

CONTRIBUTION OF ECOLOGICAL AND MOUNTAIN TOURISM TO SUSTAINABLE DEVELOPMENT OF RECREATIONAL OPPORTUNITIES

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Abstract. This article talks about ecotourism, which is a special kind of travel that helps people learn about and take care of nature and different cultures. It explains what ecotourism is, why it's important, and what it aims to achieve. The article also looks at ideas like sustainable development and sustainable tourism, showing how they are different from ecotourism but still related.

Keywords: tourism sector, ecotourism, sustainable development, sustainable tourism, recreation areas, environmental challenges, natural ecosystems.

The study of the tourism sector of the Republic of Uzbekistan demonstrates that the country has significant potential for the growth of ecotourism. The natural resources of Uzbekistan, including unique ecosystems, high-mountain lakes and majestic mountain ranges, create excellent conditions for attracting tourists who are looking for environmentally friendly and culturally rich travel. The key advantages of the republic in the field of ecotourism are highlighted, such as the diversity of natural and cultural heritage, as well as the diversity of landscapes and traditions.

The table presents the prospects for the development of sustainable tourism in different regions of the Republic of Uzbekistan, with an emphasis on the main areas. Particular attention is paid to the significance of eco-tourists and the importance of their involvement in supporting the sustainable development of the tourism sector. The main recommendations and ways of developing ecotourism are also considered, including improving infrastructure, educational initiatives and raising awareness of the local population, as well as international cooperation. In conclusion, the importance of ecotourism development for achieving sustainable development of the tourism sector, creating new jobs, improving economic indicators and preserving natural and cultural heritage for future generations is emphasized.

The term "ecotourism" was introduced by Mexican economist and ecologist Hector Ceballos-Lascurain in 1983. He described ecotourism as "a combination of travel with a responsible attitude towards the environment, allowing the enjoyment of

discovering flora and fauna while contributing to their protection." This direction in tourism activity is focused on nature conservation, increasing environmental awareness of travelers, educational initiatives and respect for traditional cultures and local communities. Although ecotourism has existed for more than four decades, it has not yet been possible to develop a clear and universal definition of this concept. As M.B. Birzhakov points out in his scientific works, having analyzed many definitions, he offers the most complete generalization. Ecotourism is a type of nature-oriented tourism, the purpose of which is to study the wildlife and cultural characteristics of a particular region, without violating the integrity of the ecosystem and contributing to the conservation of natural resources, environmental protection and the socio-economic development of the tourist territory. [2]

The natural environment plays a vital role in the development of tourism, as many people seek to restore their health and enjoy the natural environment. In his scientific work "Sustainable Development and Economics of Nature Management" A.L. Bobrov notes that it is now obvious that tourism can have both a positive and negative impact on natural and cultural resources. Thus, on the one hand, tourism is a necessary element of the economy and social life, and on the other, it is responsible for the destruction of the environment. [3]

The degree and nature of the impact of tourism on ecosystems is determined by many factors, including the number of tourists, the frequency of their visits, the types of events held, as well as the environmental characteristics of specific regions and the stages of the life cycle of local flora and fauna during their visit. To prevent negative consequences, it is important to plan the use of natural resources in tourism activities in such a way as to avoid their degradation, as well as effectively manage tourist flows and their possible impact.

When planning tourism development programs, including outdoor events, it is necessary to take into account potential negative consequences. The key and correct solution for preventing environmental problems is the introduction of alternative forms of tourism. Ecotourism, which has been actively developing in recent decades, is one of the varieties of alternative tourism aimed at preserving nature in such regions.

In the conditions of a fast pace of life in modern cities, people have limited time for interaction with each other, which leads to insufficient attention to public spaces. The importance of green spaces in the urban environment cannot be overestimated: they are crucial for the sustainability of the city and have both a physical and social impact on the urban system. Therefore, ensuring the availability of green spaces in cities and

their rational distribution are becoming one of the key tasks in the field of urban planning. [5]

The use of green spaces in urban areas is another key aspect. Problems associated with the natural, aesthetic and social aspects of such land use in the urban environment require an urgent solution. Population growth and its concentration have a serious impact on the health of ecosystems. In the poorest countries of the world, there is a vicious circle between population growth, poverty and environmental degradation. The growth of ecotourism has given rise to a number of new problems, among which one can single out the conflict between active supporters of this trend and the irrational use of natural resources on the one hand, and the opinion of environmentalists about the "sustainable use of these resources" on the other. At the same time, in a number of developing countries, the issues of global warming, environmental protection and the carbon consequences of active activities have begun to attract considerable attention. Ecotourism also contributes to the achievement of sustainable development goals, such as the preservation of biodiversity, environmental protection, poverty reduction and the protection of natural resources. [6]

The powerful principles of ecotourism can educate local people about the importance of protecting the environment. Ecotourism is something they strive to implement in their daily practices, hoping for long-term benefits for their region. It is considered an effective strategy for many countries, as it helps preserve natural areas, protect cultural traditions, support national development and create jobs for local residents. The main goal of ecotourism is to protect nature.

Ecotourism is considered an important factor in promoting regional and economic development in the field of tourism. This leads to many positive consequences, such as the creation of new jobs, increased employment among the local population, the emergence of new investment opportunities and the influx of foreign currency. Vivid examples of investment in ecotourism can be seen in the reports of African countries. There is evidence that ecotourism can help in the fight against poverty. For example, in South Africa, local residents receive income from this sector, which in turn contributes to the creation of new jobs.

Ecotourism in Uzbekistan plays an important role in sustainable development, helping to solve environmental problems. With its growth, the approach to nature management is changing, which now includes not only economic and social aspects, but also the protection of natural and cultural heritage. Ecotourism promotes the

efficient use of land, allowing some tourist areas to generate significantly more income compared to their use in agriculture or industry.

The development of ecotourism in Uzbekistan can contribute to the economic progress of the country, creating new jobs and increasing the income of local residents. In addition, ecotourism is of great importance for the protection of natural and cultural heritage, ensuring the rational use of natural resources and supporting local traditions and culture.

Uzbekistan has great potential for the development of ecotourism, which can contribute to the sustainable development of the country, economic growth and environmental protection. The development of ecotourism will help the country rationally use its natural resources, preserving unique ecosystems and cultural heritage for future generations.

The Republic of Uzbekistan has significant potential for the development of ecotourism, which can significantly contribute to the sustainable development of the country, economic growth and environmental protection. The development of ecotourism will contribute to the rational use of natural resources, as well as the preservation of unique ecosystems and cultural heritage for future generations. Ecotourism is an effective tool for attracting investment due to its positive impact on the economy, nature and local communities. In a number of developing countries, ecotourism can help protect the environment and support local residents, as well as promote economic development and sustainable progress. It is clear that many countries are realizing the importance of ecotourism and are creating popular tourist destinations based on these principles.

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