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RECREATION PLACES AND PLACES OF ATTENTION IN JIZZAKH REGION. ZOMIN RESTAURANT

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ABSTRACT

Zomin-Uzbek Switzerland. Wonderful landscapes and clean mountain air, diversity of flora and fauna, ancient shrines and a unique national sanatorium - Zomin. This article provides information about interesting places in the Jizzakh region and the Solim Zomin resort.

KEYWORDS

"Zomin", Aydar-Arnasay, landscapes, Otovli settlement, Zomin state reserve, Nurota reserve.

INTRODUCTION

Zomin district is a district in Jizzakh region. It was established on September 29, 1926 (it was merged with Jizzakh district on December 24, 1962, and was restructured on December 31, 1964. It borders Zarbdar district of the region in the north, Bakhmal and Jizzakh districts in the west, Yangiabad district in the northeast, and the Republic of Tajikistan in the southeast. Zomin district has 2 towns (Dashtabad,

Zomin) and 11 rural communities (Beshkubi, Gulshan, Duoba, Navoi, Obihayot, Tinchlik, Tashkesgan, Chorvador, Shirin, Yangi-hayat, G'allakor) and the center is the town of Zomin.

In the Zomin National Park, at an altitude of 2 thousand meters above sea level, there is a sanatorium "Zomin". sanatorium - all these are Zomin. In the Zomin National

Park, at an altitude of 2 thousand meters above sea level, the "Zomin" sanatorium is located.



Very clean air, mountain views, coniferous plants - all this creates the best conditions for a healthy lifestyle for adults and children.

The sanatorium has modern medical equipment, as well as diagnostic, EKG, ultrasound and dental departments. After the diagnosis, the necessary therapy and appropriate treatment procedures are assigned to the guests.

There are two pools, a sauna, as well as massage, mud treatment, sodium chloride salt, treatment with inhalation equipment and other services.

Top attractions

What can be seen on the ground?

✓ The Zomin State Mountain Spruce Reserve is located in a large area and the Bakhmal Forestry, Zomin Forestry, which is part of it, has a total area of 26,840 ha. the equal Zomin National Natural Park;

✓ Crystal Lakes .Nurota ridges surround its southern, partly western and part of the oasis, providing a moderate climate, as well as the Aydar-Arnasay lake system in the north of the region, a unique relief and natural beauty. will give;

✓ National sanatorium - "Zomin" sanatorium. "Zomin" sanatorium is located in the Zomin National Park at an altitude of 2 thousand meters above sea level.

The cleanest air, mountainous landscapes, coniferous plants - all these are the best conditions for medical procedures for adults and children.

✓ Ancient shrines and Parpi Oyim complex.

Climate 📍

Due to the local flora, the temperature in this wonderful place in summer is much lower than in the neighboring regions. But keep in mind that the temperature during the day is very different from the temperature in the evening. Therefore, even in the hottest months, don't forget to take warm clothes



with you! Winter here is very different from winter in other regions of Uzbekistan. Heavy rainfall, rapid temperature changes and sub-zero temperatures await you in winter, but the beauty you'll see here is worth it!

Gifts and souvenirs

Among the souvenirs in the Zomin region, magnets with images of local attractions can be singled out. Also, local artisans are ready to surprise you with handicrafts made of wood and clay. These are mainly carved chests with secret locks, decorative plates and many other interesting things. Potters will delight you with dishes painted with unique local patterns.





Kitchen

The specialty of the region's gastronomy is none other than meat! Main dishes include tandoori kebab, jiz and of course Jizzakh somsa. Tandir kebab is a dish invented by nomads. Being constantly on the go, they've been trying to come up with new ways to make cooking on the road easier, what could be simpler than cooking meat over a fire? For this, the cooks dug a hole about 70 cm deep, put firewood in it, and then hung the meat. Along with the meat, juniper branches are put in the wrap, and to give that unique taste, it is also rubbed on the meat itself. Jiz is a traditional dish, and nowadays it can be found in every city, but as its name suggests, it was invented in the Jizzakh region. Jizz is prepared in an unusual way, the lamb is first boiled and then fried in its own fat, which gives it its unique taste. But the main dish of the region has always been somsa. The local method of making somsa is famous throughout Uzbekistan, but, unfortunately, unlike most dishes, you can find it only in the Jizzakh region. Jizzakh somsa is quite large compared to other types of somsa in the country, but it is cooked in a vertical oven like the others. Why, you ask, does it not fall down

due to the weight of the ingredients in the oven? This is probably one of the mysterious cases, like when a sandwich falls on the ground, it always lands with the butter side up.

Photo zones

Photos are an integral part of any trip! In this section, we will introduce you to the most beautiful places of this city.

P.S. Keep in mind that women are advised to cover exposed parts of the body (shoulders, waist and legs) when visiting religious places of Uzbekistan. Such places are marked separately with the appropriate conventional symbols.    

A grassy abode is the best place to feel like primitive people. You can sit around the campfire until midnight, sing songs and enjoy the beautiful night sky!

Walking along the river not only improves your health, but also makes you want to take pictures of your walk, because you will want to remember the beauty of this place forever!

History

Zomin is a very interesting place for nature lovers. This small town is the center of the mountainous district of the Jizzakh region. Believe me, you will not find a better place for a trip to nature! The natural beauty of this place will not leave you indifferent. The mountain air is so clean and transparent that sometimes it makes you dizzy because you are not used to it.

The aroma of various flowers and herbs will not leave you during the trip, and the fragrances are changed so often that you will not have time to enjoy all aspects of these wonderful aromas. But in addition to all the unique natural beauty, this region is also famous for its

ancient history. Here you can find ruins of castles and monuments of different eras. However, the reserve, which was established in 1960 to preserve the unique nature of this land, is the main attraction. The area of this park reaches 10.5 hectares, and most of it consists of forest.

You can also find mountain ranges, hills and hills in the reserve. The highest part of the mountain range is Mount Shavkartog with a height of more than 4000 meters. Among the attractions of this reserve, "Grandfather" - a nut tree estimated to be about 700 years old stands out. Its height reaches 20 meters, and its diameter is almost 3 meters. A very interesting cave was found in the village not far from the reserve. Archaeologists found tools of primitive people in it, and the walls of the cave are decorated with paintings. Sanatorium "Zomin" and a number of other boarding houses and children's camps are located on the territory of the reserve.

Today, 372 objects of cultural heritage, in particular, historical monuments and shrines, archaeological monuments, monumental monuments are operating in Jizzakh region.

Our region has many wonderful places for tourism and paradise. Jizzakh region can be included among these. Jizzakh oasis has a long history, and the beautiful nature of the area attracts people at first glance.

Beautiful landscapes and unique climatic conditions, fauna and flora all give us the right to call Jizzakh region one of the most beautiful corners in the center of Uzbekistan. The Nurota ridges located in the southern and partly western part of the oasis provide a moderate climate, and also give the uniqueness of natural beauty to the Ayrdar-Arnasoy lake located in the north of the region.

We bring to your attention 10 reasons to visit this unique region of Uzbekistan.

Zomin State Reserve

Zomin State Nature Reserve includes Bakhmal Forestry, Zomin Forestry and Zomin National Natural Park, and its total area is 26,840 hectares. The reserve itself occupies an area of 8770 hectares.

It should be noted that the Zomin State Reserve was established in 1928 in the Turkestan mountain range in order to ensure the preservation of the unique spruce forests and wildlife of this region in their natural state. Protected lands mainly include mountain ranges. Located in Zomin and Bakhmal districts, this reserve is 1670-4200 meters above sea level, the climate is sharply continental and the maximum temperature is 30 degrees. About 700 species of higher plants grow in the reserve. 13 of them are included in the Red Book of the Republic of Uzbekistan, and 48 are endemic species.

The fauna of the reserve is diverse, 286 species of invertebrates, 29 species of mammals, 101 species of birds, 14 species of reptiles, 2 species of amphibians, 1 species of fish have made this area their home. It should be noted that 13 of them are included in the Red Book of the Republic of Uzbekistan. Currently, scientific work is being carried out by the reserve staff to study and preserve the flora and fauna of the region. Also, together with professors, researchers and graduate students of the Faculty of Natural Sciences of the Jizzakh State Pedagogical Institute, many events and roundtable discussions were organized on scientific and spiritual-educational aspects of nature protection, ecology and environmental protection. is being done. This can be seen in his published scientific articles, brochures and media articles on the nature of the reserve and its conservation.

Nurota Nature Reserve

There are very few places in the world where all the wonders and beauties of nature can be found in one place. Nurota reserve is among them. It is located in the central part of the Nurota ridge in Jizzakh region. The total area of the reserve is 17,800 ha. equal to The Nurota reserve was established in the 70s of the last century to preserve the breed of Severtsev arkhas, which was included in the International Red Book (IUSN) and the Red Book of Uzbekistan. The special fruit varieties grown here, the genetic diversity of the mountain walnut are also protected.

The reserve has a dry and warm temperate climate, with annual rainfall of 300-400 millimeters. The average annual temperature is 14 degrees, the average temperature in January is 19 degrees, and in July - 30 degrees. It should be noted that in this area, forecasters have noted that the highest temperature will be 47 degrees, and the lowest temperature will be 32 degrees.

In addition to the unique nature and diversity of the animal world, tourists are attracted by the Nurota ridge itself, ancient cave paintings, the thousand-year-old Eastern Biota tree near the Majrum stream, which is believed to have been planted by Alexander the Great himself, Fazilman Lake, exotic mountain villages, Khanbandi dam, Severtsev arkhar reserve are attracting great interest among tourists. The rich and colorful fauna of the Nurota Nature Reserve includes more than 30 species of mammals. Turkestan rat, stone marten and Severtsev's ram live in the mountains. You can also find eared hedgehogs and hedgehogs with long needles. Carnivores include black fox, marten and wolf and steppe cat in mountain gorges, badger and steppe skunk. From the foothills to the high mountains, you can find wild boar here.

Generous nature created all the conditions for these animals to live. Reptiles include the gray goat eel, striped lizard, and Central Asian cobra. These three species are included in the Red Book of Uzbekistan. The desert agama, the Central Asian tortoise and the lizard live in the lower zone of the mountains. Various snakes can be found here and there in the region: yellow snake, striped and patterned cypress snake, garza. It is also interesting that one of the migration routes of birds passes through the reserve. On special days of the year, the entire territory of the Nurota Nature Reserve literally resounds with the songs of birds. Here in the reserve there are often black stork, black carrion, griffon thistle, eagle, snake-eater, bald eagle, eagle and woodpecker, jack - all these are included in the Red Book of Uzbekistan.

Eastern Biota of Majrum

It is worth noting that in this area there is a natural monument, a huge thousand-year-old Savur tree (Biota orientalis) - Oriental Biota, in Majrum Forestry. Since ancient times, this tree has been recognized as sacred and majestic by the local population and is a valuable historical and cultural object of the region. The diameter of the trunk of a large tree is about 8 meters, the circumference of its central branch is 12 meters, and its lower branches are spread in all directions due to the weight of it, and it lies almost on the ground. The root of the tree can fit 4-5 people. It should be noted that the territory of the Nurota reserve attracts the attention of the general public not only with beautiful mountain scenery, unique flora and fauna, but also with many historical and cultural monuments. In particular, various archaeological monuments, petroglyphs, tombs and megaliths, historical monuments of the Middle Ages, cultural landscapes, and ancient agricultural structures have been showing a thousand-year history.

Zomin sanatorium

The "Zomin" recreation center is located in the Zomin National Park at an altitude of 2 thousand meters above sea level. The cleanest air, mountain views, coniferous plants - all this creates the best conditions for health treatments for adults and children.

The sanatorium has modern medical equipment, as well as diagnostic, EKG, ultrasound and dental departments. After the diagnosis, the necessary treatment and appropriate procedures are assigned to the guests. Two swimming pools, a sauna, as well as massages, mud therapy, sodium chloride salt therapy, respiratory therapy equipment, and more are available for vacationers.

The city of Jizzakh is the administrative center of the region, its population is 141 thousand people. It is located 450 meters above sea level, next to the Sangzor river. The Tashkent-Samarkand railway and

the major Uzbek highway pass through the city. At the beginning of the 20th century, there were bakeries, sheep breeding, blacksmithing and pottery enterprises in Jizzakh.

Currently, food, light industry, chemical industry and machine-building enterprises are operating in the city. There are Jizzakh State Pedagogical Institute, Jizzakh Polytechnic Institute, an airport, several vocational colleges and many schools. In addition, cultural and entertainment centers, parks and avenues have been established in Jizzakh.

Shrines

Today, 372 objects of cultural heritage, in particular, historical monuments and shrines, archaeological monuments, monumental monuments are operating in Jizzakh region.

Parpi Oyim complex



The village of Uvol is located in the Zomin district of the Jizzakh region, which is located in one of the most

beautiful gorges of the Morguzar mountain range. It is the most popular place for childless women to visit.

They perform a special ritual of passing three times through a narrow hole in Teshiktash Rock, which the locals believe will help them become mothers soon.

Among the main shrines of the village of Uvol, the famous place is the mausoleum called "Parpi Ayim". It is located near Teshiktash gorge. Women who have performed the ceremony of passing through the narrow hole tie a few stones collected here to a belt and do not take it off until they have a child. When the baby is born, the stones are returned to their place, and at the grave of "Mother Parpi" they thank the Lord for such a wonderful gift.

If you go to the northern mountain ranges of Shahristan, you can see an image of a gazelle carved on a stone by Zahiriddin Muhammad Babur. Perhaps, it is not surprising that these writings belong to the period of the life of the great poet and general.

Said ibn Abu Waqqas complex

10 reasons to visit Jizzakh region

The complex is located in the village of Avliyoota, Gallaorol district, and is divided into two. The upper part of the shrine is the outer area of the complex, where there are beautiful and holy springs, unique

nature and fascinating scenery. In the lower part, the mausoleum of Said ibn Abu Waqqas, ancient mosques and mausoleums are located.

The mosque was built in the 19th century by the famous masters of their time - master Kamil, master Kahir, master Zuhur and master Mirziyo. The village of Avliyoota appeared in the 7th century AD and was named after the Arab commander Said ibn Abu Waqqas, one of the close companions of the Prophet Muhammad, who participated in the historic battle near the Mugh fortress.

Despite the fact that Said was in the seventeenth spring of his life at that time, he was distinguished by the intelligence and wisdom of a mature person, which was not characteristic of this age.

Said ibn Abu Waqqas was one of the companions of the Prophet Muhammad (pbuh), and he was one of the first to accept Islam at the age of 16. There is also a holy spring with the same name and a small lake.

Various plankton live in the local water body, including corals included in the Red Book of Uzbekistan. The area of the complex is 14.2 hectares.

Temir Darvoza - the gate of Amir Temur





At the foot of the Turkestan ridge there are peaks that are its continuation. Here, on the western side of the peaks, there is a foothill called Morguzar with many gorges, which is separated from the Nurota mountains by the valley of the Sangzor river. The narrowest part of the gorges is 120-130 meters wide and is popularly known as the gates of Amir Temur.

This monument is valued as a holy place of pilgrimage that our great ancestors have always visited.

Currently, there is a highway, a railway, a concrete highway and an ancient river. The area of the monument is 10.0 hectares.

According to legend, Jahangirmirza, the grandson of Amir Temur, the ruler of the Timurid Empire, was walking in his territory, and he showed his army a mountain pass that could be crossed from both sides, after which this gorge was named after Amir Temur. known. There is an ancient cave in the gorge. On the east side of the monument, at a height of two and a half meters, you can see stone carvings, which testify to the fact that ancient people lived in this area in the Bronze Age.

It is known that the Iron Gate of Amir Temur is a strategic location of the system of fortifications and fortresses located on the Great Silk Road. This gate was mentioned by Babur in his work "Boburnoma". This gorge is also known as Jizzakh Pass.

There are ancient inscriptions carved on the stones from different periods, one was carved on the order of Mirza Ulugbek, the second belongs to the ruler Abdulla Khan, it was created after the victory over Dashti Kipchak, the third inscription was written by Nicholas II at the end of the 19th century, but today this inscription has been removed from the stone.

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