Approaches to Regeneration of Historic Cities: Reflections of their Evolution Towards a Landscape Approach

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Abstract

The practice of regeneration of historical cities now involves a range of approaches to preserve cultural heritage while promoting sustainable development. Earlier, the focus was on physical restoration, but this has neglected the social and economic needs of the people. Urban renewal programs in the mid-20th century addressed these but often resulted in the demolition of historic buildings. The lack of community involvement and consideration for cultural significance has led to a criticism of these programs. In the 1970s, a new approach emerged, emphasizing community involvement and participatory planning. This approach recognized the importance of preserving cultural heritage, promoting sustainable development, and managing tourism and cultural resources effectively. Today, the regeneration of historical cities involves a range of approaches, including adaptive reuse of historic buildings, sustainable tourism development, and vernacular community-led initiatives.

Landscape architecture has become a critical component of historical city regeneration, with public spaces, green infrastructure, and sustainable urban design strategies. Community involvement and participatory planning are crucial in these strategies. This paper examines the historical evolution of approaches to regenerate historical cities.

The research adopts a qualitative approach, focusing on in-depth analysis, critical reflection, and synthesis of existing literature. It explores the evolution towards a landscape approach in regenerating historic cities. Data is analyzed through thematic analysis, identifying recurring themes, patterns, and critical findings. It focuses on understanding the evolution of the landscape approach, identifying regenerating opportunities, and lessons learned from the case studies.

The paper concludes that the evolution of historical city regeneration reflects a growing recognition of balancing economic development with preserving cultural heritage and the need for community involvement and participatory planning.

Keywords: Urban regeneration, restoration of historical cities, urban reconstruction, revitalization, urban renewal

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Introduction

Historical cities are valuable cultural assets that require attention and maintenance. The evolution of regeneration policies and practices in historical cities has been a subject of interest for many urban planning and conservation researchers. This paper aims to examine the key themes and debates that have emerged in the literature related to the evolution of the approaches to regeneration of historical cities.

Over time, approaches to revitalizing historic cities have evolved, seeking sustainable and holistic solutions that recognize the intrinsic value of their landscapes. This paper explores the evolution towards a landscape approach in regenerating historic cities, shedding light on the reflections and transformations that have shaped contemporary urban planning and design.

Once, preservation and regeneration of historic cities were primarily focused on architectural restoration and conservation of individual structures. However, as awareness grew regarding the interconnections between the built environment, natural systems, and cultural significance, a shift occurred towards a more comprehensive approach. This shift recognized importance of the larger urban fabric and the landscapes surrounding and defining the historic cities.

Furthermore, this paper aims to critically reflect on the challenges, opportunities, and lessons learned in the evolution towards a landscape approach. It will examine the potential tensions between preservation and development, the integration of natural systems, community engagement, and the role of public spaces in fostering social cohesion and inclusivity. By understanding the evolutionary trajectory of the landscape approach, we can derive insights and recommendations for the initiatives of the future regeneration in historic cities.

Review of Literature

Historic cities are crucial in shaping a nation's cultural heritage and identity. Regeneration initiatives to preserve and revitalize these cities have gained significant attention recently. Evaluating the effectiveness of such regeneration projects is essential for understanding their impact and informing future urban planning strategies. However, many of these cities face numerous challenges due to urbanization, population growth, and neglect, leading to the deterioration and loss of their distinctive character. In recent years, there has been a shift in urban planning and regeneration strategies from a focus solely on individual buildings to a more holistic approach that emphasizes the integration of historic cities with their surrounding landscapes. This literature review examines the evolution of regeneration approaches towards a landscape-oriented perspective, highlighting key concepts, strategies, and examples of successful implementation. The review draws upon a comprehensive range of scholarly articles, reports, and UNESCO documents to better understand the evaluation processes and outcomes.

Historic cities possess unique architectural, cultural, and historical significance. Regeneration of these cities involves preserving their heritage while adapting to contemporary needs and challenges. Houben et al. (2018) and Kazepov (2014) highlight the multifaceted nature of historic city regeneration and emphasize the importance of balancing conservation and development. Developing effective evaluation frameworks is crucial for assessing the impact of regeneration initiatives. Various evaluation models have been proposed, such as the "Heritage Impact Assessment" framework by Lazzarotti et al. (2017) and the "Regeneration Evaluation Framework" by McCarthy et al. (2019). These frameworks emphasize evaluating regeneration projects' social, economic, and environmental aspects. Evaluating the socio-economic impact of historic city regeneration is a crucial concern.

Falco et al. (2021) and Carmona et al. (2015) explore the assessment of employment generation, local economic development, and tourism impacts. They highlight the importance of considering short-term and long-term effects on the local communities. With growing concerns about climate change and sustainability, evaluating the environmental effects of regeneration projects has become crucial. Caputo et al. (2018) and Inzerillo et al. (2016) discuss assessing energy efficiency, carbon emissions, and green infrastructure integration in historic

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city regeneration. Preserving historic cities' cultural and heritage values is a fundamental objective of regeneration initiatives.

Egeraat et al. (2019) and Agnoletti (2017) examine the assessment of cultural assets, intangible heritage, and community participation. They emphasize the importance of engaging local stakeholders in decision-making processes. Various methodologies and techniques have been employed to evaluate historic cities' regeneration. Case studies, surveys, interviews, and spatial analysis are commonly used. Schachermayer et al. (2020) and Malenica et al. (2018) provide insights into applying qualitative and quantitative approaches for assessing different aspects of regeneration projects. Evaluating historic city regeneration poses several challenges, including data availability, methodological limitations, and the complexity of measuring intangible benefits. Bianchi et al. (2019) and Mourato et al. (2017) discuss these challenges and provide recommendations for addressing them, emphasizing the need for multidisciplinary collaborations and long-term monitoring (Eskandar et al., 2022).

Economic motivations often drive the regeneration initiatives of historical cities. Brown et al., (2018) and Kotler & Ascher (2020) have shown that effective regeneration strategies can bring economic benefits, including increased tourism, job creation, and enhanced property values. They point out that evaluation of economic impacts often involves measuring indicators such as tourist arrivals, visitor spending, employment rates, and property market dynamics (Zhang & Liu, 2020). However, it is essential to consider the potential gentrification and displacement risks associated with economic revitalization (Hall & Robertson, 2016).

Promoting social inclusion is crucial to historic city regeneration. The evaluation of social impacts focuses on assessing how regeneration initiatives benefit local communities, especially the vulnerable groups (Araujo et al., 2019). Social indicators such as access to housing, education, healthcare, and cultural participation are used to evaluate the inclusiveness of regeneration projects (D'Andrea et al., 2021). It is vital to ensure that regeneration initiatives do not marginalize or displace existing communities (Lukic & Lynch, 2017). Historic city regeneration should prioritize environmental sustainability to ensure long-term viability. The evaluation of environmental impacts encompasses assessing the reduction of carbon emissions, energy consumption, waste management practices, and the promotion of green infrastructure (Manikas et al., 2018). Integrated assessment frameworks considering the environmental, social, and economic dimensions are crucial to evaluating sustainability in historic city regeneration (de Gregorio Hurtado et al., 2019).

Historically, regeneration efforts focused on architectural conservation and heritage preservation (Rydin & Pennington, 2021). While this approach was valuable in safeguarding individual buildings, it often neglected the broader urban context and failed to address issues related to connectivity, social inclusion, and environmental sustainability (Kong et al., 2022). However, growing recognition of the limitations of these approaches have led to the emergence of more comprehensive strategies. The landscape approach gained prominence as a response to the shortcomings of traditional regeneration methods. It acknowledges the intrinsic relationship between historic fabric and surrounding landscapes of cities, emphasizing the need for integrated planning and design (Brereton, 2021). This approach considers the tangible and intangible aspects of the urban environment, recognizing the value of open spaces, natural systems, and cultural heritage in fostering sustainable development (Grossi et al., 2020).

Research Methodology

The research adopts a qualitative approach, focusing on in-depth analysis, critical reflection, and synthesis of existing literature, case studies, and theoretical frameworks. This comprehensively explores the evolution towards a landscape approach in regenerating historic cities.

A thorough literature survey established a foundation of knowledge on the issue. Relevant scholarly articles, books, reports, and publications have been reviewed to gain insights into the historical context, theories, and key concepts related to the regeneration of historic cities and the landscape approach. Data will involve collecting documents, reports, and plans related to the selected case studies and the theoretical frameworks under examination.

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The collected data are analyzed through thematic analysis, identifying recurring themes, patterns, and critical findings. The analysis focuses on understanding the evolution of the landscape approach, identifying common challenges, opportunities, and lessons learned from the case studies and theoretical frameworks.

The literature review, case studies, and data analysis findings are synthesized to comprehensively understand the evolution towards a landscape approach in historic city regeneration. Reflections are made on the key concepts, theories, and principles that have shaped this approach and the implications for future urban planning and design practices.

Based on the research findings and reflections, recommendations are developed to guide policymakers, urban planners, and practitioners in adopting effective strategies for regenerating historic cities using a landscape approach. These recommendations consider preserving cultural heritage, integrating natural systems, community engagement, and creating sustainable and livable urban environments.

By employing this methodology, the research paper comprehensively examines the evolution towards a landscape approach to regenerating historic cities.

Findings

Preserving historical landscapes is a transformative process that has undergone various stages throughout history. This historical evolution mainly took shape from the Middle Ages onwards. In the following, I describe the main stages of the historical transformation of the preservation of historical landscapes:

Destruction and devastation: During the Middle Ages and earlier periods, the preservation of historical landscapes did not receive significant attention. During these periods, buildings and other historical artifacts were destroyed for various reasons, such as wars, earthquakes, fires, and cultural changes (Smith, 2008; Johnson, 2012).

- **Renaissance and the beginning of preservation:**
  The importance of preserving historical artifacts increased during the Renaissance period (14th to 17th centuries). This period led to the emergence of interest in classical Greek and Roman concepts, and the preservation and reconstruction of historical buildings began in Europe (Brown, 2003; Thompson, 2010).
- **Development of preservation principles:** In the 18th and 19th centuries, attention to preserving historical landscapes increased. In this period, preservation concepts and principles were formally articulated. Conservation organizations such as the National Trust were established in England, and laws and regulations for protecting historical artifacts were developed in various countries (Miller, 1995; Wilson, 2006).
- **Formation of conservation organizations:** In the 20th century, reputable national and international organizations were established to preserve historical landscapes. Examples of these organizations include UNESCO (United Nations Educational, Scientific, and Cultural Organization) and ICOMOS (International Council on Monuments and Sites) (UNESCO, 1972; ICOMOS, 1965).
- **Development of laws and regulations**: During the 20th century, particularly after World War II, various countries formulated specific laws and regulations to preserve historical landscapes. These laws include the designation of protected areas, national heritage registration, sustainable use of resources, and securing financial resources for preservation (Johnson, 2002; Smith, 2014).
- **Development of innovative approaches:** In recent years, approaches to preserving historic landscapes have evolved by incorporating new dimensions such as environmental conservation, cultural diversity preservation, and community participation. These approaches emphasize living cultures, sustainable urban planning, and preserving tangible historical evidence (Brown, 2018; Wilson, 2020).

In general, the preservation of historic landscapes has undergone a significant historical transformation, progressing from a state of destruction and devastation to the establishment of preservation laws and approaches. Religious establishments particularly influenced this transformation. According to Joquilheto's theory of historically valuable structures as

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"monuments" (1990), the 15th century (during the Renaissance era) witnessed a growing trend of collecting and restoring antiquities. Additionally, the formation of Alberti's ideas coincided with the start of the civil war in Europe during the 17th century. This tumultuous period prompted an exceptional restoration movement, marked by a ruined city's first copy/reconstruction (Joquilheto, 1990).

Furthermore, various restoration groups and theories emerged in countries primarily affected by the war, particularly concerning archaeology. In the first half of the 18th century, the ideology of scientific restoration gained prominence, emphasizing minimal interventions in restoring historical buildings and monuments (Jokilehto, 1990).

The development and evolution of the main approaches to the protection and development of urban heritage can be divided and analyzed into three main stages.

Table 1: Theories of city regeneration
Source: Authors

Theories related to the sustainable regeneration of the historical cities			
No	Theorist	Reference Document	Theory	Proposed Solution
1	Kevin Lynch	"The Image of the City" (1960)	Image of the City	Lynch explored the mental maps people create to navigate and perceive cities, emphasizing the importance of landmarks, paths, edges, districts, and nodes.
2	Camillo Sitte	"City Planning According to Artistic Principles" (1889)	Theory: City Planning According to Artistic Principles	Sitte criticized the standardization of urban design and advocated for the consideration of aesthetic and historical aspects, emphasizing the importance of public spaces, squares, and urban forms.
3	Lewis Mumford	"The City in History: Its Origins, Its Transformations, and Its Prospects" (1961)	Mumford's work examined the historical development of cities	highlighting the influence of technological advancements, social dynamics, and urban planning on the evolution of urban environments.
4	Jane Jacobs	"The Death and Life of Great American Cities" (1961)	The Death and Life of Great American Cities	Jacobs focused on the vitality of cities, emphasizing the importance of mixed-use neighborhoods, walkability, and community participation in urban planning decisions.
5	Christopher Alexander	"A Pattern Language: Towns, Buildings, Construction" (1977)	A Pattern Language	Alexander proposed a pattern-based approach to urban design, advocating for design elements that enhance human well-being and create cohesive, organic urban environments.
6	Aldo Rossi	"The Architecture of the City" (1966)	The Architecture of the City	Rossi explored the relationship between architecture and the city, emphasizing the importance of collective memory, urban artifacts, and the preservation of urban identity.

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7	Gordon Cullen	"The Concise Townscape" (1961)	The Concise Townscape	Cullen examined urban design's visual and perceptual aspects, highlighting the significance of townscape composition, focal points, and visual sequences in creating memorable urban environments.
8	Ian L. McHarg:	"Design with Nature" (1969)	Design with Nature	McHarg advocated for ecological planning and integrating natural systems into urban design, emphasizing the importance of understanding the landscape's ecological processes and incorporating them into sustainable city planning.
9	Anne Whiston Spirn	"The Granite Garden: Urban Nature and Human Design" (1984)	The Granite Garden: Urban Nature and Human Design	Spirn explored the relationship between nature and urban design, emphasizing the role of green spaces, water, and natural elements in creating sustainable and livable cities.
10	Carl Steinitz	"Landscape Planning: A Unified Approach" (1990)	Landscape Planning: A Unified Approach	Steinitz developed an approach to landscape planning that considers the interrelationships between natural, cultural, and built environments, emphasizing the need for integrated and holistic strategies in sustaining historic cities.
11	James Corner	"Recovering Landscape: Essays in Contemporary Landscape Architecture" (1999)	Landscape Urbanism	Corner's theory promotes the idea of landscape as a medium for urban transformation, emphasizing the integration of ecological systems, public space, and infrastructure in sustainable urban design.
12	Charles Waldheim	"Landscape as Urbanism: A General Theory" (2016)	Landscape as Urbanism	Waldheim's theory focuses on repositioning landscape within contemporary urbanism, highlighting the potential of landscape thinking to address ecological, social, and economic challenges in historic cities.
13	Kongjian Yu	"Sponge City: Water Management and Landscape Urbanism in China" (2016)	Sponge City	Yu advocates for sponge cities that absorb and utilize rainwater to mitigate flooding and improve water resource management in urban areas while promoting ecological sustainability.
14	Jukka Jokilehto	A history of architectural conservation (1999).	An integrated and holistic approach to preserving historic cities	He presents the theory of historically valuable structures as "monuments" and discusses the restoration movements and theories that emerged during different periods, including the Renaissance era and the 17th-century civil war in Europe

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1 5	Brown (2018) and Wilson (2020)	A spatial overview of the global importance of Indigenous Lands for Conservation (2018)	development of innovative approaches to preserving historic landscapes	highlight the development of innovative approaches to preserving historic landscapes that incorporate environmental conservation, cultural diversity preservation, and community participation.
1 6	Johnson (2002) and Smith (2014)	The Archaeology of urban landscapes (2014)	preserving historical landscapes	discuss the development of laws and regulations for preserving historical landscapes, particularly after World War II

1. Step one: Protection and development as two separate approaches

The first stage of regeneration and conservation occurred when, due to technological advancements, it became possible for people to dominate Nature. The desire for dominance and extravagance pushed people towards indiscriminate, often large-scale developments. This development, which resulted in the loss of a part of the heritage of the past, gradually aroused the sensitivity and attention of the minds that attached particular value to the legacy of the past. Although the activities of the group of preservationists in front of the group of developers led to the protection of a part of the cultural heritage in historical cities in the course of development, this part generally included separate buildings rather than the city as a dynamic and living whole, for example in England. The first legal instruments for heritage protection introduced in the 1970s were formed to support the conservation approach that was naturally concerned with historical buildings. In this period, heritage was protected and maintained due to its inherent values and characteristics rather than its importance and unique role in the social and economic development of the city (Pendelbury et al., 2011). The approaches of protection and development were presented in parallel and generally without coordination and compatibility with each other and at the opposite point, to the extent that it can be called two separate approaches; therefore, they are examined in two different disciplines (Bruno, 2018)

1.1. The Nineteen Century and the Consequences of the industrial revolution

Protecting cultural assets has been practiced as a ritual in the past centuries. Still, from the middle of the 18th century and the beginning of the 19th century, this matter took a new form with the formation of architectural restoration theories (Sahizadeh et al., 2009). With the devastation caused by the Great French Revolution and the developments and consequences of the Industrial Revolution in Britain and France, the first stage was formed. Many churches and religious buildings were damaged. In 1837, a "National Commission of Historical Monuments" was established to support those works (Naraghi, 2006). Simultaneously with protecting and preserving valuable historical works, two currents led from the second half of the 19th century onwards. It led to significant changes in the social-spatial organization of urban contexts. First, Baron Haussmann's actions in Paris by destroying parts of densely populated neighborhoods and building wide boulevards, which itself became the source of large-scale interventions in the urban contexts of other countries, from other laws and conservation programs in England to respond to the needs and solve the problems of old cities that had entered the industrial stage (Flamaki, 2007). In the 19th century, attention was paid to the protection of individual buildings with a tendency to restore the typical style (depending on imitative), which was supported and developed by Viollet Ludo in France, Schinkel in Germany, and Scott in England. It was proposed and practiced as the dominant thought in Europe. On the other hand, at the end of the 19th century, a new movement was formed based on the ideas of John Ruskin, which is still considered one of the main trends. The new modern movement began its work with the efforts of "William Morrissey" and the publication of a declaration by the association he founded. They emphasized the continuous maintenance and care of historical monuments and minimum intervention in this building (Pikard, quoted by Sahizadeh and Yzadi, 2010). You cannot write this history by yourself as if you witnessed them. You are taking from other sources without acknowledging which amounts to plagiarism.

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1.2. Conservation and development in the first half of the 20th century

The significant economic, social, and political developments in the first half of the 20th century resulted in widespread conflicts in planning and urban policies. On the one hand, the world wars, the need for extensive reconstruction of the devastated areas, the rise of modernist thinking at the beginning of the century, and the impacts of the industrial revolution contributed to the focus on development. On the other hand, pursuing conservation ideas, combining modern technology, and gaining international support, led to the formulation of the first architectural restoration charter at the Athens Congress in 1931, thereby sustaining the conservation movement (Sahizadeh & Yazdi, 2010). The Athens Charter, comprised of ninety-five articles, emphasizes the interconnectedness of various factors such as physical and structural conditions, health considerations, scale and spatial proportions, historical and geographical features, and the overall quality of urban living spaces.

1.3. The 1950s- urban reconstruction approach

The Second World War transformed the attitudes toward urban renewal, as reconstruction plans were considered part of the war effort. Reconstruction was seen as a moral struggle against the five giants described by Badrij in his wartime account. These giants included idleness, neediness, ignorance, homelessness, and disease (Roberts, 2007). The legacy of years of World War II in Europe is the deterioration and collapse of the urban organization of many cities in the European continent. With a large amount of destruction and debris caused by the war, the approach to physical restoration and urban reconstruction has been prioritized. The extensive destruction caused by the war provided the right opportunity to implement ambitious plans for urban restoration (opportunistic restoration). This option caused many modernists to implement their ideals and ideas in this approach (Hajipour, 2011).

1.4. The 1960s- Urban restoration with the approach of revitalization (urban revitalization)

From the beginning of the decade, discouragement towards 60 changes and the clearing of development plans started again, becoming the basis for different reactions. Therefore, historical areas and cities are revalued and visible in this era. Laws and regulations for protecting historical monuments, charters, treaties, international cooperation, and emerging influential groups and institutions for protection all testified to the new developments. The process above started with the development movement at the end of the 19th century, the vision of protecting individual buildings into collections, contexts, and sizes, and the spaces between buildings and urban areas that seemed to lead to the development. The second is for protection. Another noteworthy point in this process is the start of using buildings and historical monuments and the trend towards functional life and their revival.

1.5. The 1970s - Urban restoration with the attitude of urban renewal

The process of expansion of conservation thinking in the 1970s continued with the development of laws, institutions, and responsible institutions, especially with decentralization and devolution of more power to local governments. Simultaneously with the protection measures in these two decades, the urban development plans continued in the framework of comprehensive reconstruction plans after the war and continued in the form of urban renewal plans. The increasing trend of urban issues and the decline of quality in the central areas of the cities have forced urban policymakers to seek answers to these issues through renovation programs and physical plans on the one hand and empowerment and revitalization plans on the other (Pourahmad, 2011).

1.6. The 1980s- Urban restoration with the attitude of an economic redevelopment or regeneration

In a brief look at the events of the 1980s, the innovative policies of the 1970s continued in the 1980s. However, significant reforms were made later. During the 1980s, there was a

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movement away from the idea that the central government should or could provide all the resources needed to support the intervention policy. This new approach was accompanied by more emphasis on participation (Roberts, 2000). In the 1980s, the politics of rehabilitation and regeneration became associated with neoliberalism. Among other things, the lack of role of local governments in managing the affairs of cities can be mentioned (McDonald, 2009).

In the 1980s, the economic attitude towards worn-out and decaying urban tissues and neighborhoods is in the focus of urban policy, which has been carried out through urban redevelopments. Urban redevelopment still considers the view of reconstruction and physical interventions, but paying attention to the executive and financial mechanisms of renovation, legal-legal frameworks, and income-generating view of urban restoration is one of the characteristics of this restoration approach. Redevelopment combines reconstruction, improvement, and regeneration in urban restoration. The category of participation and involvement of all interested and influential groups in this approach is considered necessary (Hajipour, 2011).

Table 2: The Evolution of city regeneration
Source: Roberts, 2017

1950s Reconstruction	1960s Revitalisation	1970s Renewal	1980s Redevelopment	1990s Regeneration
Major strategy and orientation				
Reconstruction and extension of older areas of towns and cities are often based on a masterplan' for suburban growth.	Continuation of 1950s theme; suburban and peripheral growth; some attempts at rehabilitation.	Focus on in-situ renewal and neighborhood schemes; still development at the periphery.	Many significant development and redevelopment schemes, flagship and town projects.	A more comprehensive form of policy and practice, emphasizing integrated policy and interventions.
Key actors find stakeholders				
National and Local government; private sector developers and contractors	Move towards a more excellent balance between the public and private sectors.	The growing role of the private sector and decentralization in local government.	Emphasis on the private sector and special agencies; growth of partnerships	The partnership is the dominant approach, with a growing number of government agencies
Spatial level of activity				
Emphasis on local and site levels.	The regional level of activity emerged.	Regional and local levels initially; later, more local emphasis.	In the early 1980s, the focus was on site, later emphasis on a local level.	Reintroduction of strategic" perspective; growth of regional activity.
Economic focus				
Public sector investment with some private sector involvement.	I am continuing from the 1950s with the growing influence of private investment.	Resource constraints in the public sector and growth of private investment.	The private sector is dominant with selective public funds.	More excellent balance between public, private, and voluntary funding
Social content				
Improvement of housing and living standards.	Social and welfare improvement.	Community-based action and greater empowerment	Community self-help with very selective state support.	Emphasis on it is the role of community.
Physical emphasis				
Replacement of inner areas and peripheral development.	Continuation from the 1950s with parallel rehabilitation of existing areas.	More extensive renewal of older urban areas.	Major schemes of replacement and new development; 'flagship schemes.'	Initially more modest than 1980s; increasing scale; heritage emphasized.
Environmental approach				

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Landscaping and some greening.	Selective improvements.	Environmental improvement with some innovations.	Growth of concern for a broader approach to the environment.	Introduction of a broader idea of the environment in the context of sustainability.

1.7. The 1990s The View of Urban Regeneration

During the 1990s, urban restoration with a creative attitude gained significant traction and became a prominent agenda item. This approach, characterized by a nuanced understanding of the past, aimed to preserve and highlight the historical identities of different periods while also generating new identities that align with the present living conditions (Hajipour, 2018). This marked the emergence of regeneration policies in Western countries.

Simultaneously, a new approach, the "Challenge of Cities," was introduced in response to criticisms of renovation measures that focused solely on physical aspects. Local governments were encouraged to submit proposals to the central government, outlining their regions' regeneration projects. These projects were designed to foster collaboration among the private, public, and volunteers (Kalantri, 2009). The "Challenge of Cities" policy emphasized the significance of addressing diverse groups' social dynamics and needs within urban environments.

Furthermore, this approach to urban regeneration recognized the importance of integrating social, economic, and environmental dimensions. It aimed to create sustainable and inclusive urban spaces catering to present and future generations (Hall, 1998). By considering social groups within cities and prioritizing their well-being, the regeneration initiatives sought to foster cohesive communities and improve the overall quality of life (Brown et al., 2010).

The adoption of a creative and holistic approach to urban restoration in the 1990s, as seen through the "Challenge of Cities" policy, reflected a shift towards comprehensive and socially conscious regeneration strategies.

2. Step two: An integrated approach in protection and development

The evolution of the protection concept over time shows that the initial measures to strengthen and maintain individual historic buildings have become a broad drive for urban regeneration and economic development (Strange et al.,2003, Delafons, 1997). In general, the integrated approach can be examined in two main aspects: the first aspect, the integrated approach in the realm of urban heritage means integrating and balancing the methods of protection and development. The second aspect: is integration in the 1990s "Cultural and natural heritage is the focus. In fact, following the development of tourism, the issue of compatibility of physical and economic growth along with the protection of historical structures and attention to environmental problems was seriously considered. Since then, the integrated approach has been after that, conservation and sustainability approaches are tied together. Economic development is essential in conservation and development approaches (Pendelbury et al., 2011). In other words, conservation and integrated development have made the combination of heritage protection and urban development possible in a single concept. This new perspective on the historic urban landscape approach is also a research template whose purpose is to pay attention to the combined planning of urban development (Gabrielli, 2010).

The historic urban landscape approach has created a comprehensive and integrated framework in the field of human settlements and their context, which changes the view of the city as a set of elements (Savannah Declaration, 2013). It is completely intertwined in one landscape. The importance of this change of attitude towards urban heritage is partly a program towards an integrated approach to cultural heritage, with the statement that the increased protection of the European security of individual places is moving towards the protection and promotion of the whole in Europe (Communication Commission, 2014). The view was due to the challenges that separate protection and development brought, which caused the failure of planning and protection plans until late. The experience of repeated failures has proved the importance that conservation cannot ignore the story, and development will not be sustainable

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without regard to protection in historically valuable contexts. This way, conservation and development approaches were changed, transformed, and considered complementary. In the process of its evolution, this complementary approach has gradually included various aspects and is known as an integrated approach and is being refined. In this approach, conservation and development find an interdisciplinary field of study.

2.1. Third Millennium - urban restoration with an Urban Regeneration Approach

Protection does not seek to return to the past. Instead, it introduces sustainable solutions to cities' and historical centers' social and economic problems. Today, protection has expanded to social and economic fields; also, conservation can restore erosion and inject new life into historical structures (Heritage English, 1998). In recent decades, the conservation and reuse of historical buildings have received attention and become a significant stimulus in development. (Elrkham, 1999) The economic role of protection states that protection and development are complementary in two approaches. England's Heritage originally and essentially in 2008 issued a document entitled "Principles of Conservation; published policies and strategies for the sustainable management of historical environments, in which "conservation means the process of managing the change of a valuable and important place in the context and urban context in such a way that its heritage values remain in the best possible way, while opportunities exist to identify and enrich the values for present and future generations" (Eslamian & Maleki, 2021; Heritage English 7, 2008).

2.2. Reconstruction with the late approach of restoration and improvement

From the 1980s onwards, culture-based regeneration in the form of a vast wave has affected regeneration projects all over Europe. Culture-based regeneration and cultural capital 27 has established itself as a successful option in restoration, urban improvement, and renewal" (Kearns & Philo, 1993). The most critical aspect of this trend is paying attention to the role of culture, using historical and cultural values as resources for development, and paying attention to people's leisure time.

Ever since policymakers and city officials turned to 'culture' as a tool for urban regeneration, the importance of the quality of historical environments as a part of city regeneration innovations and initiatives has become increasingly apparent. Cultural policies were considered to provide economic benefits by creating businesses that are related to the operators of those businesses, advertising, and promotion, and related venues such as cafes, restaurants, etc. Thus, cultural interventions are more than the secondary product of economic growth; they are its driving force (Izadi, 2007).

The museum-building movement in Europe, particularly following the collapse of the Berlin Wall, has emerged as a prominent force in revitalizing collective memories and forging a fresh and distinctive urban identity for cities and their inhabitants. It is a testament to the utilization of cultural instruments in urban restoration and regeneration (Bianchini & Parkinson, 1993). Indeed, culture and cultural initiatives have progressively become significant in urban renewal. Consequently, regeneration can be bolstered by implementing credible and esteemed cultural or artistic projects offering numerous economic and social advantages (Caves, 2005).

In a report by Evans and Shaw in 2004 for the British Ministry of Culture, Media and Sports to design a policy document on the participation of cultural activities in recreation, the types of cultural involvement in different entertainment fields are stated (Table 3).

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Table 3: Participation of culture in different areas of regeneration
Source: Evans and Shaw 2005

• reuse of empty buildings; • Improving the quality of the environment; • The increasing public use of space, which leads to the reduction of the destruction of public property and increased security; • A sense of pride in a place; • Development of a work/life space with mixed-use (development/sustainable life, compact city, high density, low environmental effects, for example, in traffic and transportation; • Employing artists in design groups; • Integration of cultural ideas in future programs;	Cultural participation In Physical regeneration
• Internal investment (private-public sector forces); • spending more money (willingness to pay more) by residents and visitors; • Direct and indirect job creation/income generation; • To maintain the maintenance of students in the place (artists/creatives); • Variety of jobs and workforce (level of skills); • Stimulator in the development of new business areas, retail, and entertainment centers; • Increasing participation of the private and public sector and voluntary groups and associations; • More participation in local cultural sectors) which will increase the willingness to pay leads • Increase in the price of real estate (residential and office)	Participation of culture in economic regeneration
• Changing the residents' attitude and perception of their place of residence; • Strengthening self-confidence and passion in people; • A more explicit expression of individual and collective ideas and needs; • Increasing voluntary activities; • Improving and increasing social capital, standards, and networks that enable collective performance they accept; • Evolution and transformation of the credibility of a place and its residents; • Participation in private-public sectors and voluntary groups; • Reaching a high level of motivation;	Participation of culture in social regeneration

3. Step three: A landscape approach

Although the recent approach of integrated conservation and development has effectively addressed the limitations of separate conservation and development efforts, it has not yet provided a comprehensive solution to the challenges arising from the interaction between conservation and development. Some experts argue that no overarching theory of urban or regional conservation can serve as the intellectual foundation for formulating guidelines on the transformation and alteration of historical sites. Instead, practical endeavors must be reconsidered and incorporated within a flexible and beneficial framework (Bandarin et al., 2012).

From this perspective, the city can be viewed as a dynamic phenomenon that embraces or rejects changes through the lens of the cultural identity of its inhabitants. However, this process unfolds over time and poses potential pitfalls for the integrated conservation and development approach. In other words, the city can be regarded as a self-regulating system that

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refines itself by subjecting changes to a self-reinforcing filter and monitoring the system. Tuan referred to this refining process within the system as "cultural self-improvement" (Tuan, 1977). This self-improvement acts as a crucial filter, ensuring stability under ideal conditions where public awareness has reached a stage that allows for a correct understanding of changes. This level of awareness surpasses contemporary participatory approaches to conservation and integrated development (UNESCO, 2011). Therefore, considering the landscape's characteristics, the proposed approach is holistic, referred to as the landscape approach. It perceives conservation and development not as two separate fields or interdisciplinary categories but as a broad domain in which development aligns with the path of conservation or, in other words, where development becomes an integral part of the self-improvement process of protection, which is influenced by development. The flexibility of this approach is contingent upon development (Yıldırım, 2018).

By prioritizing the preservation of processes rather than the products themselves, the aim is to foster development that undergoes the filter of cultural self-purification, which is a product of a comprehensive understanding of the ecosystem rather than fragmented perspectives. Through this process, opportunities for creativity can emerge, benefiting the current generation while safeguarding the rights of future generations. In this idealistic approach, conservation seeks not only to preserve the existing historical city but also to enable its sustainable use within the natural environment, transcending the chronological boundaries of the town and considering its entire ecological foundation. By analyzing various aspects of the historic urban landscape, one can uncover the natural-cultural processes that shaped and sustained it, thus ensuring the continuity of these processes and the possibility of new outcomes (Eshrati, 2017).

This approach views the historical urban landscape as a generative phenomenon rather than a static artifact in a city museum. The filter of self-purification, which restricts interference with heritage, acts as a guarantee for preserving the legacy for future generations. It should be noted that this filter possesses unique characteristics within each society and is effective only for the culture and microclimate it serves. Therefore, a universally fixed filter cannot be achieved, and cultural filters are as diverse as indigenous communities. This aligns with the recent conservation organizations' approach of seeking local solutions rather than global ones. It is worth mentioning that realizing ideal conditions, where public awareness has reached a stage of understanding the type and limits of changes, is considered an "ideal" scenario. However, in the bipolar world we inhabit, these ideal conditions are not entirely attainable; thus, the system presented in this research may not be fully realized. Increasing public awareness is necessary for effective management strategies, providing a foundation for the sustainability of both protection and development. However, recognizing the intricate interconnectedness of the historic urban landscape and considering each component within its management process is essential for sustaining the overall process (Eshrati, 2017).

Regeneration with a historical landscape approach

The view of landscapers as a new approach to reviving and recreating historical contexts as a place can help to protect the tangible and intangible values of these places and the continuity of identity and, on a larger scale, preserve the narrative of the city's history. This can effectively increase citizens' sense of belonging to the town. The purpose of belonging is an influential factor in the continuity and stability of a place. The landscape of historical sites is a rich text, and any intervention, change, and interaction with it are impossible without reading and understanding the relevant narrative. Applying the landscape approach in recreating and revitalizing historical contexts can help to continue the possibility of the correct reading of the landscape text and perception of the historical narrative of the place in historical contexts and strengthens the sustainability of historical cities (Khorasgani, A. M, 2023).

The landscape approach in the regeneration of historic cities refers to a comprehensive and holistic strategy that recognizes the inherent interconnections between the natural and built environments and the social and cultural dimensions of urban spaces. This approach emphasizes the integration of green infrastructure, public spaces, and heritage conservation in

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urban planning and design, aiming to enhance the quality of life, sustainability, and resilience of historic cities. It involves the careful analysis and understanding of historical context, urban morphology, and socio-cultural values, as well as the involvement of local communities and stakeholders in the decision-making process. Scholars and practitioners have highlighted the significance of the landscape approach in regenerating historic cities, as it fosters a harmonious relationship between heritage preservation, environmental sustainability, and urban development (Benedict & McMahon, 2006; European Landscape Convention, 2000; UNESCO, 2011).

Landscape architecture is a burgeoning discipline that explores the environment's visual and spatial aspects, effectively shaping individuals' sense of belonging (Fjeld, 2018). The sense of belonging plays a pivotal role in the continuity and vitality of a place (Low & Altman, 1992). Historical sites, with their rich narratives, can be interpreted through the lens of landscape (Corner, 1999). By offering a fresh perspective, landscape architecture profoundly influences the sense of belonging (Francis, 2003). It deciphers and elucidates the symbols and phenomena present in the living environment, thereby managing and recreating the sensory-perceptual elements that contribute to the texture of a place (Kaplan & Kaplan, 1982). History serves as a guiding force (Tilden, 1977).

Landscape architecture is an intermediary between humans and their surroundings, acting as both an indicator and catalyst of semantic components within historical contexts (Cosgrove, 2004). Through its narrative approach, landscape architecture presents a distinctive expression of a site, enhancing the sense of place and fostering a stronger sense of belonging (Corner, 1999). It establishes a connection between individuals and their environment over time, facilitating the development of emotions, perceptions, and collective memories that encourage social engagement (Nasar, 1998). This interpretation becomes intertwined with the identity of a place, reinforcing the sense of belonging experienced by individuals (Relph, 1976).

The landscape approach is a comprehensive and holistic perspective that considers various factors and influences within historical contexts, aiming to achieve a comprehensive continuity and re-creation of historical thoughts and insights (Smith, 2010). By examining landscapes from a human-centered viewpoint, it considers factors such as a sense of belonging,
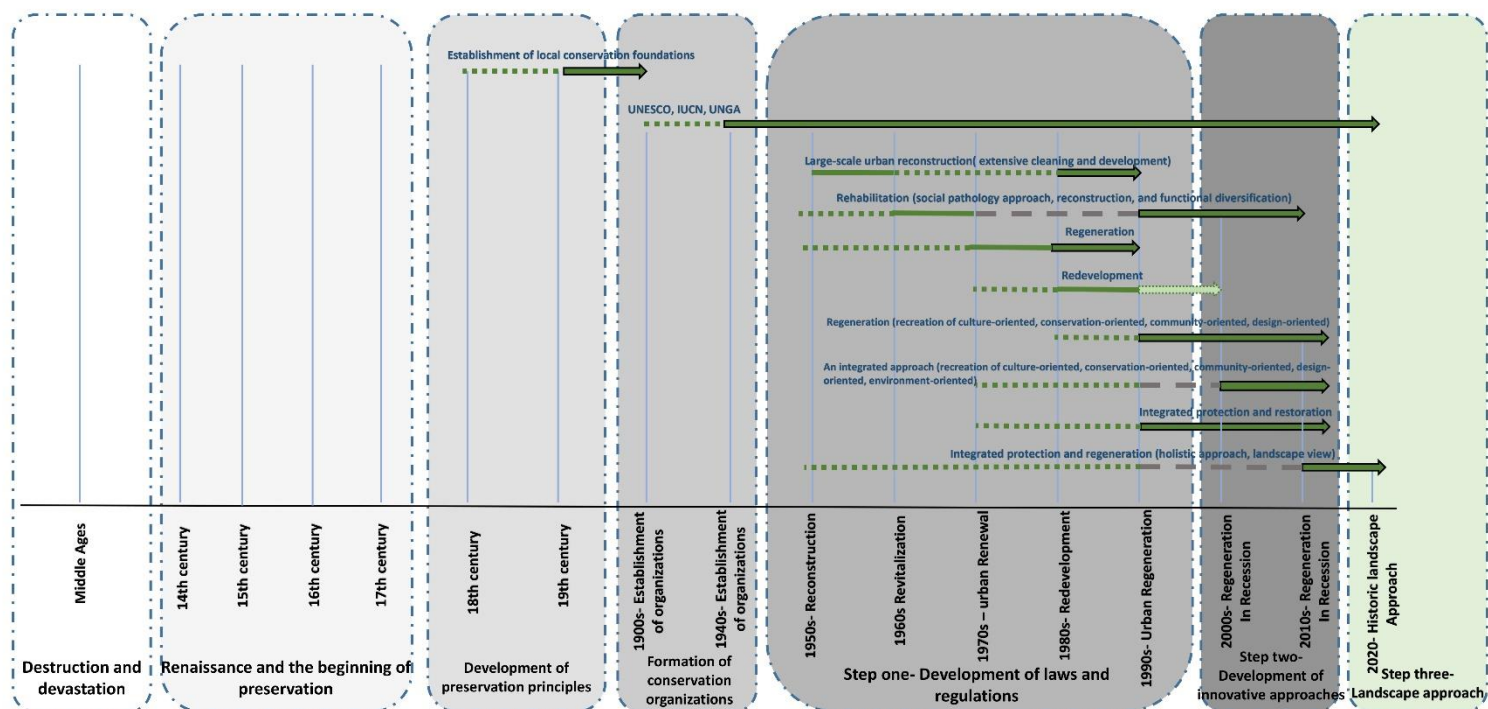

Fig. 1- The evolution of historic city's regeneration
Source: author

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personal and collective memories, a sense of participation, a sense of place and time, and an increase in sensory richness, all of which contribute to social vitality (European Landscape Convention, 2000).

In historical landscapes, each component plays a crucial role in maintaining both dynamism and stability, ensuring the continuity of these biological collections (Fabos, 2004). By managing these factors effectively, the landscape approach facilitates the preservation and enhancement of historical landscapes for future generations (Jokilehto, 2002).

Furthermore, similar cases can be found where the landscape approach has been successfully applied. For instance, the preservation and revitalization of heritage sites such as the Historic District of Old Québec in Canada have adopted the landscape approach to protect the authenticity and integrity of the historical environment (City of Québec, 2018). By considering the historical context and its associated elements, including architecture, urban layout, and cultural values, the landscape approach ensures a comprehensive and holistic management strategy for heritage conservation.

Overall, the landscape approach emphasizes the importance of considering all relevant factors and influences within historical contexts to achieve comprehensive continuity and re-creation of historical thoughts and insights. By recognizing the significance of factors such as a sense of belonging, memories, participation, place and time, and sensory richness, this approach promotes social vitality and enhances the management and preservation of historical landscapes (Smith, 2010; European Landscape Convention, 2000).

Conclusion

This paper concludes that regeneration of historical cities has undergone significant evolution, with different approaches and methods used to revitalize these cities and preserve their cultural heritage. The historical focus on physical restoration has shifted to consider social and economic needs, and the importance of community involvement and participatory planning is now recognized. Historic cities hold immense value as a part of our cultural heritage, offering glimpses into our past and fostering a sense of continuity between generations. However, many of these cities have suffered from urban decay and neglect. To counteract this trend, regeneration efforts have been launched to revitalize these cities and create vibrant, sustainable communities. The evolution of these efforts, from the mid-20th century to the present day, has witnessed significant shifts in approach.

The evolution of historical city regeneration highlights the necessity of adopting a holistic and comprehensive method that encompasses all aspects and needs towards sustainability. Examining the theories over time reveals that contemporary periods, which have embraced holistic approaches, have shown more tremendous success, leading to more recommendations by theorists and relevant organizations in these fields.

As a holistic approach, the landscape has surfaced to provide solutions for the sustainable regeneration of historical cities. By embracing the landscape approach, historical cities can achieve sustainability and continuity effectively.

The landscape approach remains a guiding principle for many cities in regenerating historic areas. While new technologies and approaches continue to emerge, the landscape approach has firmly established itself in creating sustainable and vibrant communities while preserving our cultural heritage. By prioritizing the community's needs, the landscape approach ensures that historic cities remain relevant and valuable for future generations. The evolution of historical city regeneration will persist, but the principles of the landscape approach will continue to serve as a guiding force in these efforts.

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