

RECREATIONA L RESOURCES OF POLTAVA OBLAST

Overview of Poltava Oblast



Poltava oblast occupies the area of 28.8 thousand sq. km. (4.8% of all Ukraine) and borders on Chernihiv and Sumy oblasts in the north, Kharkiv oblast in the east, Dnipropetrovsk and Kirovohrad oblasts in the south, Kyiv and Cherkasy oblasts in the west.

The population of Poltava oblast is about 1.68 mln. people (as of January 1, 2000), which is 3.4% of Ukrainian population. The average density of population is 58 people per sq. km. Poltava oblast was established as the administrative and economic territory unit on September 22, 1937.

- ▣ Poltava oblast is situated in a forest-steppe area. Forests occupy 7.4% of its territory; the soils are mainly black.
- ▣ There are 62 rivers flowing across the oblast's territory. Their total length is 5453 km. The main waterway is the Dnieper. All the rivers (the biggest ones are the Vorskla, the Sula, the Psel, the Oril) are its left tributaries. In the south and southwest the oblast is washed by the water of Kremenchuk and Dniprodzerzhynsk reservoirs. There are a lot of artificial lakes and ponds whose total area is 21 thousand hectares.
- ▣ The center of the oblast is Poltava. Its population is 312.8 thousand people.
- ▣ The biggest cities are: Kremenchuk - 238.7 thousand people, Lubny - 59.6 thousand people, Komsomolsk - 54.5 thousand people, and Mirhorod - 46.6 thousand people.

- ▣ Poltava oblast, like the other Ukrainian regions, is very interested in foreign investment. It is distinguished by its favorable geographical position. The plain territory, temperate climate, fertile black soils, and lots of mineral resources make good prerequisites for rapid economic growth.



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- ▣ Poltava region has considerable potential for development of touring and recreation facilities.



- ▣ The region has not suffered from Chernobyl disaster. There are all favourable nature and climate grounds for the development of touring and recreation facilities: forests, considerable number of rivers and lakes, and picturesque landscapes.



- ▣ There are many mineral springs, which contain biologically active substances in Poltava region. Many operating health centers and holiday homes are situated at such springs.
- ▣ There are many hunting areas in the region. Controlled wolf-hunting, hare-hunting, wild duck hunting, elk-hunting, deer-hunting, wild boar hunting, roe hunting and foxhunting are permitted.
- ▣ 3 touring and excursion enterprises and their 7 agencies, 44 touring firms operate in the region.
- ▣ Measures have been worked out to promote historical and cultural values of Poltava region. New itineraries of national system “Neclace of Slavutich”, “By chumak routes of Poltava region”, “Chimes of Cathedral” and teaching, health improving and cognitive itinerary “Ecological path” have been worked out on the base of these measures.

- ▣ Rural touring (green touring) becomes more and more popular in Poltava region. 39 stadiums, 15 swimming pools, 700 gyms, 364 shooting galleries are at disposal of the population.
- ▣ There is a developed transport infrastructure for motor-tourist in the region. It includes a system of shops and service/filling stations.
- ▣
- ▣ A system of hotels and holiday homes contributes to the development of the touring business. The majority of them are situated in Poltava, Mirhorod and Kremenchuk.

Myrhorod





Курорт МИРГОРОД

Mirgorod mineral water is identical in its properties to mineral waters of such famous resorts as Sodden, Aachen and Baden-Baden. Our "queen of mineral waters" attracts tens of thousands tourists from over 30 countries of the world throughout a year. Many of them are frequent guests of "Khorol" sanatorium. Salubrious qualities of "Mirgorodskaya" mineral water are efficiently used here in rehabilitation and treatment of pregnant women, treatment of diseases of women`s reproductive organs. There is a special department for treatment of children with parents and rehabilitation department for patients with oncologic diseases.

Though, it would be not quite correct to say that such specialization of "Khorol" is stipulated only by exceptional properties of local mineral sources. The sanatorium successfully combines salubrious properties of "Mirgorodskaya" mineral water with other important medical-rehabilitation factors, first of all – with local healing mud.

Mineral mud from Mirgorod deposit is not less salubrious and famous in the world, than the "queen" – "Mirgorodskaya" water. To evaluate popularity and range of use of therapeutic mud, it is enough to say, that even considering minimal doses, acceptable for weakened organism, over 1200 tons of therapeutic mud is used here every year. On the whole, balneo-mud cure clinic, which has been entitled the best one in Ukraine for many times, offers its guests more than 50 types of procedures. Over two thousands tourists visit it every year.

Medical treatment

"Khorol" sanatorium created its own medical-rehabilitation base on basis of mutual complement of salubrious water and therapeutic mud. It includes own pump room of "Mirgorodskaya", bath section of open type, which can provide with a full complex of balneological procedures. Salt-mine room, universal opportunities of the most advanced methods of treatment and SPA rest.

The health resort has three own specialized departments: therapeutic; department for children with parents, suffering from digestive system diseases; department of treatment of pregnant women with pregnancy term from 12 to 32 weeks.

So what specific diseases are treated at "Khorol"? Here is a list of main illnesses and ailments, which are treated at the health resort: chronic gastritis, functional disorders of stomach and intestine; chronic colitis and enterocolitis; chronic diseases of liver and gall tracts of different etiology; hepatitis; cholecystitis; angiocholitis; biliary and gall bladder Dyskinesia; chronic diseases of women`s reproductive organs: chronic salpingitis, annexitis, chronic parametritis, pelvic peritoneal adhesions, chronic endometritis, wrong position of uterus, climacteric syndrome; chronic diseases of peripheral nervous system, chronic synovitis and bursitis; diseases of locomotive system; pregnancy up to 32 weeks.

Accommodation

Three dwelling buildings of the sanatorium "Khorol" are placed in chain along the picturesque banks of the river Khorol, which gave its name to the sanatorium. They can accommodate 358 guests at once. There are such types of rooms available:

- ▣ Double rooms with all conveniences;
- ▣ Single rooms with all conveniences;
- ▣ Double two-room "luxes";
- ▣ Double three-room "luxes".

Comfort in the rooms, calmness, great feeding are the main benefits of this health resort. Most of its territory is situated right in a beautiful park. Summer is warm and winter is mild here.

Naturally, all cultural and everyday-need centers of the resort and the sanatorium itself are at service of guests of "Khorol". For example, recreation center with its various entertaining programs, the beach, boat rent station. There is a play room for children with qualified tutors in the sanatorium. There are clothes and footwear repair shops, post office...

It is important to mention that there is discount system for guests, coming with two or more children.

Historical and cultural excursus

- ▣ The historical and cultural heritage of Poltava oblast is very rich. Brilliant writer Mykola Gogol, philosopher Grygory Skovoroda and the classical author of Ukrainian literature Ivan Kotlyarevski were born, lived and worked here. This land inspired Panas Myrny, David Guramishvili (a classical author of Georgian literature), Taras Shevchenko, Lesya Ukrainka and Evhen Hrebinka to create their masterpieces.
- ▣ The family that later gave to the world the outstanding composer Pyotr Chaikovsky originated here. The following great figures came from Poltava oblast: the founder of Ukrainian classical music Mykola Lysenko, composers Georgy and Platon Mayboroda, Oleksandr Bilash, People's artists of Ukraine Raisa Kyrychenko, Diana Petrynenko, mathematician Mykola Ostrogradsky, surgeon Mykola Sklifosovsky, painters Hrygory Myasoyedov and Mykola Yaroshenko, writers Oles Honchar, Borys Oliynyk, Vasyl Symonenko, Pavlo Zagrebelny.
- ▣ One of the founders of the space development theory, Yuri Kondratyuk, rockets constructor Georgy Pobedonostsev, tanks constructor Mykola Dukhov, academician and selectionist Vasyl Remeslo, and astronaut Georgy Beregovy were also born here.





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ВОДА ИЗ ЭКОЛОГИЧЕСКИ ЧИСТЫХ РЕГИОНОВ УКРАИНЫ

Сочетание природных ресурсов и современных технологий