oxygen necessary for life on earth, water, wind Do not forget that it is a tool that slows down erosion.

Forests are very important in the fight against floods in mountainous areas, and 90% of the rain that falls on the mountain slopes is retained (blocked), on the contrary, 90% of the rain falls on the slopes without forests. do not forget that it turns into a stream and creates a flood.

In short, it should be noted that plants influence the urban and rural microclimate, purify the air and enrich it with oxygen, because one hectare of forest is 18 million. m³ is a space cleaner.

Plants are a source of food for the society, raw material for technology, preparation of medicine in medicine, raw material for construction and other industries, and the main source of food for livestock.

Save forests and meadows, because besides bringing you a hundred and a thousand times economic and spiritual benefits, it refreshes the human spirit. It gives sanitary-hygienic, cultural-aesthetic pleasure, pleases the heart, and ultimately ensures the beauty of the Motherland. As long as this is the case, forests and meadows, nature in general, should be respected and fought to make them more beautiful.

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