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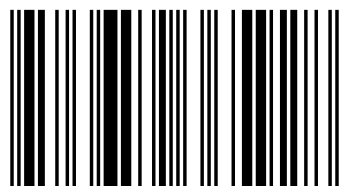
Spa tourism in Macedonia



Nako Taskov  
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## Thermal tourism in Macedonia

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978-3-659-36592-8

Taskov, Metodijeski, Mitreva

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**LAP LAMBERT Academic Publishing**



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Bibliografische Information der Deutschen Nationalbibliothek: Die Deutsche Nationalbibliothek verzeichnet diese Publikation in der Deutschen Nationalbibliografie; detaillierte bibliografische Daten sind im Internet über <http://dnb.d-nb.de> abrufbar.

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OmniScriptum GmbH & Co. KG

Heinrich-Böcking-Str. 6-8, 66121 Saarbrücken, Deutschland / Germany

Email: [info@lap-publishing.com](mailto:info@lap-publishing.com)

Herstellung: siehe letzte Seite /

Printed at: see last page

**ISBN: 978-3-659-36592-8**

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# Thermal tourism in Macedonia

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2015

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## **FOREWORD**

This book is publication in the field of tourism and is consisted of eight chapters, which is consistent with the curriculum and the program of the Faculty of Tourism and Business Logistics. This book Thermal tourism, which is purpose textbook for an same name optional subject that brings 4 credits and that students study in the first year, first semester, by the guidelines for Tourism and Gastronomy course, nutrition and dietetics, with weekly takes classes 2 + 2 + 1. The textbook will be a major for studying of literature in the curriculum of the above teaching discipline. The material in the book is presented concisely, with the images and tables that will be easily understood and surmountable by students for which this book is meant to .This school book also can use all the students of other faculties who studied issues related to thermal tourism, and other professionals in the field. The textbook has been prepared in order to promote the teaching of the subject Thermal tourism and improve the quality of knowledge of students. The textbook "Thermal Tourism" covers Introduction and 8 chapters covering the basic knowledge of thermal tourism and tourist values of the spas in the country: Introduction, theoretical-methodological approach in research, Differentiation of spa tourist sites, management in spa centers, the specificity nutrition baths, protection of space in bathrooms, places of spa tourism in the country, the prospects for the development of this tourism and review the positions of visitors in spa centers in the country.

The first chapter presents the historical development and the beginnings of the thermal tourism, its definition and types, theoretical-methodological approach in the development of labor conditions and trends of development of thermal tourism in Europe and the world. In this book are explained some basic information related to the different procedures used in spa centers and are given examples of tourist destinations that have successfully developed thermal tourism.

The second chapter is the differentiation of the spa tourist sites in our country. Covered seven baths and spa Kezhovica, Bansko, Negorska Bath, Spa Debar, Kumanovo spa, and Katlanovska Kochanska spa. In the material for any spa separately are presented basic facts

related to: the historical development; tourist-geographical position; traffic connection; natural tourist values (topography, climatic characteristics, nature and wildlife, hydrographic features, curing opportunities, recreational opportunities) and anthropogenic tourist values (cultural-historical monuments, festivals, ethnographic values, national nutrition).

The third chapter deals with materials related to management in spa centers. Here is covered management of spatial resources in bathrooms, workflow management (health, accommodation and restaurant) and contemporary and specific application of management in spa centers. In the fourth chapter, it is explained the specificity of food in spas, addresses the spa (stationary) diet, nutrition and diet, restaurants that are working in spa centers.

The fifth chapter is devoted to the protection of space in spas, and here are presented the factors for environmental pollution in the spas, a division of the spas according to the level of being protected and out and measures that can be applied to protect the environment in the baths Republic of Macedonia.

Place of spa tourism in the country is represented in the sixth chapter. It includes a table displayed on the number of tourists and nights spent in spa centers and secondary data sources associated with the spa tourism.

The seventh chapter deals with the prospects for the development of spa tourism in the country. Certain problems faced spa centers (affected and those not affected by spa centers).

In the last chapter presents the results of research that is done in spa centers and is a tabular summary of the views of visitors in spa centers in the country. At the end of the manuscript is a mercenary literature and websites, which lists all titles cited in the material, the subject of this book.

Here authors express their gratitude to all of their colleagues and collaborators who contributed in providing materials that were necessary to complete the content of the

textbook. Given that this is a first edition, inadvertently perhaps we missed some features of thermal tourism. Opinions and comments may be posted electronically to authors. For all remarks authors will be grateful and will take them into account when creating the next edition.

## **Introduction**

Thermal tourism (tourism Spa) can be defined as a visit and stay in specialized facilities that provide an opportunity for healing and relaxation through the use of thermal water. The Eastern Europe, people have used thermal waters for bathing and other needs thousands more years<sup>1</sup>. Some authors suggest that the thermal water began to be used for medical purposes since the VI century BC. Studies of archaeologists from Asia show that the thermal waters are used for bathing 5000 years ago<sup>2</sup>. The situation is similar in other continents such as North and South America (Indians), Africa (Egyptians), Middle East, Australia and Europe (Greeks and Romans). In Europe, the Romans have left the greatest legacy of the spas in the territories that were part of their empire. Visitors staying at the spas at the time not only enjoyed the benefits of water, but there were various forms of entertainment also, so there were organized theater performances, athletic competitions and festivals that are held in places where they were located spas<sup>3</sup>. In neighboring Bulgaria, the tradition to use the healing properties of mineral water first started the Thracians, who were known for their use of thermal waters in the treatment<sup>4</sup>.

In Macedonia archaeological research shows that thermal water spa is used first by the Romans and later by the Turks who were known lovers of spas. In many dictionaries spas are defined as a source of mineral water or place where it was found mineral spring. Baths can be defined as places that are dedicated to improving the

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<sup>1</sup> Lawrence, L.R., Stoyanov, B., *Geothermal opportunities in Eastern Europe, a survey*. Bob Lawrence & Associates, 1996.

<sup>2</sup> Lund, W.J., *Balneological use of thermal waters*. International geothermal days, Slovakia, 2009.

<sup>3</sup>Raj, G.P., *Tourism marketing and management*. Manglam Publications, 2009.

<sup>4</sup> Vodenska, M., *Basics of tourism*. Matkom, 2005.



quality of life through a variety of professional services that facilitate the recovery of the body, mind and spirit<sup>5</sup>.

As an active volcanic country, in Japan there are many hundreds of thermal springs that are used for bathing and medical reasons by visitor's<sup>6</sup>. Traditional spas in Japan are called *onsen*, and the first balneological institute in this country is open by the Kyushu University in 1931. On the territory of the former Soviet Union, for the most part of Russia today, there are over 3,500 spa centers. In the US there are 115 thermal spas and more than 1800 sources of thermal water<sup>7</sup>, and first Hydrotherapeutic institute in the country was opened in 1851 in New York. Various species of using thermal water, construction of water parks, as Beshenova Slovakia, arranging travel for purposes of thermal lakes Szeged in Hungary, tourist attractions and preserved Roman Baths as exemplified by Hammam Essalihine in Algeria, in Bath England and others. It is interesting that, in 1553 in Venice was printed the first book in European spas and there were listed more than 200 spas. In the Belgian town of Spa, thermal tourism began to develop the XVIII century<sup>8</sup>, and its height records in the middle of the XIX century was built tourist infrastructure visible to this day. The situation is similar in other countries in Europe such as Italy, Germany and others. In Serbia, Vrnjachkata spa began its development in the second half of the XIX century, when people began to build the first villas, hotels and restaurants for visitors<sup>9</sup>.

Historically speaking, its biggest development thermal tourism experienced in the second half of the XIX century, which was shown with the influence factors such as industrialization, traffic development, economic conditions and others. In Spain, for example, in 1816, Spanish King Fernando VII, brought decree that spas in this country are obliged to have medical and administrative staff to serve visitors<sup>10</sup>. Royal elite in England during the XVIII and XIX century repeatedly visited spa centers in Cheltenham and

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<sup>5</sup>Jovanovic, V., *Tematski turizam*. Singidunum, Beograd, 2013.

<sup>6</sup>[http://www.japan-guide.com/e/e2292\\_where.html](http://www.japan-guide.com/e/e2292_where.html)

<sup>7</sup> Lund, W.J., *Balneological use of thermal and mineral waters in the U.S.A.* Geothermics Vol. 25, No. 1, pp. 103-147, 1996.

<sup>8</sup><http://www.thermesdespa.com/en/History-of-Les-Thermes-de-Spa.html>

<sup>9</sup><http://www.vrnjackabanja.co.rs/srpski/istorijadmeni>

<sup>10</sup> Alonso-Álvarez, L., *The value of water: the origins and expansion of thermal tourism in Spain, 1750–2010*. Journal of Tourism History, 4:1, 15-34, 2012.

Lamington, and these centers constitute an important place for communication and realization of meetings to discuss the political, economic and social issues<sup>11</sup>. This only confirms the position that in this part of the historical development, for the thermal tourism that is liked in most part by the tourists from wealthy social elite, and to a lesser extent from the poorer strata and locals. In this period, in order to confirm the healing properties of the spas and medical procedures performed in them, doctors and professors from leading universities in this time performed numerous research and published papers in which notable medical benefits of using thermal water. However, in this period there were printed many books related to spa centers in Europe and one of the first books describing the spas in England was published in 1841 year<sup>12</sup>. Scientific research related to the use of thermal water resulted in the organization of the First International Congress sanatorium which was held in Budapest in 1937. Among natural resources epitomizes striking convenience to meet the travel needs of the Republic of Macedonia and thermal waters. The area covers the country (25,713 km<sup>2</sup>) are has many hydrographic objects. The number of thermal springs in Macedonia is over 65, and travel needs used 8. There are several sources of thermal water used by tourists as the spa in village Strmovac, but no medical staff and accommodation, but only pool and showers for bathing. Spa centers are such tourist motivations and they attract tourists with their hydrological characteristics expressed primarily in the chemical and mineralogical composition and thermal properties, as well as the abundance of resources that provides minimum requirements for their use<sup>13</sup>. According to European spa association<sup>14</sup> in Europe there exist 1200 spa centers<sup>15</sup>, and they are presented (part of them) in the table below.

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<sup>11</sup> Long, P., Palmer, N., eds. *Royal Tourism: Excursions Around Monarchy*. Channel View Publications, 2008.

<sup>12</sup>Granville, A., *The spas of England*. Henry Colburn Publisher, London, 1841.

<sup>13</sup>Marinoski, H., *Turist geography*. FTU, Ohrid, 2006.

<sup>14</sup> Part of Salus Per Aquam - health through water, used as a term for spa centers.

<sup>15</sup> Frost, G. *The spa as a model of optimal healing environment*. The journal of alternative and complementary medicine, V.10, S.1, p.85-92, 2004.

**Table nr.1:** Number of SPA centers in selected European countries, 2008

<b>country</b>	<b>spa centers</b>	<b>country</b>	<b>spa centres</b>
Germany	265	Hungary	32
Italy	164	Switzerland	21
Spain	128	Slovakia	21
Turkey	100	Slovenia	21
France	96	Estonia	16
Austria	81	Great Britain	12
Finland	50	Iceland	10
Greece	50	Lithuania	6
Poland	42	Latvia	6
Serbia	40	Netherlands	4
Portugal	34	Luxembourg	1
Czech Rep.	34	Monte Negro	1

Source: European Spas Association (<http://www.espa-ehv.com/>)

European Spa Association was created in 1995<sup>16</sup> in Brussels, and it is comprised of 21 member 20 European countries. In order to achieve cooperation and promote the interests of European spa centers, the association has established the following goals:

- To monitor and analyze the state of the spas and health facilities in the individual members of the European countries;

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<sup>16</sup><http://www.espa-ehv.eu/>

- Promote the exchange of experience, best practices and "know-how";
- To produce and develop products and programs for health and wellbeing, as well as strategies for prevention and rehabilitation of all people in Europe;
- To establish, promote and improve standards in all spas and health institutions within Europe;
- To stimulate research in spa centers;
- To define and harmonize joint training programs and courses and to determine the occupational structure of the European spa industry;
- To establish a framework for cooperation and marketing opportunities for its members and others.

This association has developed and adopted its quality standards in serving the European spa centers and certificates that are recognized by the tour operators and health insurance in Europe. These standards have been developed on the basis of more than 1000 criteria for quality and reliability of the medical use of water, swimming pool, sauna, diagnosis, types of treatments, quality management, human resources, preparation and types of food, housing, environment, environmental and other additional facilities in spa centers. Thermal tourism is widespread across the European countries, and an interesting example of products that can be purchased and contribute to local economic development in a tourist destination that develop this kind of tourism is Karlovy Vary. Depending on the interest of tourists, taste and financial opportunities, there are a few souvenirs and products that can be purchased in Karlovy Vary<sup>17</sup>: Aquila Aqualinea sets a line of cosmetics for face and body which is made from spring water from Karlovy Vary, rare minerals and other active ingredients contained in this line. This choice offers a complete line of lotions cleansers, tonics, creams wetting and nourishing facial cream against aging of the skin, peeling shower gels, anti-cellulite creams and the like. These products are made from Ostrava - a

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<sup>17</sup><http://www.myczechrepublic.com/karlovy-vary/souvenirs.html>

local company, and these products can be found in almost every pharmacy across the Czech Republic;

- *Beherovka, herbal liqueur*. If tourists want to try bitter-sweet taste then bottle Beherovka would be the right gift. This drink is made of about 20 species of herbs and other ingredients per recipe that knows only inner circle of the descendants of the first manufacturer Beherovkata - Jan Becher. In the center of Karlovy Vary is the museum of Jan Becher first factory Beherovka. In the Czech Republic there is almost no household in which there is no at least one bottle of Beherovka;

- *Karlovy Vary wafers* - waffles are also a symbol of Karlovy Vary. In the distant 1856. Karel Reitenberger began to produce them and their shape and taste have not changed. They are produced in a variety of flavors (chocolate, vanilla, hazelnut, coconut, apple, etc.) In any souvenir shop or street stalls at any time may be purchased fresh or packed in uniform boxes might as visitors to carry home as a souvenir;

- *Karlovy glasses thermal water*. These glasses are certainly a symbol of the city, because it is impossible to walk through Karlovy Vary, not to notice these cups in each store, or simply, every visitor to Karlovy Vary, traveling the promenade can be seen with this cup full of hot spring water in hand. These porcelain cups are specially designed, so they maintain temperature and CO<sub>2</sub>. The above mentioned examples of movement of the local economy through the use of the benefits of thermal water, the correct marketing and image of the tourist destination, has shown the need for such activities and the spa centers in our country. These activities would have supported the development of thermal tourism and enrich the tourist offer and the tourist experience of visitors to the spas in the country.

## **I.THEORETIC-METHODOLOGICAL APPROACH IN RESEARCH**

In Macedonia there are many cold and thermal mineral waters, which are very great wealth. Wealth healing thermal waters is the result of geotectonic and geological structure of the old mountain mass which crosses it was numerous tremors in various directions. They create more conditioned lake basins, and also caused a great volcanic activity.

We know that in R. Macedonia there are more than 30 regional sources of carbonate acidic waters from volcanic origin. The numerous thermal and mineral waters represent great natural wealth in Macedonia, especially in view of resorts and for the development of health tourism. Medical science was recently determined to fight against diseases by pharmacological means. Lately more and more it was determined to prevent healthy people with indications and predispositions for this diseases. The combination of clinical or drug therapy and balneal-climate give evident results. Thus also participates in rehabilitation of restored health problems. Microclimate of the spas and thermal waters are necessary mitigating these problems and prevent the restoration of diseases. People are returning to the spas, so that the natural treatment has remarkable place in health care, and it confirms the growing attendance in spa and climate places (air spas), and, therefore, the health department is interested in improving the spas, and thus and economy also (tourism, hospitality, trade).Treatment, prevention, rehabilitation and recreation in natural resorts brought in new quality for spas. Thermal and mineral water is used for drinking, bathing, and inhalation and coating with mud. The fast pace of life, the city noise and polluted environment cause tourists to focus on spas. On the other hand, the baths are characterized as "oasis of peace". They also preserve the natural environments. Spas vary from cities because here people exercise close contact with nature, and spas are destined to develop health tourism. To determine why there are attractive spas in the country, the quality of the tourist area and what their attractiveness, each spa will be reviewed and analyzed separately. In overall tourist offer of the Republic of Macedonia spas have a very important role, because it has a large number, each has its own specific tourist value. Hence the question arises the need to study the specific features of spa tourism. For this purpose we will conduct empirical research, because it is interesting what the guests think about staying in a number of spas in Macedonia. To be able to answer the question, one would first determine the object and purpose of the issue.

**Table nr.2:** Review of the spa centers in Macedonia

numb er	name of the spa	place	region	spring yield	water temperatur e
1	Bansko	v.Bansko	southeast	40l/sec	72°
2	debar spa	v.Banjiste v.Kosovrasti	southwest southwest	51 l/sec 68.8 l/sec	38.8° 48°
3	kocani	v.Banja	east	65 l/sec	64°
4	katlanovska	v.Katlanovo	skopje	1.5-2 l/sec	41°
5	kezovica	v.Novo Selo	east	36 l/sec	64°
6	kumanovo	v.Proevci	northeast	2.5 l/sec	30.4°
7	Negorska	v.Negorci	southeast	1.1 l/sec	40°

From the table it can be seen that most of the spas (5) in the country are located in the eastern part of the country, two are located in the west and one in the central part. According to Tashkov capacity for accommodation in spa centers is about 1600 beds and the use of these facilities is low, at about 23%<sup>18</sup>. The spas in the country have a good road connections, as we are in the vicinity of the main roads, border crossings and airports<sup>19</sup>. One of the main reasons for visiting the spa centers by tourists is healing water. Studies have shown that the spas in the country treat various diseases (due to high levels of minerals), and in Table 3 (below) shows some of the diseases that can be treated in most bathrooms. Thermal water treatment used in many ways: by bathing, drinking, inhalation and coating in mud.

<sup>18</sup> Taskov, N., *Tourist values of spa in Macedonia*. Stip, 2004,

<sup>19</sup> Metodijeski, D., Taskov, N., Boskov, T., Filiposki, O., Temelkov, Z., *Mogućnosti razvoja termalnog turizma u Republici Makedoniji*. IV Kongres banja sa međunarodnim učešćem, Vrnjačka Banja, 2012.

**Table nr.3:** Disease treated with mineral waters

	<b>Bansko</b>	<b>Katlanovo Spa</b>	<b>Kezovica</b>	<b>negorska Spa</b>	<b>Kumanovo Spa</b>	<b>Kocani Spa</b>	<b>Debarska Spa</b>
nerve diseases	√	√	√	√	√	√	√
rheumatism	√	√	√	√		√	
diabetes			√		√		√
allergies and skin infections		√	√				√
kidney disease and urinary tract		√			√	√	√
lung diseases		√		√		√	√
inflammation of the gallbladder				√	√	√	√
gynecological disease	√	√	√	√		√	√
Bronchitis	√		√	√			
cardio-vascular disease		√		√			
disease of digestive organs	√	√		√	√	√	√



## SCOPE OF RESEARCH

The subject of this research is the tourist values of the spas in the country. Operationalization covers substantive features of tourism values spa's .Republic of Macedonia features many natural resources that can be embedded in the tourist offer. Such are: mountains, river valleys, attractive lakes, thermal springs and others. Few other areas in the world, having that small area, ample so many sources and capacities .Thermo mineral sources have heterogeneous composition of water. This is an enormous natural wealth so allows, firstly, the development of thermal (spa) and health tourism. Thermal springs have a favorable geographical position. They are properly deployed across the country. Bathrooms have a favorable position towards the settlements, because near each bathroom has one or more urban areas populated. Thermo mineral characterized by extraordinary healing powers, favorable geographical position in relation to the road. All the elite centers are connected with paved roads. Spas have psychological affect on visitors significantly differ from urban city environments. They close contact between man-nature. Therefore they are suitable for recreational activities. Spas possess attractive anthropogenic values, which determines the cultural dimension of these tourism potentials. The bathrooms are differentiated by the opportunities for tourism development. In the determination of tourism values will have axiological approach. It will allow you to see the basics of using the spa management units. Purpose of the survey is scientific and practical. The scientific objective refers to certain theoretical knowledge about speleological appear and relationships. The practical objective is closely related to the scientific target .Practical goal of this research concerns the application of theoretical knowledge in the tourism industry of spa purposes. This goal should mobilize all factors that directly or indirectly interested in the tourism value of the baths. This research is based on proving the assumptions of general and special character .So general hypotheses will include general predisposition of tourism development. Our general presumption that Macedonia has a favorable basis for the development of spa tourism. The specific hypotheses will be formulated individual elements of the development process in terms of their checking .In this context, specific hypotheses will indicate positive attitudes familiar

with the situation and service users in terms of the role which have elements of spa tourism in individual spa locations.

Methods and organization of research. This research used the following methods:

- Methods of observation,
- Descriptive method
- Method of analysis
- Synthetic method
- Comparative method and
- Surveys and research.

The surveys covered a population of 200 respondents. More on this research will focus on Chapter VIII where the processed data from the survey with visitors in spa centers in our country. In the process of making the book were conducted field research, within which made direct contact with persons who practice thermal tourism. Used the Internet as a medium that contains a number of primary and secondary data. Also received primary data from institutions dealing with this issue.

## **II. Differentiation of the spa tourist sites**

The mineral waters contain such ingredients present in the human body, and in violation of their balance in the body is maintained or compensated through various medical procedures associated with the use of these waters. There are several divisions of mineral waters according to various criteria, usually meets the following differentiation<sup>20</sup>:

- The changes in abundance, there are constant and variable sources of mineral water;
- Under the direction of the water, there are mineral waters that originate from inside the earth and mineral waters which flow above ground and flow towards the interior;

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<sup>20</sup>Jordanov, I., *Health and spa tourism*. PAL, Sofia, 2009.

- The content of minerals are classified into low (2-5 g / L), medium (5-15 g / l) and highly- (15-30 g / l) water;
- The temperature, mineral waters are divided into cold (to 20 ° C), hot (20-36°S), thermal (37-42°S) and the hyper waters (over 42°S).

In our country, the Law on Mineral Resources<sup>21</sup>, Mineral Water is a water that has a degree of mineralization greater than 0.5 grams per liter, thermally and thermal water is groundwater that are characterized by increased temperature and mineralization, which is greater than 20° S.

For the research, spa tourist sites in our country can be divided according to the criteria of tourism infrastructure (accommodation, food and medical treatment). Based on this criterion, the baths in our country can be divided into three types:

- Spa who have built tourist infrastructure and are a function of the thermal tourism as: Debar Spa, Kezhovica, Negorska spa, Katlanovo Spa, Bansko;
- Spa who have built tourist infrastructure, but not for the purpose of thermal tourism, Kochan and Kumanovo spa
- Spas who have developed tourism infrastructure, but have potential in the near future to be put into operation at the thermal tourism, spa and bath Strnovac Topolovikj. Further study of tourism values of spa centers in our country can help in the development of appropriate tourism evaluation (assessment or determination of value), as given in Annex 1.

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<sup>21</sup> Law on mineral raw materials. Official gazette of R.M. 132/2013.



Figure 1: Map of the spas in the country

## SPA KEZOVICA

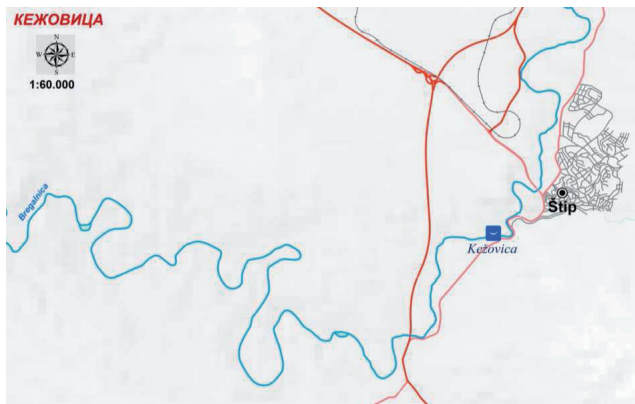


Figure 2: Map of Spa Kezhovica

## 1.1. HISTORICAL DEVELOPMENT OF SPA KEZHOVICA

The spa "Kezhovica" and "L'dzhi" no special history as other spas in Macedonia. There are folk tales and legends that disclosure of mineral water comes from Kezho shepherd who had wounds on the body. Digging around the bathroom and found the hot water began to wash his wounds. After a while they had gone. Hence the name of this spa - "*Kezhovica*". Other legends say that this site existed a poor family who had a sick child. Tradition does not mention his illness child. His family found digging mineral water here and the child left the day to bathe, and after a while it healed. During the Ottoman Empire used surface sources coast and in the bed of the river Bregalnica and outdoors, surrounded only with canvas, especially for women especially for men. They are called spas. In addition to swimming, the population mineral waters used for washing and bleaching cloth. They even today, in a traditional way, using the population Won Village. In location "*Kezhovica*" even during the former Yugoslavia for the needs of the urban population was built bathroom with a small capacity, and during the Bulgarian occupation has made new catchments named "Bulgarian catchments", in which in the city was built spa. After liberation bathroom expands. In 1951 built a ground floor building with four rooms with 10 beds for stay of guests use spa services for treatment and recreation. In the 70s of last century is done upgrading the new rooms which are currently 13 to 33 beds. The building has its own kitchen and dining section where guests have the opportunity to prepare the meals<sup>22</sup>.

## 1.2. TOURIST-GEOGRAPHICAL POSITION OF THE SPA

The spa is located southwest Kezhovica Stip near the Novo Selo area, on the right bank of the river Bregalnica. In the ravine built by eruptive rocks springs are found: L'dzhi and

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<sup>22</sup>[http://pissar.com.mk/pissar/index.php?option=com\\_content&view=article&id=1352:banja&catid=64:banja&Itemid=93](http://pissar.com.mk/pissar/index.php?option=com_content&view=article&id=1352:banja&catid=64:banja&Itemid=93)

Kezhovica. They lie on the same fault. The site of these thermal phenomena lies between hills and Isar Kumlak the lev and Mary on the right side of the river Bregalnica. It is worth as geological and morphological characteristics. Significant value and position in the Valley and near Bregalnitsa values Lakavicka and Ovce Pole valley. This gives an opportunity to the spa level development of many types of tourist activities.

### **1.3. TRANSPORT LINKS TO THE SPA**

Traffic connection to the spa Kezhovica is relatively good. It is attached to the main communication Veles Strumica -Kochani- Stip, and the railway line, Veles - Stip - Kocani. This relation commutes regular bus line. With the construction of the pipeline from the bypass road Strumica crossroads Three Cheshmi- Cobs, traffic connection to the bathroom fully completed. Thus the bathroom will be a prerequisite for rapid development of transit tourism.

### **1.4. NATURAL TOURIST VALUES OF THE SPA KEZHOVICA**

As important natural values of this space should be allocated relief, climate, hydrological and bio-geographic features. They are particularly analyzed in this paper. Spa Kezhovica Paleogene takes work and has often marls, caves and conglomerates tuffs. Occupy large spaces and eruptive intrusive rocks build hills Isar and Mary. All this eruptive mass have numerous cracks that go in different directions<sup>23</sup>. In the space of the spa Kezhovica stand three articulated natural entities such as high flat area Ovche Pole Plain River Valley Bregalnitsa. Mountain Plachkovitsa its height occupies a significant place in the spa tourism, the natural elements of bathroom accessories Kezhovica.

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<sup>23</sup> Canev, P. *Macedonian spa's*. Stip, 1982.

### 1.4.1. RELIEF FEATURES OF THE SPA AREA

The field from which spring thermal springs is composed of eruptive intrusive rocks that are built and hills Isar Merite and Kumlak and surround them Sediment Tertiary rocks<sup>24</sup>. This granite massif is a single unit. The rivers Bregalnica Otinja who use dislocation faults, are divided into the aforementioned hills. Besides this surface relief appearance, is a special place in tourism as a whole in the spa Kezhovica Mount Plachkovitsa. From underground relief forms as tourist value of the mountain Plachkovica and caves. Plackovica Mountain (1754) which belongs to the medium high mountains in Macedonia, according to the functional characteristics of the tourist aspect can be used for picnic - recreational activities. The mountain is near the city center, which is main emission environment in this region. It because of its proximity, you can visit for a short period of time, so this mountain resort has excellent recreational significance. The caves of Mount Plachkovitsa not fully investigated, but they still are very attractive for visiting tourists. Most studied cave is the hub and it is most accessible. Great is the most beautiful cave with a length of 600 m, and Yarrow turta cave and cave. All caves are located in the region of small Turtel and top Turtel<sup>25</sup>. Relief as complex geomorphologic an important factor which acts to the appeal of certain forms and their variations. The relief is mostly affecting the climate and the flora and fauna. It affects the distribution of the population and the way of life. In the space of the bathroom Kezhovica stand three clearly expressed relief purposes, such as: high plain area Ovce Pole valley and the valley of the river Bregalnica. High plain area is very broken with shorter gullies giving the area a distinctive crushed view. In terms of height, there is a difference between lev and right side of the river Bregalnica. Lev side is higher than the right. Ovce Pole valley is characterized by its plane. But smaller hills are very attractive in its framework. River Bregalnitsa that the aforementioned units are divided into two parts is favorable for sport fishing activities. But it still is not used enough or used in small scale.

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<sup>24</sup> Canev, P. *Macedonian spa's*. Stip, 1982.

<sup>25</sup> Ljubotenski, P., *30 years D.P.S. „Lisec“*. Stip, 2000.

## 1.4.2. CLIMATIC FEATURES IN THE SPA AREA

The climate in the spa Kezhovica is one of the important factors for the development of health tourism. The human body is very vulnerable to the impact of different climatic influences in certain areas. Therefore, we will analyze the climate elements in Stip meteorological station that is closest to the spa Kezhovica.

**Table nr.4:** Median monthly and annual air temperature °C

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	°C
0,7	3,5	7,5	12,5	17,3	21,1	23,4	23,0	19,2	13,4	7,4	2,4	12,6

Source: Annual report of RHMB– Skopje

From the Table 4 shows that the temperatures are very favorable .Hottest month is July with an average monthly temperature of 23, 4°C, while the temperature in August is 23, 0°C. The temperature in October 13,4°C, November and March 7,4°C 7,5°C are favorable factor for extending the tourist season in this part of the year. The maximum temperature in July ranges to 30.1 and in August to 30, 0°C and 11, 9°C 12,7°C in November and in March, the average annual maximum. Temperature of 18, 1°C, is good condition tourist season lasts all year. An important factor in the development of tourism is the amount and distribution of rainfall throughout the year.

**Table nr.5:** Median monthly and annual quantities if rainfall (precipitation) in mm

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	tot.
30,0	29,0	33,1	39,9	57,6	47,3	37,5	31,7	31,6	45,5	52,2	40,3	39,6

Source: Annual report of RHMB– Skopje

According to the annual distribution of precipitation given in Table 5, this site appears to be modified continental pluviometer mode. Average annual precipitation is 515.3 mm. Most rainy month is May with 57,6mm, while approximate rainfall observed in November



52,2mm<sup>26</sup>. This shows that it is a small amount of precipitation, which is a good prerequisite for the development of spa tourism. The lack of rainfall is especially noticeable in the summer of the year, when the visits of tourists is greatest. Also, an important factor for the development of tourism should be seen sunlit.

**Table nr.6:** median monthly and annual average sunlit.

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	TOT.
88,	12,	160,	498,	241,	274,	325,	308,	247,	188,	114,	78,	2338,
2	7	4	1	7	1	3	9	8	9	6	3	9

Source: Annual report of RHMB– Skopje

Spa Kezhovica belongs in an area with increased duration of solar radiation. Average year here has 2338.9 hours with solar radiation and daily average of 6.5 hours. This peaks in July with 325.3 hours on average 10.5 hours per day, the minimum is in December with 78.3 hours or 2.5 hours per day.

### 1.4.3. FEATURES OF FLORA AND FAUNA

Because the spa Kezhovica is situated next to the shore of the river Bregalnica, it is surrounded by a low plateau. It is represented flat flora and fauna. It is very important to stay visitors is of special importance for the development of spa tourism, given its relative scarcity. It takes more features planning and finishing the space in front of the bathroom and the wider environment, and on the banks of the river Bregalnica. This will create a better space for walks and rest. The fauna is very important tourist value<sup>27</sup>. Tourist value of wildlife found in Bregalnica and wider environment is an important factor for the development of tourism. In this regard, special place hunting and fishing and activist activities walking, hiking<sup>28</sup>. The most significant recreational properties possess hunting and

<sup>26</sup> Republica hidrometeorological bureau., Meter stations 1961-1990 year.

<sup>27</sup> Marinovski, N.,, *Tourist geography in R. Macedonia*, . Ohrid, 1999.

<sup>28</sup> Marinovski, N.,, *Tourist geography in R. Macedonia*, . Ohrid, 1999.

game. The most common game is: pheasant, partridge and rabbit. They have near the bathroom and especially hunting reserve located 25 km from Stip. Mountain "Serta" is rich with deer, wild pigs, deer, wolves, foxes and other wild animals. It is important complementary factor for development of spa tourism. In Stip there exist hunting - fishing company which was established in 1950<sup>29</sup>. Currently it has approximately 500 hunters. The company works with the annual membership fee that members pay. Since the funds available, the company paid for the concession management of hunting areas. The company is a member of Macedonian Federation of hunting organizations with which cooperation and examination may be issued a permit to hunt on their members. One of the main tasks of the company is to take care of the hunting grounds and game population density. On the territory of which are hunting grounds fished mostly migratory game like hawk, quail and *grivnezh* (type of bird pigeon). Also, in a number fished and protected game as partridge and partridge rocky regiment. In perspective, there is a possibility of capturing harmful called game - wolf. Basically, there are two seasons for hunting migratory game. The first season begins on August 2 and runs until September 22, and the second season begins on October 11 and runs until September 15. The exception is *grivnezh* (type of bird pigeon) who fished from December 15 to 28 February.

#### **1.4.4. HYDROGRAPHIC FEATURES OF THE SPA**

Chemical analyzes of the water in spa Kezhovica are made from several plants sanatorium in Yugoslavia, by eminent experts in the area. All these tests give the same results, which indicates that the mineral water does not change throughout the seasons, but its composition is constant. The largest contribution to the professional examination of the water gave Dr. Mihalic, Dr. Light, PhD Vidakovic and other engineers and doctors and chemists. Health - recreational activities is very important chemical composition of the water which is given bellow.

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<sup>29</sup> Tashkov, N., Metodijeski, D., *Sports tourism in Stip - opportunities and prospects*. Challenges and perspectives in tourism and management, International Conference, Skopje, 2009.

One liter of water contains:

<b>cations</b>	<b>grams</b>
sodium	0,5332
calcium	0,1588
pottasium	0,01650
magnesium	0,0000218
<b>anions</b>	<b>grams</b>
chlorine	0,5189
sulphates	0,1502
hydrocarbonates	0,4388
Colloidal dissolved oxides	
silicium oxide	0,092
aluminum oxide	0,0002
Iron oxide	0,0003

total

1,766<sup>30</sup>

Abundance of water the two sources is 36l / sec. Temperature of the water is 64°C, which means that it belongs to a group of hyper waters. The waters of the spa is known for its radioactivity. They belong to the order of most radioactive thermal waters not only in Macedonia, but in the world. That tourism is of particular importance.

#### **1.4.5. CURING OPPORTUNITIES OF THE SPA**

According to Vidanovikj and Chanev, these results are highly effective in the treatment of:

- Neurological disease and sciatica;
- Disruption of nerve vegetation system;
- Rheumatism;
- Diseases of the joints;
- Diabetes;
- The disease gout;
- Allergic diseases and other infections of the skin;
- Chronic respiratory diseases;
- Bronchial asthma;
- Infertility, reduced potential of both sexes and
- Arteriosclerosis and high blood pressure.

All of the above diseases are now treated successfully Kezhovica bathroom, equipped with the means to do therapy and medical rehabilitation<sup>31</sup>.

#### **1.4.6. RECREATIONAL OPPORTUNITIES THE SPA**

Spa Kezhovica, despite opportunities for curing health activities, given the properties of water, climate and landscape, has the Bregalnica which can be used for active vacation.

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<sup>30</sup> Canev , P., *spa's in R.Macedonia* . Stip, 1982.

<sup>31</sup>Canev , P., *spa's in R.Macedonia* . Stip, 1982.

There are opportunities for walking and running along the river and bathing in certain places and times. The football field, which is located next to the bathroom, offers more sports opportunities. For him, though football matches can be organized events in other disciplines. Proximity to the Monastery. Elias village Dolan, where has beautiful nature developed vegetation, an additional opportunity for picnics and recreation. Spa Kezhovica not built, although for years planned, spa, sports center Kezhovica. He should allow this complex to become one of the more famous, more attractive in Macedonia.

## **1.5. ANTHROPOGENIC TOURIST VALUES OF THE SPA**

The historical development of the city of Stip, based on the isolated material data, starting from iron time. Archaeological site of the Iron Age burial represent three structures in the area that are called Mary near the spa. Since ancient times the city is Astibo. Him, C. Sanev locate in the old town of Stip, location in the Old Town Hall<sup>32</sup>. Archaeological Isar a fortress town located on the dominant hill between rivers and Bregalnitsa Otinja. Fortress dating from the second half of the XIII and the first half of the XIV century, surrounded by a defensive wall with a main entrance on the east side. 1332 years ago. The slopes of the Isar under the walls of the fortress, or more precisely, at the entrance of the fortress was built church. Archangel Michael, one of the main protectors of the city<sup>33</sup>. Following the chronological order of the building of churches in the city of Stip, we come up to the fact that in 1341 was built a church dedicated to St. Nicholas, known in the literature as Sifievata church. Bezisten was built before the year 1662, and served as the main bazaar<sup>34</sup>. The name comes from the Turkish language, which means the market<sup>35</sup>. On the south side of the Isar high on the rocks, before 1350 years. Also there was built a small church

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<sup>32</sup> Sanev V. From prehistory, late antique time Stip centuries. Book first and second part.

<sup>33</sup> Business guide , Stip, 1994.

<sup>34</sup> Business guide , Stip, 1994.

<sup>35</sup> Tourist info with a map of the city of Stip, Stip, 2011.

dedicated to St. John the Baptist. On the other bank of the river Otinja on a flat rock in 1388 year, duke Dimitar built the church dedicated to St. Ascension (St. Spas)<sup>36</sup>.

St. Archangel Glavatov was probably built in the 1378 year. Located in the neighborhood Old Town Hall<sup>37</sup>. Church of the Assumption of St. Virgin in Novo Selo-Stip: it was started by building the famous builder Andrea Damjanov<sup>38</sup> built the church in 1836 and the church building was completed in 1850. It was built near the mouth of the river in Otinja Bregalnitsa<sup>39</sup>. At the foot of the mountain Plachkovitsa in the locality in Upper Kozjak Kozjachka River is located old city Bargala. He comes from V to VI century. It has so far discovered *episkopiumot* the city with several buildings: the theater, episcopal residence and other rich architectural sculpture<sup>40</sup>. One of the most important churches in the area of Stip's church. George or Kozjachka church. It is located on the right bank of the river in the area Kozjachica Upper Kozjak comes from XII to XIII century<sup>41</sup>. At a distance of 15 km from Stip to Cobs village Krupiste there is a church dedicated to the St. Nicolas built in 1625god<sup>42</sup>. The listed cultural and historical monuments are very important for the development of tourism, because they vary and they are and numerous, but also poses noticeable attractive properties.

### 1.5.1. MANIFESTATIONAL TOURIST VALUES OF THE SPA

Manifest tourist values have great importance to the tourists in the bathroom Kezhovica that with its quality an important factor for the development of tourism. This space is

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<sup>36</sup> Business guide , Stip, 1994.

<sup>37</sup> Business guide, Stip, 1994.

<sup>38</sup>Andrea Damjanov (1813 - 1878) - one of the largest builders of sacred buildings in the Balkans. Born in the village Papradishte, Veles, a family of famous mijak builders. With his brothers, Master Andrea built churches in Macedonia, Bulgaria, Serbia, Bosnia and Herzegovina and other Balkan countries. His architectural skills was observed in Europe, especially from itinerant that Andrea mentioning as valuable and valued master. His Church as pearls of sacral architecture in the Balkans.

<sup>39</sup> Business guide, Stip, 1994.

<sup>40</sup> Business guide, Stip, 1994..

<sup>41</sup> Business guide , Stip, 1994.

<sup>42</sup> Mikulsic, I., *Iliric archaic graveyards in the places around Stip*. Starinar, K. C., K,N. XIII-XIV, 1962-63.

maintained more type's manifestations. Such is the "Stip Summer", which is held through the summer and it brings together artists from different fields, as the republic and abroad. As of 1987, in Stip "Stip Summer". This festival lasts for one month and are held from 1 July to 1 August and it participants are presented with exhibitions of books, photographs, paintings, concerts and more. In this cultural event take part in a number of participants from the country and abroad, depicting their artistic qualities. "Home of young" each year traditionally participate in the realization of the "Stip Summer" with a special program, in coordination with other institutions in the city, covering interest of young people from Stip. The festival is held at various locations and at the National Cultural Center "Aco Shopov" in the Youth Centre, the hall of the mall, Fortress Isar, Art Gallery "Bezisten" park Brioni. Important is the festival of pop music "Makfest" where participating numerous domestic musicians and musicians from around the world. It is characteristic that the winners of the festival each year participate in festivals in Europe, with the present values and tourism opportunities of Stip and Macedonia. Makfest many years was the only promoter of the Macedonian music abroad. In the former Yugoslavia was an international festival, with many tours of famous foreign musical names, but independence is the biggest domestic music brand. This festival was first held in 1986 year. Member of the International Federation of Festival Organizations (FIDOF) based in Los Angeles, which represents over 1,600 festivals than 102 countries worldwide. For best results, twice received recognition from FIDOF, and in 1997 was named for Festival of the Year. Makfestovskata scene continues to launch new stars. Since 2007, the Municipality of Stip organized event "Pastramalijski Dan" Day release of Stip (November 8) and first lasted one day, with a limited number of pastramalias that are shared for free on the town square. Later, this type of organization is abundant, and in 2010 to move to a commercial model with a three-day marking the street "Vanco Prke" or city square. In 2011, instead of November, the event for their date marking takes from 23 to 25 September, according to the tradition of the initial burning stoves in the past for making pastramalii. During those three days, caterers pastramalii sell their own stands, and local government organized artistic and entertaining program with performances of famous stars.

### **1.5.2. ETHNOGRAPHIC TRAVEL VALUES**

Kezhovica bathroom can be found in the rich cultural heritage which belongs and ethnography. As ethnographic value of importance is the architecture of the houses in Novo Selo. They with their style of building retain attention, which is an important tourist value Kezhovica spa. Besides authentic architecture in this area there is another ethnic group. Ethnic group cultural tourist motives is very heterogeneous. This group included the following elements: costumes, folklore and musical instruments, folk customs, folk diet and general lifestyle. The tourism market can be placed independently, but only get more complex presenting tourist value, so that they will be much larger economic effects. National costumes of this region is very picturesque and therefore arouses special interest. His specifics costume not only each ethnic group, but some areas in Stip region. The most characteristic national costume for male population shirt, vest, belt, anterijata (dopojasna with long sleeves), džhubeto (long upper garment shajak). The female costume consists of a shirt, vest, towel (skirt), socks, fesot, jewelry. Vlach male population wears black clothing (shajachna) kunteshot (livestock gown), while the female population wear a dress with a big half. Costume head hard and adorned with a cross tattooed on the forehead between the eyebrows. Cross, who served as defense poturchuvanje and storage of Christianity.

### **FOLK DANCES, SONGS AND MUSICAL INSTRUMENTS.**

Folk games in Stip region are very attractive. Through them explore the customs and traditions. The folk dances are intended to express the way we live and work, happiness, mobility and spirituality of indigenous people. In this area there are a number of musical instruments. Among them special place: guitar, canon, kjejaneto, clarinet, drum, while Roma tambourine.

### **FOLK CUSTOMS AS ETHNOGRAPHIC TOURIST ATTRACTION**

National customs and the urban and the rural population of this region are numerous, varied



iturstichki very attractive. Some of them can represent as independent tourist attraction. If devised and carefully considered as permanent cultural and artistic events can be not only complementary elements of the tourist offer, but the main motive of tourist movements. Particularly interesting customs around Vassilitsa Christmas, Forgiveness and other customs.

## **NATIONAL NUTRITION ETHNOGRAPHIC TOURISM VALUE**

As part of the introduction of the lifestyle and customs, all tourists, especially foreign, in the place where they stay often manifested and interest in food specialties and specificities of the national diet. On this basis can develop better quality and tourism. The presentation of the national cuisine and traditional specialties represent factor posodrzinski features of stay of tourists. Stip region is rich in attractive soup kitchen. In the diet, many dishes are specific. They are prepared from different vegetables. As an example may be cited Turlata pan earthen vessels that develops in rural ovens. The most attractive dining in this region are considered Stip pastramalija (dough and pork).

It can be concluded that the opportunities for inclusion of these values in the tourist offer is quite remarkable.

## 2. SPA BANSKO



Figure nr.3: Map of SPA Bansko

### 2.1. HISTORICAL DEVELOPMENT OF SPA BANSKO

The discovery of pottery and other objects found in Strumica and the late Neolithic, prove that in this region there are a greater number invaluable historical values of the Roman period as Roman bath in Bansko spa which was discovered very late. There is some historical writings which speak of the existence and use of the spa Bansko. But the mere fact that in this area there is such a bath, saying that it existed and has been used since Roman times, from ancient times. There are remnants of the pool to tap for drinking hot water, for which the population does not know when it was built. Excavated old money with the image of the Emperor Constantine in the locality "Fair" into the bathroom, where many found pits. The fields are filled with old tiles and finally found places through the village with many old-pipes, through which water from hot springs is

implemented through multiple channels through the village, clearly confirming the above conclusion, and this is confirmed by the local population, that works from bathroom Romans. With more precise data we have from the time of the rule of the Turks. They were significant poklonci the baths. I know that the Turks, for example, the massive spa villages settled and often turned into pure Turkish villages. Such a case is a village Banjakočansko and was in a similar position and Bansko - Strumica. Also notes that in the second half of the XVIII century and beginning of the last century began to build in the bathroom Bansko, then renovated pool which today exist (Velino renovated because the Turks called Yeni Ovlet, meaning new pool, and there had previously older). The next period in the Bansko spa occupies the time between the two World Wars when the bathroom was destroyed. In 1920, two brothers from Strumica updated bathroom and built accommodation.

## **2.2. TOURIST-GEOGRAPHICAL POSITION OF THE SPA**

Bansko is located 12 km southeast of Strumica the eastern edge of the village of Bansko. Thermal springs located at the foot of the mountain Belasica between river Derman west mountain hair Monastery east of Strumica field and area of Kokoshinka sever. Banjskite buildings were built on a terrace chekalesta, created Dermanska River at an altitude of 270 m. Situated on the contact of two different orographic and spa sections bathroom has excellent geographical position. From the spacious terrace which is raised above the spa complex as the gazebo extends beautiful view of Strumica valley on one side and a steep peaks of impressive Belasitza across. Noise Belasitza an additional pleasure. It gives a special mark on the bath so that the attention of transit passengers and visitors to the spa.

## **2.3. TRANSPORT LINKS TO THE SPA**

Bansko is caught on important roads. Here passes east tourist bus. Today this bath is traffic related Strumica. Nea roads. From village Dabile separates one foot to Berovo through Maleshevska. The other leads to the border crossing Petrich in Bulgaria. With the construction of the road from the junction with Dolls enabled connecting

Valandovsko - Dojran region with spa. To the north, the bathroom is connected through Radovish Stip in Skopje, which is very important for this complex.

Even better road connectivity would have to build the airport, which is very important for this region. The importance is reflected in the development of foreign tourism and agriculture, which, in turn, would make a significant contribution to the field.

## **2.4. NATURAL TOURIST VALUES OF SPA BANSKO**

Natural conditions are one of the most important factors in the development of spa tourism in Bansko spa. Thermal springs in the bathroom are in the field composed of shkrilest staropaleozojski granite, covered with sediment<sup>43</sup>. Actually hyper phenomenon manifests itself in a relatively small space in the form of thermal springs which occurs at the contact of the granite with kvartrenite sediments. This granite massif is a whole of mountains and Strumica valley. Mountain Belasitza to 2029 m asl belongs in the high mountains<sup>44</sup>. The immediate vicinity of the spa at the foot of Belasica and near the city, is a good opportunity to use the mountain for recreation and picnics. On it are excellent walkways and places with beautiful vegetation of different forest from which extends a wonderful view of the Strumica valley, which is a special pleasure. Near the village of Bansko is located and Monospitovsko Swamp which is great swamp and are characterized by high biodiversity. Strumichnkata valley is rich in vegetables and other crops high gives special quality. This enriches the tourist offer of the bath.

### **2.4.1. RELIEF FEATURES OF THE BATHROOM**

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<sup>43</sup> Stoimilov , A., *Geographical reviews*. Book 13, part E, Skopje, 1975.

<sup>44</sup>Marinoski, N.,, *Turist geography of Republic Macedonia*. Ohrid, 1999.

In Specified geographic environments relief has a stake in creating and shaping the tourist offer. That is the case with this bath, because has natural factors that have meaning in addition to its travel position<sup>45</sup>.Relief as part of the natural conditions is an important element which acts with the attractiveness of individual forms.Within geomorphologic structure in the area of the bathroom can be distinguished two different and clearly stated goals. It is mountainous and hilly area. The mountainous area includes the mountains of Belasica range from west, and mountains of Ograzhdenian Mountains on the east. From the mountains to the bathroom is the most important Belasitza which slopes down to the bathroom. The valley lies between mountains and mountain Ograzhden. She is very fertile, and it is very populated. Belasica range is favorable for the development of a picnic and sports manifestation stationary tourism. The listed natural resources still not used enough so that they represent a significant tourism potential.

#### **2.4.2. CLIMATIC FEATURES OF THE SPA AREA**

The climate is an important element of the bathroom. It is an important factor for the development of health tourism.From climate depends visits the spa, but other elements of the environmental medium.

The analysis covers the temperature and average monthly value. The data is taken from meteorological station in Strumica for the period from 1961 to 1990.

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<sup>45</sup> Group of authors. *Geothermal investigations at S.R.Makedonije* Rado. Industroprojekt Zagreb.

**table nr .7:** Median monthly and annual air temperature of air in °C

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Просек.
0,9	3,7	7,9	12,9	17,7	21,5	23,6	22,9	19,0	12,9	7,1	2,2	12,7

source : Annual report of RHMB– Skopje

From this we can see that the average temperature is highest in July and August 23,6°C 22,9°C, in this period come of age and the largest attendance, but temperatures are high in the winter of year. So, in January monthly temperature is 0.9, 2.2 and December. Mild temperatures are in the fall and spring months, it is important to extend the season. Odov seen that the bath has a favorable temperatures, so a visit is possible during the whole year. The period of high temperatures for a period of four months, is suitable for outdoor swimming. Great yield of water allows construction of open swimming pools, allowing popularization of attendance and dynamic development. Sunlit in Strumica valley is quite remarkable.

**Table nr.8:** Median monthly and annual sunlit hours

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Бк.
84,	109,	149,	190,	240,	269,	318,	295,	233,	177,	109,	79,	2258,
6	8	6	9	9	7	2	2	0	5	3	7	5

source : Annual report of RHMB– Skopje

In Strumica valley average annual duration of sun shine is 2258.5. Highest sunlit was observed in July 318.2 hours, while in the winter, in December and January occurs year low 79.72 hours and 84.6 hours. Average annual number of bright days is 126.2, and the cloud 89. This means that there are many favorable conditions for sunbathing in the summer of the year.

Precipitation factor which acts limiting the development of spa tourism. These values are given in Table 6th

**Table nr. 9:** Average monthly and annual quantities of rainfall in mm

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Бк.
32,8	51,7	30,6	47,4	47,4	48,4	27,1	30,0	20,1	30,2	80,1	75,8	527,6

source : Annual report of RHMB– Skopje

This shows that the annual rainfall is 527,6mm. This means that it is a relatively small amount that positively reflects the stay of tourists in this area.

According to the amount of precipitation in the Mediterranean basin belongs pluviometric mode. Here the maximum rainfall in winter and autumn months. In November height is 80.1, and 75.5 mm in December. The lack of rainfall during the summer has a positive meaning.

In this valley prevailing northwest wind. He blows throughout the godina. Southwest and south wind usually occur in the spring, in April and May. They are very important because of the specific geographical location of the spa site. Their presence can be outlined as a factor in the fresh air and pleasant.

The analysis of individual climate elements can be concluded that the bath Bansko is located in an area that has a very larger book<sup>46</sup>.

Here the winters are mild and summers are not too hot. The presence of mountain Belasitza causes constant air circulation, which by day visitors a soothing effect and allows pleasant walks and quiet at night and a good sleep. In fact, the constant presence of clean and fresh air makes this area not only spa but air spa.

An important factor for the development of tourism in this area is the humidity. These values are given in the following table.

**TABLE 10: AVERAGE MONTHLY RELATIVE HUMIDITY IN%**

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Проч.
86	82	76	71	70	65	61	63	69	76	84	88	74

source : Annual report of RHMB– Skopje

<sup>46</sup> Lazarevski, A., *Macedonian climate*. Skopje, 1993.

Hence you can see that it is a great value of humidity. The optimal value in health - recreational eminent sense from May to October.

Most values are those 61% in July and August with 63% June 65% September 69%, which is a significant positive factor for the development of spa tourism. Winter months, despite the increased value, no limiting character in this regard.

### **2.4.3. FEATURES OF THE FLORA AND FAUNA**

The flora and fauna that are located near Bansko spa is important to stay visitors. The diversity of forest vegetation creates interesting color which acts refreshing visitors. There were also various flowers whose odors are felt everywhere. We think it is necessary refinement of the park with plant species, which he would become a space for walks and rest.

The proximity of the mountain Belasitza a special quality, where wildlife is diverse. The following types of game: wild boar, deer, rabbit, pheasant, partridge and others. They are important for the development of hunting tourism, complementary selective form of this activity.

### **2.4.4. HYDROGRAPHIC FEATURES OF THE BATHROOM**

Thermal springs are located in an interesting space. It is noted here that involves several dislocations. More examiners agree that there is a way of spreading and-W. It is the deepest and largest extension. This dislocation and the Republic of Bulgaria in Petrich occurring



thermal springs that are also tied to granatski intrusions. The author states that Jovanovic and Stip and Katlanovo Bath are on the same fault line<sup>47</sup>.

From the above it can be concluded that geothermal manifestations in Strumica area, primarily thermal springs in Bansko, directly related to the deep faults. It is interesting to note that the Valandovo earthquake in 1931, the main source of the bathroom in Bansko - the money dried up. The water does not occur nine days, and the truth of the country occurs only steam<sup>48</sup>.The chemical characteristics of the water in the thermal bath Bansko sources differ in abundance as water and in the water temperature.

#### **Yield and temperature of the water**

<b>name of the spring</b>	<b>yield liters/sec</b>	<b>water temperature</b>
main spring	40	72°C
Strong 6 springs	8	55-65°C
Sinonija 4 springs	6	31-58°C

Highest yield of water has the source (password) 40 l / sec. He has the highest temperature, 72°C. With such amplexness main source occupies the third place among the thermal springs in the country. The first place Kosovrashkite sources with 68.8 / sec, the second is the source of new impoundments 511 / sec in the village Banjishte. Other sources are less shtedrost lower temperature. This means that the bath Bansko has a remarkable capacity as a basis for development of spa tourism. The chemical composition of the bath committed "Industroprojekt" from Zagreb. We present these results on the basis of their publication by A. Stojmilov.

<sup>47</sup>Stojmilov, A., *Geograohic review*, Book 13, chapter E, Skopje, 1975.

<sup>48</sup>Group of authors. Structured - geothermal interpretation fotoroloroshke Map East and West Macedonia. Industroprojekt, Zagreb, 1967.

	<b>main spring</b>	<b>sinoni old spa</b>
Anions mg / liter:	6,00	460,00
sulphate	24,00	24,00
chloride	125,00	138,00
hidrocarbons	0,60	0,60
hidrobarit	0,12	0,12
hidroarsenat	776,72	622,72
cations mg/lit:		
calcium	80,00	79,00
magnesium	1,00	
sodium	235,00	195,00
pottasium	12,90	9,00
iron		
<b>Total:</b>	<b>328,90</b>	<b>283,00</b>
Colored dissolved oxides mg / liter:		
mangan dioxide	1,60	0,8
silicium dioxide	2,20	2,20
aluminium oxide	0,04	0,04
dissolved gasses mg/liter		
carbon dioxide	7,00	
oxygen	4,00	6,00
freed gasses		
carbon dioxide	0,50	
oxygen	0,10	
nitrogen	98,50	

From chemical analysis shows that the water from both sources, although with different temperatures, have a similar chemical composition. It is sodium sulphate-type water with

different mineralization.

From the export features can be concluded that water from the bath Bansko belongs to the group of sodium - sulfur, nitrogen and alkaline waters contain rare minerals. It is of juvenile origin, or comes from great depth and no atmospheric influences.

Profusion of water temperature does not change, it has a special meaning for her use. This particularly applies to the development of tourism<sup>49</sup>.

#### **2.4.5. CURING CAPABILITIES OF BANSKO SPA**

Cure possibilities of thermal waters in bath Bansko long been known. Wealth with the hyper sources with water temperature of 47 to 72°C allow natural spa to use since Roman times, or the III century.

Rich and diverse forests, clean air is extremely basic conditions to treat. Therefore, in the bathroom using modern medical techniques by expert medically team. Bath helps in treating the following diseases:

- Sciatica and poliarthritis;
- Respiratory diseases (bronchitis, asthma);
- All types of rheumatic diseases;
- Diseases of the digestive organs (ulcer, gastritis, intestinal diseases);
- Condition after bone fracture;
- Condition after contracting hepatitis;
- Nervous Diseases;
- Female gynecological diseases (infertility, inflammation jajnicitei etc.).

All of the above diseases are now treated in the public health organization, Natural spa Bansko or hotel Tsar Samuel<sup>50</sup>.. The hotel is modern and equipped for ill - treatment and medical rehabilitation. There is a possibility of sport and recreation and entertainment,

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<sup>49</sup> Radic, I. Hidrohemska analysis and Cadastre watery appearance of području localities geotermalnih istraživanja at Macedonia. Industroprojekt, Zagreb, 1968th

<sup>50</sup><http://www.hotelcarsamuil.com.mk/>

using kinetic therapy, and hydrotherapy pool<sup>51</sup>.

It should be noted that within the bathroom works and public institution Plant protection and rehabilitation Banja BANSKO, which opened in 1974 with help from Sij Ryder Foundation and the Council of the Municipality of Strumica. Office is a social institution that offers social protection of persons with physical disabilities. The main activity of the institution is as follows<sup>52</sup>

- Provide and organize protection and rehabilitation of children and young people in physical development between the ages of 6-26 years .;
- Accommodation, housing, nutrition, nurturing and care;
- Provides health care and rehabilitation;
- Provides primary education;
- Organize an extraordinary education in high school in Strumica;
- Provide and organize various forms of professional training, depending on the physical and mental abilities.

#### **2.4.6. RECREATIONAL OPPORTUNITIES THE SPA BANSKO**

Besides the mentioned equipment and having semi-Olympic recreational pool that has a trim cabinet, billiard room, table tennis, darts and more. However, of great importance are the natural conditions and the order of this space. Most of the park has tall trees that in the summer months a lot has refreshed the air, which is a favorable opportunity for recreation. The proximity of the mountain Belasitza should use for recreation, amenities are very convenient, because you need to build a trim paths, benches for seating various guidelines that will become operational natural resources and will bring them closer to the visitors themselves.

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<sup>51</sup> Canev, P., *Spa's in Macedonia*, Stip, 1982.

<sup>52</sup><http://www.zavodbansko.com.mk/>

## **5. ANTROPOGENIC TOURIST VALUES OF THE SPA BANSKO**

Anthropogenic tourist values are highly prevalent and diverse. Ceramic and other items that are in Strumica . Strumica and the late Neolithic, confirm the fact that in this area there are a number of historical monuments with invaluable. From the Roman period Roman bath in the bathroom Bansko.Church "St. 40 Sevostiski martyrs "in Bansko built in IV-V century after the collapse of Samuil's state, or in XI-XII century was destroyed and today it can be seen only minor debris<sup>53</sup>. In Orthodox fertile valley near the village of Banica is the tomb of Struma, daughter of the legendary Roman emperor Tibetie. Fortress Kings Towers, located on the plateau of the hill that rises above Strumica, a real tourist attraction<sup>54</sup>.. Insufficiently investigated and accused the secret and the monastery of St.. Elias located about 40 km south of the city. Dating from the late XVI<sup>55</sup>. or early XVII century. From cultural and historical values should be emphasized fresco paintings in the churches: St. Constantine and Helen (1834), St. Atanas (1824) St. George (1842), St. Nikodin (1878), St. Elias (1879), St. Leontius Vodocha (1018), St. Mary Eleusa of 1080 in the village. Veljusa like many other values present in this region<sup>56</sup>.. This confirms that it is a very attractive tourist anthropogenic values.

### **2.5.1. MANIFESTATION TOURIST VALUES BATHROOM BANSKO**

Manifestation tourist values have great importance to the tourists. One of the oldest folk events in Strumica. Strumica Carnival is a member of FECC, the International Federation of Carnival Cities Festival which successfully fits into the world family of the most traditional events. Significant and International Art Colony and the Festival of Chamber Theater "Risto Shishkov" .Bansko is making efforts to meet the

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<sup>53</sup> Tourist guide to Strumica, Strumica.

<sup>54</sup> Tourist guide to Strumica, Strumica.

<sup>55</sup> Tourist guide to Strumica, Strumica.

<sup>56</sup> Tourist guide to Strumica, Strumica.

cultural life ANIMATION OF guests. Often, guests are entertained by renowned singers of this region and performances by local cultural associations.

### 2.5.2. ETHNOGRAPHIC TRAVEL VALUES

From ethnographic tourist values deserve attention folk costumes, folklore, folk songs, folk customs, food and more. Separating these factors ethnographic tourist values as base element in the development of tourism, we want to point out the specifics and the general importance of wealth and the need and importance of tourism valorization , especially the specifics in Strumica. National dress is very interesting, so that the tourists arouses special interest. Strumica region has its own peculiarities, and is found in several variants. Specific features of the male costume is mirrored: breeches, belt, vest and socks. The female costume consists of: dress, shirt, soy, izl'k, pregach, bodice jewelry. Folk dances, songs and musical instruments. They in this region are very active. Especially interesting are those that express playfulness and humor. Through folk games expresses tradition and custom of indigenous person in certain places. In this area there are a number of musical instruments. Among special place for the bagpipe, whistle, harmonica blues and more.

### 3. NEGORSKA SPA



Figure nr.,4: Negorska SPA

## 1. HISTORICAL DEVELOPMENT OF NEGORSKA SPA

Despite some spas in the country, such as Katlanovska, Strumica, etc., which are known to have used more Romans Negorski thermal waters as bath starting to use until recently. The first data on the thermal water gives the famous Yugoslav geographer John Cvijic who visited this region in 1898. In 1902. Her writing and R. Hoernes. However, both of them say that there are only thermal springs, but not objects that would enable the use of the same. Next, in 1903, the commander of the garrison stronger Gevgelija, Shukri Pasha built a stronger spring bath, or a building with two pools and rooms for resting. Basel today there and one is bigger and has a round shape with a diameter of 2.60 meters and a depth of 1.20 meters, and the second is smaller and has the shape of a cube. First served in the early bathing of women Shukri Pasha, and the second washed only Shukri Pasha. Over the floor pools were rooms, and there was also a spacious terrace designed for pastures (enjoyment) of grazing. After the construction of the bath, the Christian population grazing forbidden to bathe in open ponds. So hot whirlpool that was south of the bath was surrounded by cane and began mass use of the local Christian population. After World War II, the military garrison of Gevgelija in place of hot spring bath with a raised pool 9 meters long, 4.5 meters wide and 0.90 meters deep. Within the spa built two rooms and a holiday. Between the two world wars in the bathroom were not done some major construction work. Only after 1920. Performed asanacioni certain things, or build drainage channels through which enabled the draining of wetlands. Besides frequent flooding that did Sermenska River and earthquake that had come and spa in 1931. Contributed it to find neglected. During World War II, the bathroom is quite neglected. For very poor condition contributed Sermenska flood of the river and in 1942. When the whole spa yard was covered with sediment that entered in the pool with a hot bath. Negorski baths accelerated development experience even in the years after liberation.

### **3.2. TOURIST GEOGRAPHICAL POSITION OF THE SPA**

Non-forest bath is located in Gevgelija Valley, about 4 km from Gevgelija. The bathroom is located at the foot of Mount Kozuv, at an altitude of 60 meters. KOMPEX spa covers an area of 25 acres, fully forested, the green and relatively well-covered surface. The bathroom is located near the highway Skopje-Thessaloniki. It has a double meaning: on the one hand the bathroom is well connected with other spatial units, and the other bathroom is a very important transit route, which allows it to be included as supply and transit tourism.

### **3.3. TRANSPORT LINKS TO THE SPA**

Traffic connection to the bathroom is a major factor for tourism development. Because non-forest Spa is located adjacent to the international highway 75<sup>57</sup> and it is directly related to this road. It is an excellent resource for the rapid development of foreign, especially transit tourism.

Gevgelija to the bathroom leads quality asphalt road leading to the neighboring villages and Negorci Prdejci. This relation commutes regular city bus line.

### **3.4. NATURAL TOURIST VALUES OF THE SPA AREA**

In non-forest thermal springs are performed more research and analysis of their results. Research performed: J. Cvijic in 1898. R. Hoernes in 1902. R. Nikolaevikj in 1920. D. Popovic 1954 S. Miholikj in 1955. In these studies and analyzes Negorska bath became more interesting. The main feature of the mineral water that attracts people's attention that

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<sup>57</sup> European route E75 is part of the international network of European roads (E - roads), a series of major roads across Europe. E75 starts in Ward, Norway in the Barents Sea, continues south through Finland, Poland, Czech Republic, Slovakia, Hungary, Serbia, Macedonia, to the City on the island of Crete in Greece.



is certainly their health benefits<sup>58</sup>. Radioactivity that contains peloidot their quality healing capabilities are important for the development of spa tourism in non-forest bath, and health and recreational activities in a wider sense. From natural values significant change, flora and fauna, landscape and landscape features.

### **3.4.1. RELIEF FEATURES OF THE SPA AREA**

Among the most important natural conditions or factors that condition the development of spa tourism, has great impact relief. Relief as a complex element which acts not only attractive, but also with various relief forms. It is known that the relief greatly affects the climate and flora and fauna, as well as the distribution of the population and of his life. According to the geological composition, morphology and pedological composition of the soil in the area of the bathroom is different and stand out clearly stated goals. From the mountains to the bathroom is the most important Kozuv whose slopes descend to near the bathroom, which is an important factor for the development of tourism. Mountain Kozuv (Dautica 2123 m), which belongs to the high mountains are located near the bathroom and offers opportunities for development excursion- recreational activities. Beautiful landscapes and exuberance of vegetation provide pleasant walks. In the area of Mount Kozuv can follow more post-volcanic shapes and forms, but these values do not travel enough tourist affirmed, so that now remain only tourist potential.

### **3.4.2. CLIMATIC FEATURES OF THE SPA AREA**

Negorska Spa is distinctive as a site under Mediterranean influence. This impact is felt on the Aegean Sea. Located relatively close to the Gulf of Thessaloniki, which is located only 80 km and very open to it, and surrounded by mountains to the north and protected from

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<sup>58</sup> Sibirnoviќ, M., Thermal water Macedonia, their origin and significance.

continental influence, Gevgelija Valley has the highest average temperature in Macedonia (Gevgelija 14°C), compared with other parts of Macedonia. This information and other thermal values are given in the following table.

**Table nr.11:** Median monthly and annual air temperature °C

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Грочек
3,3	5,3	8,7	13,4	18,3	21,9	24,1	24,1	20,1	14,2	8,9	4,8	14,0

source: Annual report of RHMB– Skopje

This fact illustrates that can be obtained the following conclusions: the highest temperature recorded in July and August, and in September of 20.1 and 18.3 degrees in May. That means bath opportunities outdoors last five months of the year. But mild temperatures in the winter because they do not descend below zero. This means that in this space sezonalnosta not remarkable.

After Vardarec often wind comes from the northwest direction with a 136% annual rate, he blows through the bed of the River Sermenska and down from the mountain range of Kozuv.

High rate this wind occurs in the summer months, especially in July 238% and 220% in August, the positive effect of the stay here.

For Negorska Bath and its health-recreational function of particular importance is the emergence of local currents, ie daily shift of winds. They are the result of different air heating in the field and the surrounding mountains. Winds have low speed and is very useful because performing ventilation and act refreshing.

The average monthly amount of rainfall are given in the following table.

**Table No. 12:** Monthly and annual amount of precipitation in mm for the period from 1961 to 1990 years.

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Сума
52,3	64,1	67,7	54	64,3	44,8	30,2	35,4	32,9	69,5	93,1	74,1	56,9

Source: Annual report of RHMB– Skopje

Precipitation is a very important element. Non-forest Bath in this regard can be found in which there Mediterranean regime. The main maximum rainfall in November and December 93.1 mm 74.1 mm, while the annual rainfall is 682.4 mm.

Most of the precipitation during the year fall as rain. Gevgelija at least days with snow in Macedonia. It is said that the bathroom in the winter part can be connected with the activities of snow, but the winters are mild and pleasant for tourists.

In this valley is characteristic that has the lowest number of cloudy days in Macedonia. On average there are 69.4 days, which is a very important tourist value. Sunlit is given in the following table.

**Table 13:** Average monthly and annual sunlit

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Про с.
111, 9	113, 5	152, 3	201, 0	239, 3	277, 1	326, 0	308, 1	246, 3	172, 3	121, 8	104, 4	237, 4

Source: Annual report of RHMB– Skopje

Osonchuvanje total of 2374 hours is one of the most important tourist values. This indicator talk about osonchanost largest in the country. It is most permanently in the summer months, which is one of the most important factors of tourist commitment in this part of the year.

### 3.4.3. FEATURES OF FLORA AND FAUNA

The flora and fauna are an important factor for the development of tourism. The area around the spa possesses highly developed vegetation.

Bath non-forest extends to 36 hectares. It includes a variety of exotic trees and flowers. All spa facilities (the springs of mineral water, hotels, restaurants) are located in the forest park. It is the most widely available and most abundant black ash, which grows to 30 feet tall. He is a natural rarity in our country, because outside of these areas has not. According to studies, this tree grows in moist and warm soil, which is typical for this part. Jasenovata forest covers an area of 22 hectares around the complex Negorski Spa<sup>59</sup>.

These parks represent a rare opportunity in Negorska Bath visitors during the summer months and the large heat to feel pleasantly refreshing.

Significant species are retained in some areas. They are appealing factor for visitors. All mountains in this region is rich in diverse game. Most products are: wild boar, deer, rabbits, pheasants and partridge.

Rapid Mountain Rivers and streams are rich in various fish species. Among them the most important are: river trout, catfish, barbell, chub and other.

Against this background it can be concluded that this factor is very favorable for the development of tourism.

#### **3.4.4. HYDROGRAPHIC FEATURES OF THE SPA**

Negorski thermal springs are tied to fault which extends from north-northwest to south-southeast. This fault has the character of thermal line as a result of tectonic processes. Besides the main fault line occurs in Gevgelija Valley, there are other different dimensioned cracks through which water circulates thermal. The places where these intersect thermal cracks occurring thermal springs, such as those in the village Smokvica, then those in the village Gornichet etc. This has been proven that, despite the existence of Thermal water naturally in Negorska Bath appears artesian thermal water. Thermal water that naturally emerges to alluvial layers, they are spread, so the whole layer of the territory of the bathroom appear thermal springs. Water in non-forest thermal springs of volcanic origin. The existence of faults which, in turn, conditional volatility on the ground, a

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<sup>59</sup> <http://www.negorskibanji.com.mk/>

certificate, and the emergence of frequent seismic events that occur in this region. Thus, during the Valandovo earthquake in 1931. In Negorska Bath appeared and new sources, and has been amended and the regime of permanent water. In addition, the water temperature rose and appeared stronger jet of steam. With cohesive soil gradually decreased temperature and abundance of water. This clearly indicates that in the construction of new facilities in the bathroom, this problem must be given special attention.

#### **Yield and water temperature in certain springs**

<b>Name of the spring</b>	<b>Yield in litres</b>	<b>Water temperature</b>
Cold spa	0,35	36,0°C
Hot spa	0,35	39,9°C
New capping	1,1	40,0°C

Highest yield of 1.1 liters / second has a new catchment, the other two sources cold and hot bath are almost equal amount of water 0.35 l / s. The total wealth of all three sources is 1.80, which is lower than the 68.8 Kosovrashkata Banja Banske spa and 40 l / s. The amount of water sources is the same throughout the year<sup>60</sup>.

According to the complete analysis of the profile. Dr. S. Miholij, waters Negorska Bath have the following characteristics: the water is clear, without color, the smell of sulfur, slightly acid reaction (panios) p-6,0- radioaktivitet 1,788 Moggi-ovih NS 0.651 units / l<sup>61</sup>.

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<sup>60</sup> Stojmilov, A., Physico-chemical characteristics of thermal water. Geographical considerations, book 15 -16, Skopje, 1978

<sup>61</sup> Mihalic, S., expertise of mineral springs in Bath Negorska.

Ions	Grams	Milimoles	Milivales
cations			
sodium	0,1820	7,914	7,914
Potassium	0,007115	0,1820	0,1820
calcium	0,0293	0,7244	1,4488
magnesium	0,0008746	0,0360	0,0720
Anions			
Chlorine	0,07505	2,117	2,117
Sulphate	0,2658	2,767	5,534
Hidrokors.			
Hydrocarbonates	0,1200	1,966	1,966
Colloidal dissolved oxydes			
Iron oxide	0,05373	0,8946	
Алуминиев оксид	0,0004	0,0039	
Железен оксид	0,00180	0,0113	
Total	0,7360	10,02	
Hydrocarbonates	0,6748		
Calculated in carbonates			
Steamed residual	0,6616		
Sulphuric control	0,7346		
Calculated in accordance with the analysis	0,7292 <sup>62</sup>		

In their chemical and physical properties, water in the bath is ranked among the poorly mineralized homoeothermal slightly radioactive. The main chemical composition of the water is sodium sulphate. It is similar to the source in Karlovy Vary, only lower concentration can be seen from the following table<sup>63</sup>.

**Table No. 14:** Comparison of the properties of water in Negorska Bath and Karlovy Vary

<sup>62</sup> Institute for balneology and physiotherapy Negorski Spa. Zagreb, 1964. '

<sup>63</sup> Institute for balneology and physiotherapy Negorski Spa. Zagreb, 1964th

	<b>Negorska SPA</b>	<b>Karlovy Vary</b>
Sodium	26,96	32,49
pottasium	1,053	1,35
calcium	4,303	2,24
Magnesium	0,130	0,65
Chlorine	11,12	11,52
Sulphates	39,40	31,19
Sicili pxyde	7,963	1,34
Aluminium oxide	0,059	
Iron oxide (Fe2O3)	0,268	0,03
Salinity in 1000	0,6748	5,431
Parts in water		

### **3.4.5. CURING OPPORTUNITIES OF THE SPA**

Hot mineral water Negorska Bath comes in the bathroom unchanged conducted sources using insulated pipes, to not lose its natural heat. Its mineralization is the same as the source when drinking from a cup. That is its great advantages. Her action in bathing mainly physical, which means that it works with its heat and hydrostatic pressure.

The fact that its heat is equal to body heat is important, because water does not have to be heated or cooled. Negorski mineral waters are known to cure many diseases including:

- Diseases of the locomotor system;
- Condition after rheumatic fever;
- Chronic inflamotoren rheumatism;
- Chronic evolutionary polyarthritis;
- Behterova disease - initial stage;

- Degenerative rheumatism (arthrosis, spondylosis);
- Extra articular rheumatism;
- Effects of trauma and military wounding;
- Uric diathesis in vonperiodichnoto stronger deterioration;
- Cardiovascular disease;
- All forms of coronary artery disease;
- Arterial hiperterzija in labile and lighter form;
- Rekovalescencija of myocarditis of rheumatic and other origin;
- Rekovalescencija of rheumatic endocarditis;
- Neurological diseases;
- Polineuriti and neuralgia;
- Consequences of poliomiolitot;
- Gynecological diseases;
- Inflammation of the nonspecific nature humble condition;
- Ovarian dysfunction accompanied with hypoplasia of the genital organs and abnormal menstruation;
- Certain forms of sterility, primarily of inflammatory and hinged origin;
- Disease of respiratory organs;
- Chronic bronchitis - tracheitis and laryngitis;
- Lighter forms of bronchial asthma;
- Gastrointestinal diseases;
- Chronic gastritis;
- Ulcer of stomach and duodenum;
- Inflammation of the bile and
- Inflammation of the colon<sup>64</sup>.

Based on verified clinical entry of the bath therapy spa treatment now seen as equal to other opportunities, as their extended an additional factor<sup>65</sup>.

With this in mind, it is understandable that efforts are being made towards the promotion of

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<sup>64</sup> Canev , R., *Spa's in Macedonia* . Stip, 1982.

<sup>65</sup> Canev , R., *Spa's in Macedonia* . Stip, 1982.



tourism and the changes that actively valorization of natural and other values in Negorska Bath. At about 500 meters south of the mineral springs are located mineral bog (mud) the larger area. It is only in Macedonia and successfully used in the health spa complex.

#### **3.4.6. RECREATIONAL OPPORTUNITIES THE SPA**

Negorska spa is well equipped spa center with more healing opportunities, recreation, restaurants and other facilities. Special is beautifully shaped decorative horticultural park. In this set of bathroom has sports fields for soccer and golf other sports covered area suitable for picnics. The mountain Kozuv is picnic spot dirty water that offers visitors opportunities for walking and recreation.

Vardar River with its rich fish, allows guests fishing activities have recreational significance.

#### **3.5. ANTHROPOGENIC TOURIST VALUES OF THE SPA**

As a consequence of the tumultuous historical development in the past, this space anthropogenic tourist values are varied. Other famous cultural and historical monuments deserve attention only some of them. 15 km from Negorska spa to the highway in the village Marvinci the town fortress older history, but in the process of drilling and exploration. That future will be even more attractive as a place for sightseeing. Archaeological site Vardar Hill in Gevgelija dating from the V century BC. It is a site that is a big city with many ancient architectural structures with different periods. They are raised throughout the first millennium BC.

The road to the site Smrdliwa Water Kozuv mountain is famous church of St. Elijah in the village Horse, known for the beautiful frescoes. Attention deserves clock tower built in the XIV century.

Also, near the bathroom, Negorci village is well preserved church St. Atanas.

As one of the most important pools called Shukri Pasha pool, which dates back to the XIX century and is built in the style of a Turkish bath and always guests and passersby interested in this pool.

Surely that would have this pool to keep the same shape and regularly maintained, because it will always be interesting and invaluable as a witness to history.

### **3.5.1. MANIFESTACISKI TOURIST VALUES OF THE SPA**

Manifestation tourist values today, also have great importance to the tourists.

Graphic art colony is held each year in Negorska Spa in August an event of particular interest for guests staying in the spa .Non-forest Bath making efforts to meet the cultural entertainment of the guests. The tourists are recommended events taking place in the surrounding area. Such are: Dojran handshakes, Children Pomegranate Festival, part of which participants are invited to the bathroom, and Valandovo Festival. All this is not enough to meet the needs of guests who are in the health spa resort facility.

### **3.5.2. ETHNOGRAPHIC AND TOURIST VALUES**

Ethnographic tourist values represented the wider spa area. Bajmije whole landscape is part of Gevgelija valley. It is located between Demir Kapija to the north and south of Gypsy gorge on both sides of the Vardar. By the end of the last century, the composition of the population of this valley was made of mainly Macedonians and a smaller percentage of Turks. The area is MEGLENA mixed composition of the population. Besides the Macedonians there Meglen authorities. Favorable climatic conditions Mediterranean character conditioned cultivation of various crops, so agriculture is emerging as a major industry. The ethnographic values of the region's population is

covered life and customs of the people. Ethnographic tourist values, however, are not sufficiently involved in the tourist supply. National costume The picturesque national costume of this area is very attractive. National dress not only in the Macedonian people, but with nationalities differ on many items. Differences in male costume concern: dzivrite, trousers, dress, vest, dolamata and female costume differs in the following elements: shirt jaglkot as dulamka, vest, hat, jewelry and more.

### **FOLK DANCES, SONGS AND MUSICAL INSTRUMENTS**

Folk music of this region is very attractive. Characteristic folk dances in the village of Petrov. It dancing with wooden swords. They play only male in traditional dress which is very decorated.

In this area there is a number of musical instruments, a special place for the drum and flute. Folk customs as ethnographic tourist attraction Customs in the urban and rural population of this region are numerous, varied and attractive tourist, some of them may represent independent tourist attraction in this area, particularly interesting wedding customs that come to the fore old costumes stored occasion. National nutrition value as a tourist With the introduction of the lifestyle, customs, all tourists, especially foreign, in the place of residence have an interest in getting acquainted with specialties in food and specialties in the national diet. The presentation of the national cuisine and traditional specialties will constitute a factor for maintaining and extending the stay of the guests. Gevgelija region is rich with attractive cuisine. National dishes of this region are: slow turn-pan, pan-beans, stuffed vine leaves and various others. The above can be valorized in tourist value. This will appear as a tourist motive.

#### 4. DEBAR'S SPA - AND KOSOVRAŠKA BANJISHTE



Figure 5: Map of Debar spa's

##### 4.1. HISTORICAL DEVELOPMENT OF DEBAR SPAS'

The path which Debar Spa developed to date is a long and often unclear. It is known that people from ancient times thermal sources Banjishte particularly appreciated. Their hot water was considered magical, healing and it often required a cure for his illness. The first written information about spa village Banjishte meets at the end of the XVII century. It is a limestone slab that was placed in the bottom of the pool and that the old Turkish letter is written the following: "Virtue and zaveshtitel Haji Muhjiddin son of Numan Efendi family Oruch Soden 1211 (between 7-7-1796 and 26-6-1797 year). "This shows that the old two pools that exist today and are used uploaded Haji Muhjiddin between 1796 and 1797. Ever since the end of Ottoman rule in 1912, there was not anything the city.Bathroom to release the Turks was mainly used by locals and few of the citizens of Debar.

Another spa Kosovrashka in this period in 1912 and almost did not exist. These sources were no attempt to edit any of the pools or the construction of accommodation. In fact, primitive pools there, but they were open, surrounded only by ordinary rough stone, and as it were near the river Radika at high water it often and flooded. Significant development experience baths between the two world wars in terms of layout and construction of housing. I know that the time between the two World Wars, also pools were issued under the lease<sup>66</sup>. In 1925. In Debar Spa was built the first hotel with 10 rooms and 30 beds. The hotel had a convenient location and is located on the right side of the river, by the current Banjishka larger bridge or former wooden suspension bridge, which connects the middle part of the village. Hotel was long used by the owner, and immediately after the release, after the expropriation was handed an agricultural cooperative in the village Banishte. Fellowship recently used it as a hotel under the name "Krcin" but because dotraenosta and after embedding it to cooperative agricultural cooperative of Debar, in 1950. was demolished and sold as building material. In 1930. more visible begun adapting private houses in order Banishte their offering visitors began mass come from other towns and villages, especially from Struga, Ohrid and Kicevo region, and later from Prilep and Bitola. In private households mostly unfurnished rented the rooms. Guests carried the bedding and family or group is smestuvale in rooms under very bad conditions. This issue of unfurnished rooms lasted until 1960. Then all households started to introduce furnished rooms and as such offer the visitors. In 1981. 32 households in the village rented the 260 beds arranged.

#### **4.2. TOURIST-GEOGRAPHICAL POSITION OF SPAS'**

Debar Spa, Banjishte Kosovrashka and Spa is located at the foot of Mount Krcin near Debar.

Kosovrashka Spa is located 5 km north of Debar on the shore of the artificial lake Spilje. Hotel facilities are built next to tremalniot source the right side of the river Radika at an

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<sup>66</sup> Debar Spa - Debar. Health workplace Debar, 1981st

altitude of 590 m. The bathroom in Banjishte is a small height running at the foot of the forested mountain Krcin.

The bathroom is located 4 km northwest of the city where Banjishka River leaves the mountains and enters Krcin Debar valley at an altitude of 870 m.

Both bathrooms have good geographical position. Major goals Baptist deposits are located where water Kosovrashka Spa flows into radicals. Lake Spilje and a special feature of this bathroom.

From accommodation to the baths to mention hotels. The first hotel, Hotel & Spa Banjishte is an ideal place for those who want to relax and enjoy the fresh mountain air, natural thermal water with the optimum temperature for the human body and the wonderful food<sup>67</sup>.

Due respect for history and tradition in order not to disturb this timeless beauty and harmony, which seemed to have reached its maximum in this holy place, the hotel has Banishte outside its traditional architecture, but the inner part has a luxurious interior offers superior standards accommodation and hotel services that can meet the different needs of the guests.

At an altitude of 880 meters and surrounded by beautiful nature, it represents today a modern medical center, where the healing effects of thermal water combined with modern medical methods, aid in healing and treating dozens of diseases. The hotel has a professional medical and hotel team, the best way to look after guests during their stay in this hotel.

Banjishte available 122 rooms with a total capacity of over 300 people. The rooms are grouped into several categories, depending on the services offered, and apply the latest are the four apartments. The last renovation was in 2012, and has a restaurant with a capacity of 400 persons, which also has a terrace and a fun place for children and adults.

The hotel has two swimming pools with thermal mineral water, fitness room, massage room, beauty center, free YOU FI Internet, a beautiful park, hiking trails and parking for cars and buses.

The second hotel, Hotel & Spa Kosovrasti is a hotel with 72 modern rooms, all overlooking the lake Debar. Surrounded by beautiful countryside, this hotel is currently the only "green"

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<sup>67</sup> <http://www.bdcapa.com>

hotel in Macedonia and the region, because taking care of nature, and his needs for heating uses exclusively solar and geothermal energy of the thermal water.

The mountain environment, lake, river canyon radical footpaths, is the most appropriate place for relaxing walks and for those looking for adventures and challenges. Water rich in health for decades is great for those who need a spa treatment. The hotel has a professional team of doctors who apply old natural and traditional as well as new scientific knowledge to deliver the therapeutic treatments, track results and compares them with the plan. Special attention is paid to motivate patients for their continued active participation in the implementation of all activities.

The hotel has two internal and one external pools, restaurant with terrace, park, parking, playground for football and more. Within the hotel works Kosovrasti Villa with 11 rooms which is adjacent to the hotel.

#### **4.3. TRAFFIC CONNECTION OF THE SPA**

Debar Spa have favorable transport position. Here passes western Macedonian tourist bus through which these baths north associated with Mavrovo and Gostivar and Tetovo through Skopje. The south is associated with Struga, Ohrid and Bitola. The completed modernization of the road and construction of connecting roads to the bathrooms provides their accessibility. New road's route through Peshkopi Tirana. Through border crossing swamps and the Republic of Albania that leads to Italy. Traffic associated enriched with two airports in Skopje (150 km) Ohrid (70 km.) Which is another positive traffic connection with Debar Spa. Traffic connection enables the development and transit tourism.

#### **4.4. NATURAL TOURIST VALUES OF DEBAR SPA**

Debar baths have special natural values. These results will then contain a greater amount of dissolved gases, among which the most common is also carbon dioxide, then sulfovodorodot. The greatest amount of dissolved gases containing kosovrashkiot thermal source 340 mg / liter, and the least water source New Kaptazha 116.1 mg / liter. In dissolved gases is very noticeable presence of sulphurhydrogen.

Its concentration in water from the lower pool is 26.00 mg / liter, while in Kosovrashkiot source is far greater. According to these measurements is 31,00mg / liter. The law professor. Shcherbokov compares with famous sumporovite sources Nenndorf, especially with Ahenskite sources and emphasizes that Kosovrashkata Bath contains ten times the amount of sulfur them. With such a large amount of sulfur in one liter of water Kosovrashkata Bath ranks third in Europe<sup>68</sup>.

#### **4.4.1. RELIEF FEATURES OF BATHROOMS SPACES**

The natural conditions are an important factor that determines the development of spa tourism complex in Debar Spa. It consists of a bathroom and Banjishte Kosovrashka Bath. They have special landscape features and a great influence on the development of spa centers.

Relief as complex phenomena is an important factor which acts not only the attractiveness of individual forms, but with different types of landscapes. Mostly relief affect the climate and flora and fauna, as well as the distribution of the population and its lifestyle.

According to the geological composition, morphology and pedological composition of the land area of Bath and Kosovrashkata Banjishte stand three different and clearly expressed landscape units, such as mountainous area, valley and basin area of Lake Spilje.<sup>69</sup>.

The mountainous area includes Mount Krcin Mount Clear, which are an important factor for the development of health tourism<sup>70</sup>.

#### **4.4.2. CLIMATE CHARACTERISTICS OF SPA SPACES**

Debar valley is characterized by zhupna climate. It is surrounded on all sides by high mountains. However, through the Black Drin feels the impact of the Adriatic, average sea or air.

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<sup>68</sup> Stojmilov, A., Debar Spa - Banjishte Kosovrashka and Bath. Geographical considerations, book 8-9 Tom, 1971st

<sup>69</sup> Stojmilov, A., Debar Spa - Banjishte Kosovrashka and Bath. Geographical considerations, book 8-9 Tom, 1971st

<sup>70</sup> Stojmilov, A., Debar Spa - Banjishte Kosovrashka and Bath. Geographical considerations, book 8-9 Tom, 1971st



The value of climate elements are given in following you.

**Table 15: Average monthly and annual air temperature in °C**

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Просек
0,5	2,2	6,4	10,9	15,4	18,9	21,6	21,3	17,7	12,4	7,0	2,2	11,4

**Source: Annual report of RHMB– Skopje**

From the data given in Table 11 shows that the summers are hot, but no major heat. Air temperatures in July was 21,6°S, 21,3°S in August, and in September 17,7°S.

Karaktristichni are mild winters. In January, the temperature is 0,5°S, and in February and December 2,2°S. That means possible recreational activities throughout the year.

Of particular importance for spa places along the insulation. But sunlit of Debar Valley because of its surroundness on all sides by high mountains, is not great. In the summer months, especially in June and August, insulation larger, ranging from 10 to 11 hours a day. In Debar valley often strong winds often blow. Among them prevailing winds from the north and north-west.

North wind that comes from the mountain Krcin is known as bracelets. Many felt both spa locations. Northwest, which comes from Peshkopi, known under the name Parjos, more feel in the bathroom Banjishte and Less Kosovrashkata Bath. They moderating temperatures in this area.

For tourism development are important quantity and distribution of rainfall.

**Table No. 16: Average monthly and annual amount of precipitation in mm**

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	YEAR SUM.
88,5	78,8	77,4	73,9	73,9	44,8	34,5	36,2	65,1	83	121,1	123,1	900,3

**Source: Annual Report RHMI - Skopje**

Most of the precipitation during the year fall as rain, and snow are minor and limited to three winter months. In the spring and summer rains are heavy and short duration of 10

minutes. Thus they appear as air purifier with a stay of spa locations make pleasant. Monthly rainfall is 121.1 in November and in December a total 123.1 900.3 mm annually. From all the above it can be concluded that Debar Spa is located at the end which has a very warm climate. Summers are hot, but no major heat and winter cold, but very dry. The lake with its large water surface gives special freshness especially when summer nights makes pleasant sleeping and day for a walk<sup>71</sup>.

#### **4.4.3. FEATURES OF THE FLORA AND FAUNA**

The flora and fauna in the area of Debar Spa have special importance. Here, one of the important factors is spacious greenery. It is in these places has multifunctional meaning. Greenery, among other things, reduces the intensity of sunlight. Sunlight bounces off the surface of the green leaves act favorably on tourists, and thus stay in the bathroom becomes pleasant.

Analyzing this aspect, in a bathroom. Banjishte precedence over Kosovrashkata Bath that does not have us in our natural park with greenery, which is a need for refinement of green space around the bathroom, no matter what the environment on the opposite side of the lake is a forest landscape.

In the bathroom in the village. Banjishte which is surrounded by greenery and forests, there is a perception of its adjustment. You should bequest forest area. Also, you need to build paths through the woods, which visitors will provide active walks through the beautiful and attractive space.

Fauna here occupies a significant place for tourism development. Tourist value of hunting and fishing activity is great. The wealth of fish in Debar Lake and River Radhika is attractive for visitors.

Hunting tourism in this region is based on the richness of diverse game. Here are present: deer, deer, chamois, wild boar, rabbit, bear, wolf and other animals that are interesting for hunting.

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<sup>71</sup> Lazarovski, A., *The climate in Macedonia*. Skopje, 1993rd

#### 4.4.4. HYDROGRAPHIC FEATURES OF BATHROOMS

Physico-chemical characteristics of the water in Debar thermal sources vary as a shtedrost and after the water temperature and radioactivity.

The greatest amount of water has the Kosovrashkiot source. His shtedrost is 68.8 l / sec.

The second after strength (51 l / sec) is the source catchments in New Banjishte bathroom.

Abundance, radioactivity and temperature of the water in some sources is shown below<sup>72</sup>.

<b>Springs</b>	<b>Yield</b>	<b>Water temperature</b>	<b>Radiation</b>
<b>I. springs in village</b>			
<b>Banjiste</b>			
1. new capping	51 л/сек	38,8°C	26,75
2. upper pool	5,2 л/сек	36°C	20,65
3. lower pool	35 л/сек	39°C	16,89
<b>II. Kosovraski</b>	68,8 л/сек	48°C	33,79
<b>spring</b>			

By following a long period confirmed that abundance in all sources more or less range.

Depending on the extent of mix between endogenous and exogenous results occur and differences in water temperature in one source. The lowest temperature of 36 ° C has upper pool in s.Banjishte and highest Kosovrashkiot source 48°S.

Radioactivity gives special physical properties of Debar thermal springs. Performed tests showed that the water from all sources is not radioactive. However, the level of radioactivity in all not equal. The highest radiation source has Kosovrashkiot 33.79 me, and the smallest source in the lower pools Banjishte 16,89 me. This shows that Kosovrashkiot source is one of the most radioactive immediately after source Kezhovica whose

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<sup>72</sup> Professional-geometric interpretation of photogeological Map East and West Macedonia, Industry Project, Zagreb, 1967th

radioactivity is 42.82 am.

The latest research on the chemical properties of water from Debar thermal plowed, performed by industries project Zagreb, show that these results have a similar chemical composition and properties. Contains most sulphates, then bicarbonate and chloride. In Kosovrashkiot source this order something changed with that in the first place bicarbonate, then come sulphates. The following table shows the chemical composition of water from all sources.

**Table No.17:** Chemical composition of water in Debar Spa

Name of the spring	New capping	Upper pool	Lower pool	Koso vraska
<b>Anions mg/lit</b>				
Sulphate	800,00	790,00	940,00	900,00
Chloride	363,00	390,00	430,00	450,00
Hydrocarbon	760,00	745,00	790,00	994,00
Hydrobarit	30,00	30,00	30,00	30,00
hydroarsenat	2,50	3,00	3,00	2,00
Total	1955,50	1958,00	2193,00	2399,00
<b>cations mg/lit</b>				
Calcium	420,00	300,00	280,00	420,00
Magnesium	248,00	166,00	220,00	378,00
Sodium	253,00	270,00	270,00	280,00
Potassium	27,00	31,00	32,00	36,00
Iron	1,00	1,00	1,00	0,50
<b>Total</b>	<b>949,00</b>	<b>768,00</b>	<b>803,00</b>	<b>1114,50</b>

**Colloidal****dissolved oxides****mg/lit**

Mangan dioxide	0,80	0,80	0,90	0,15
Silicium dioxide	1,50	1,50	1,50	3,00 <sup>73</sup>

**Dissolved gasses****mg/lit**

Carbon dioxide	88,00	190,00	224,00	295,00
Sulphur hydrogen	22,10	16,00	26,00	31,00
Ammonium	5,00	5,00	12,00	12,00
Sulphure dioxide	1,50	1,70	0,90	2,00

**Elemenst and****trace**

Lithium	1,40	1,40	1,50	1,80
Cesium	0,20	0,20	0,20	0,20
Rubidium	0,50	0,50	0,40	0,08
Fluor	10,00	10,00	7,00	30,00

**Free gasses**

Sulphur hydrogen	0,34
Carbon dioxide	56,80
Oxygen	0,50
Hydrogen	42,30

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<sup>73</sup> Professional-geometric interpretation fotogeological Map East and West Macedonia, industry project Zagreb 1967th

The table shows that the largest amount of such anions and cations has Kosovrashkiot water source. But the greatest amount not alter the chemical composition that basically remains similar to that of other sources, which means that the chemical composition there is only a quantitative difference. Apart from sulphates, chlorides and hydrocarbons such water they contain large amounts of calcium, magnesium, sodium. In Kosovrashkiot source have a deviation of the amount of anions, which is that there is more magnesium than sodium. Characteristic of this bath is that a great amount of clay mineral which is similar in composition to the composition of the mineral water.

#### **4.4.5. CURING OPPORTUNITIES OF THE SPA**

Balneologist renowned academician Dr. D. Arsov water bath Banjishte more healing properties it owns, compares with the most illustrious in the world. According to him, the healing effect of water Banjishte arising from:

- Its complex chemical composition;
- The content of sulfates;
- Numerous rare minerals and elements found in traces;
- Hipertermalnost;
- The content of dissolved gases, especially carbon dioxide and sulfurovodorod and
- High radioactivity.

With bathing and drinking thermal water treated numerous diseases.

I. The bath is treated:

- All types of subacute and chronic inflammatory rheumatism;
- Degenerative rheumatism of all joints and rheumatism in the spine;
- Rheumatic fever in the period of calm with joint pain and without heart failure;
- All forms of rheumatic disease (especially sciatica);
- All extra-articular rheumatism;
- Weakness of the muscles and joints trauma fractures of bones;
- Partly stiffening of joints;

- Condition of going through polio;
- Chronic inflammation, ovarian and other gynecologic diseases;
- Primary and secondary infertility and
- Skin diseases.

II. The water is treated:

- Long-term disease of the stomach with increased acidity and decreased acidity;
- Long-term inflammation of the stomach;
- Ulcer of the stomach and duodenum;
- Long-term constipation;
- Long bowel disease;
- Long-term disease of the gallbladder with a smaller stone and sand;
- Condition after contracting infectious hepatitis;
- Sand and a smaller stone in the urinary tract;
- Long-term inflammation of the urinary tract;
- Long-term inflammation of the respiratory organs;
- Pulmonary hind;
- Disease of the joints due to enhanced uric acid;
- Mild form of diabetes;
- Anemia due to iron deficiency<sup>74</sup>.

Kosovrashkata Bath has a higher temperature and higher radioactivity Banjishte bathroom. After the amount of dissolved sulfurovodorod it third in Europe and the first in the country, which rightly notes that this bath can cure diseases and a larger number than the bathroom Banjishte.

Today in modern hotel - health center successfully treat these diseases:

- Subacute and chronic rheumatism;
- Rheumatism in joints and spine;
- Degenerative rheumatism and deformation;
- All types of sciatica and neurologii;
- Gastritis with increased and decreased acid and ulcers in the stomach;

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<sup>74</sup>Arsov, D., potential use in the treatment of thermal water in Debar Spa - Banjishte.

- Diseases of the biliary tract and kidney;
- More types of gynecological diseases;
- Various types of skin disorders.

This large number of medical indications and the one and the other bath confirm not only their enormous medicinal properties, but also show that they have the great potential opportunities in the future will allow faster development of versatile spa areas<sup>75</sup>.

#### **4.4.6. RECREATIONAL OPPORTUNITIES THE SPA;**

Thermal water with its healing properties, then the climate and biogeographical features make them the main recreational features of Debar Spa. Banjishte bathroom and bath Kosovrashkata have recreational facilities. They are equipped with the department for spa therapy and medical rehabilitation and other areas of sport and recreation and entertainment. Here we use the pond and therapy, electrotherapy, hydrotherapy and Kynesitherapy. They have closed pools that allow cap activity. Besides these closed facilities, bathrooms have fun and recreational conditions of an open type.

Most of the park Banjishte has tall trees that in the summer months much refreshed air. Natural vegetation and holtikultura constitutes landscape baths. Mountain Krcin with your near and exuberance of vegetation is a special quality for recreation. It should build paths for walking, laying benches and various indicators.

Mountain Deshat occurs parallel to the mountain Stogovo.<sup>76</sup> It dominates the town of Debar. Branch Deshat near spa Banishte interesting parts in this area, where termominerlanite sources spill in agrarian landscape of Debar field. The highest peak is Velivar (Top Valley) to 2373 meters. Other high peaks Deli Senica and Dry Bar. The

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<sup>75</sup> Arsov, D., potential use in the treatment of thermal water in Debar Spa - Banjishte.

<sup>76</sup> Capa, B. Role of tourism in local economic development Debar. Ss, Economics Institute, Skopje, 2013th



mountain has several small glacial lakes. The most popular is Lokuv Lake, which is located on the northeastern part of the mountain at 1560 meters above sea level and is the lowest glacial lake in Macedonia. On the east side of the river flowing radicals which shares of Bistra and Stogovo. Most of the mountain belongs to the National Park Mavrovo<sup>77</sup>. Debar Lake is formed in the basin of the rivers radicals and Black Drin. The lake and surrounding mountains formed a remarkable landscape, which in general is perceived as the potkrenatoto plateau Debar and the road linking Debar and Struga. The lake provides excellent possibilities for sports competitions on calm waters. Popular is the use of the beaches in the summer by the locals and guests.

The lake has an area of 13.2 km<sup>2</sup>, with a total accumulation grip of 520 million m<sup>3</sup> of water, which is used for the production of 300 million KW hours of electricity, and some are used for irrigation of Debar field. Debar Lake is the richest lake with water from all artificial lake in Macedonia. The lake stretches in the shape of a boomerang, from hydro "Globochica" the southeast until dam northwest. Here lake curves in the form of an arch and gets northeastern direction of extension and up to the mouth of the river today's radical and near the village Kosovrasti. In the direction of the Black Drin its length is 15, and towards the radical 7 kilometers, or the total length of the mirror lake is 22 km. Thus, the lake is, after Tikvesh Lake, the longest in the country. The site of the former estuary Radicals in Black Drin is the largest lake in width. Here it is 1.8 km. The average, however, the width is 0.6 km. The greatest depth is located opposite the dam, in the direction of radicals and is 94 meters, while the average is 39 m. The construction of the reservoir submerged roads in length of 25 km, while the account of it built new stretching above the lake level. The water starts to heat up with something greater intensity during the fifth month. Then it reaches a temperature of 17-18 degrees. Already in the sixth month, she is warm bath. In the middle of this month, its temperature is between 19 and 20 degrees Celsius. The color of water with shades of green light to dark green, and the transparency, which is measured at several points, is between 2.5 and 2.6 meters, with the. Papradnik

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<sup>77</sup> <http://nprmavrovo.org.mk/>

with gypsum, and 4.4 meters in the central part of the lake basin. The lake has a coastline length of 54.1 km. In the lake there are numerous bays, peninsulas and two islands. Radika rises 2,200 m above sea level under Vratsa. From source to mouth in Debar Lake River is 67 km long. Radhika has a clean, clear and cool water with dark green color, which is a consequence of calcium carbonate it. Radhika Valley is one of the most attractive and picturesque canyon valleys. Canyon is millions of years old breaking through the mountain of Bistra and Stogovo East and Korab Deshat west. Near Debar are Dufskite waterfalls that are located near the village. Rostuse to which the center of the village walked for 30 minutes. The trail to the falls is marked, covered, secured with wooden fence and it repeatedly is significantly steep, but for the most part is easily penetrable. By the waterfall passing through Dufskiot Canyon which is high up to 100 meters and which is a real attraction. The place is specific and pleasant climate and temperature in the hottest summer period is 18 to 20 degrees. Across the canyon run Rostuška River which is the largest in the spring. Main attraction and real feast for the eyes is Duf waterfall under which spot got its name, and is located at the very end of the canyon. Its height is about 25 m, and nearby are located a few benches where visitors can take a few beautiful moments in nature and "classroom" for teaching in nature. Interestingly, now the waterfall is set and equipment for rope. Besides the path can be seen the remains of the first hydroelectric plant in the region through which it is supplied with electricity. In the former period, much of the land and water in this section is used for processing and irrigation.

## **.5. ANTHROPOGENIC TOURIST VALUES OF THE SPA**

Anthropogenic tourist values of the bathroom are very prevalent in this area. It kultournometnichki present numerous monuments. In Debar seven mosques, and in its surroundings are 43 mosques (fall under Debar must get permission). In the city there are mosques following: Hunkjar, Tekke-Bairam Beg, Budulec, Namazjar, Konjare, Venice and Clock Tower<sup>78</sup>. Mosque Hunkjar (Imperial Mosque of Sultan Mehmet II Fatih, 540 years old) is a special tourist animation. The architecture of the mosque is a symbiosis of

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<sup>78</sup><http://www.islamska-zaednica.com/>

Ottoman architecture and autochthonous (very large walls, the minaret is just over 33 meters). From the sacred Islamic buildings, status of cultural heritage has Hunkjar mosque dating from the second half of the XV century - 1467 years. It is built on a rectangular base with dimensions of 9.38 m 12.70. Inside there is a turbo and has many tombstones. Renovated in the period 1938/39 year<sup>79</sup>. At the end of XIX century constructed Bayram Mosque-Bey and Budulec. South of Debar are two fortresses that are almost decayed. It is the fortress above the village and Kadzhadzhik Modrichkata Fortress. In Kodadik is memorial house of Mustafa Kemal Ataturk, whose father came precisely from this village. Historic features has St. Varvara village Rajcica painted in 1597 year, which is located a mile east of Debar and the St. George the Victorious. The monastery is interesting to mention that there are hand-made miters (crown of the liturgical vestments of Orthodox bishops) who carry the bishops of the Orthodox Church, and the bishops in Bulgaria, Serbia, Greece, Romania, and the Ecumenical Patriarchate in Constantinople. Mitra inevitable part topmost element of archiepiscopal robe which brings in the biggest worship. The Municipality of Debar there are 13 churches and monasteries and chapels larger number (falling under Debar-Kicevo Diocese of Debar and Reka parish)<sup>80</sup>. Monastery St. John the Baptist is a rare example of a tourist motive of anthropogenic character. He can independently attract the attention of mass tourism. Located in the beautiful valley of the picturesque River radicals. Debar is distant 21 km. Monastery consists monastery church dedicated to John the Baptist, ossuary, located next to the church, sejmenskata defense tower, the monastery quarters, and the newly built guest mansion. Monastery of St. John the Baptist is widely known for its iconostasis. His hands have done craft Petre Filipov - Garkata village Gary. Along with his brother Marko Filipov Makrarij Frchkovski from Galičnik Abraham Dichov sons Vasil and Phillip Phillips of the genus Osoj between 1829 to 1835., Managing to create beautiful artistic wooden stand. Profile facilities comprise a considerable amount and important for its significance of the cultural heritage of the Debar region. Within urban structure of Debar exist multiple monuments good from different periods of development of the city. Old bath dating from

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<sup>79</sup> Ristovski, B., gl.red. Macedonian encyclopedia 2. MANU, Skopje, 2009.

<sup>80</sup> <http://www.dke.org.mk/namesnistva/debarsko.asp>

the XVI century and new bath built in the later period, the wear properties of classical traditions in building this type of objects. Most of the buildings that form the urban fabric of the city represent living facilities, some of which belong to the traditional architecture of the XIX century<sup>81</sup>. Debar lodgings are simple in functional organization, with maximum harmony in their physical shape, with strict symmetrical main facade, the middle of which is punctuated with bay thrown verandas. The interior of the house is richly decorated with carved ceilings and built-in furniture. In the context of architecture should be mentioned and house Refik Selja. From newer monuments left a special mark on the city Debar monument to fallen soldiers and 3.5 meter Skanderbeg Monument located in the city center. Deer Leap or Ellen lakoviden Bridge is a stone bridge over the river ian Reka region of Western Macedonia. The bridge was built in the mid XVIII century carved stone with only one bow. There are several legends associated with the bridge. In the region of Debar near by. Selokukji is locality Taranesh, originating from an extremely rare and important finding of glass - dijatreta. The cup is on the cup and is made of whitish glass. Around the base part has a mesh made of malachite green glass. The top has a comb ornaments, and the "collar" brown umber glass, which is an inscription written in letters of green glass. The base of the cup in the form of rosette shestlisna. So far in the world are found only 21 copies of such luxury cups three of the Balkans, two of them on the territory of Daruvar, Croatia and one in municipiumot "chimneys" in Duklja, Montenegro<sup>82</sup>. The specimen belongs to Taranesh etc. "Cologne" facility with decoration in three areas - the inscription, belt and network. This finding is the first and only of its kind in the country, dating from the IV century<sup>83</sup>. When the tomb was excavated, dijatretata was entire, intact, but in removal was broken and the glass. In the tomb was found extremely rich inventory: cross-shaped fibula with inscription massive outpouring of raw gold combined with technique Niel, silver objects.

#### **4.5.1. MANIFESTATION TOURIST VALUES OF SPAS'**

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<sup>81</sup> <http://istrazijamakedonija.com.mk/debar.aspx>

<sup>82</sup> <http://www.kralemarko.org.mk/default-mk.asp?ItemID=FB807EE9A5384E4D8A60872A26B4EC12>

<sup>83</sup> <http://www.ldpp-debarreka.mk/index.html>

Manifestaciskite tourist values have great importance to the tourists.

Marches are very important for entertainment. The guests were suggesting, despite natural resources, and additional and diverse entertainment.

Besides all the above mentioned needs Debar Spa efforts to meet cultural and fun life left. In this area are several tourist events. From major events we find: festival songs Penestija, Goce Days, Days of breeders of sheep and goats and Galicka wedding. Galičnik wedding present wedding customs in this area, which is a special attraction for tourists.

Galičnik wedding or Petrovdan Galicka wedding is held every year on St. Peter's, on 12 July. Rich is very original, unique and unforgettable wedding customs and rituals. In the days of the wedding, eerie pipes and drums resonate "Galičnik of the River", with all underground and above-ground height of the stone and Clear sky. These companions of migrant workers of this region of Macedonia, always announce Galičnik wedding which is most wedding guests. Galičnik wedding in its existence contributed to nurture the only wedding customs and rituals of the inhabitants of this region, to preserve the original songs, dances and famous Galicka costume made with filigree precision and accuracy of the tailors.

Within Days of breeders of sheep and goats are kept more matches for cheese production, traditional martial arts, exhibition fastest shearing and milking the sheep breeds and more. The event participate twenty companies, associations, organizations and individuals dealing with livestock.

#### **4.5.2. ETHNOGRAPHIC TRAVEL VALUES**

Ethnographic treasure belongs to the group of cultural travel patterns that meet the needs of tourists. Ethnic group cultural tourist motives is very heterogeneous in terms of costume, folklore, songs and musical instruments, as well as folk customs, folk diet and general lifestyle.

Debar is a mixed population, despite having the Macedonian and Albanian populations.

With that in this RB represented customs of the people who are not sufficiently covered in the tourist offer.

National costume Debar was once known as a craft center where many trades flourished,

particularly those related to the development of folk clothing. In this town was represented traditional dress, which is allocated in the neighboring regions for its typical and aesthetic features. People dress the same as that in Debar wore women and men in neighboring villages - Before labeled Debar Pole. National costumes of this area is very picturesque, and considering that lives here and despite the Macedonian Albanian population, with its costume with tourists arouse special interest. The men dress in the Macedonian population is very attractive and is comprised of breeches, belt kjestekot (ornament). Women dress in the Macedonian population constitutes dress kalashenikot, dzhubeto, skirt and stockings. The men's national costume of the Albanian population is characterized by cow leather sandals, white with black bechvi switch, dzhamadanot and white cap. Women's clothing in the Albanian population consists socks and shirt bundle woven trims. Folk dances, songs and musical instruments Folk games are very attractive. They are full of dynamics and dramatic elements. Heavy dance is considered one of the most beautiful and the most difficult and Macedonian dances originated from Debar. For it is written very much spoken as an important piece of the Macedonian music folklore. Dance begins with pounding drums and screams ringing, dancers move slowly and form a circle. Orovodcot giving signs with handkerchief and dancers captured arms, with calm and dignity dance begins with talking about the difficult life of the Macedonians.

Through folk games are intended to express the customs of this country and spirituality of indigenous people. Here are a number of musical instruments, including special place for the flute, flute and bagpipe. In Albanians characteristic musical instruments tambourine and flute.

National customs as ethnographic tourism value

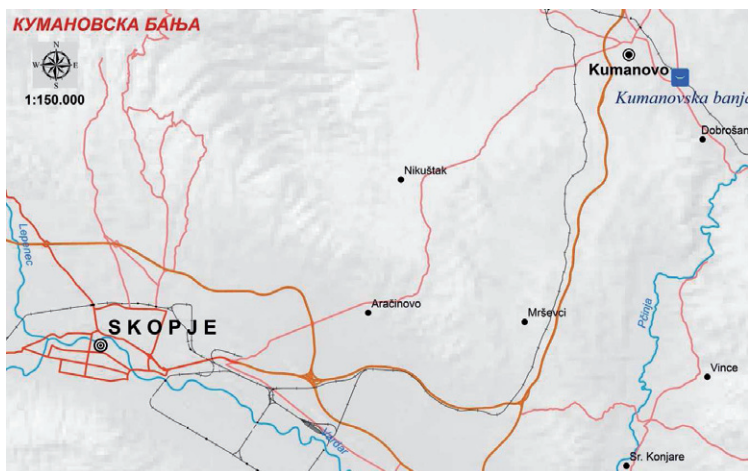
Folk customs of the people of this region are numerous, varied and very attractive tourist. Some of them are special tourist attraction, which if well conceived can be used as a permanent cultural artistic manifestation. Quite interesting customs around Epiphany Forgiveness Bajram, Ramadan and others. which may be an additional tourist attraction. Bayram is muhamedansko two major festivals of the year. The first is Ramadan Bayram and lasts 3 days. The second holiday, Eid lasts four days and is called the Feast of the victim because then slaughtered sheep and distributed to the poor. Traditionally in Debar

during Eid is a member of the church board, at the headquarters of the mufti of the Mufti and his srabotnici to congratulate day with wishes of peace, happiness, health, prosperity and continuing centuries of religious tolerance and coexistence in this region. Ramadan is a time of fasting, prayer, solidarity and compassion, in which full-time Muslim believers abstain from consuming food, cigarettes, alcohol, and the bad thoughts, ideas and actions. Fasting begins with sunrise and lasts until sunset. Eating and drinking are allowed at night. From post-free children, pregnant women, nursing mothers and sick.

#### **NATIONAL NUTRITION ETHNOGRAPHIC TOURISM VALUE**

In the interest of getting to know the lifestyle and customs of all tourists, especially foreign, in their accommodations often manifested and interest for familiarization with specialties in food and the specifics of the national cuisine. Debar is very rich and attractive specialties that are prepared in this region are known for their originality, particularly arising from oriental dishes and stews, pilaf, cheshkek, stuffed, kabunija, various pies, baklava, sugar Pare etc. .

#### **5. KUMANOVO SPA**



**Figure nr., .6: Kumanovo spa map**

## **5.1. HISTORICAL DEVELOPMENT OF KUMANOVO SPA**

Kumanovo Bath dating from the Turkish Empire. But specific data when the source is detected and when I started to work as a bath no. Proevce village was owned chassis and ovdeshno population worked as chifligari the properties of the Bey. Here settled Turkish population because they had a special affinity for mineral baths. Therefore, probably dating from the bathroom before the arrival of the Turks in the Balkans. One of the famous chassis who lived in a village Proevce Mustafa Bey.

According to the written data, in 1913, a captain Katic troops built a fountain of small sources, and a large swimming pool made with dimensions 3x3x1 m<sup>84</sup>.

After the Balkan War Kumanovo municipality built more modern pool for bathing and leisure guests. During the First World War the spa was disbanded, then the Ministry of Forests and ores in Belgrade, she was given to a grandmother Lena to exploit as personal property and profits to use for themselves. On this municipality acted as citizens of Kumanovo, but nothing could be achieved in a legal way. Therefore, in such a revolt, the pool was mined and destroyed. Because Grandma Lena had enough Cleaners to perform repair and renovation or construction of a new swimming pool, spa and left it up their right to property.

Then the municipality took in custody and acceded to editing, but still had a view of the bathroom spa.

From a French - Belgian joint stock company was given an offer to invest its own resources for modern editing bathroom, but the contract to exploit.

## **5.2. TOURIST-GEOGRAPHICAL POSITION OF THE SPA**

Kumanovo Spa is located 3 km southeast of the village of Kumanovo Proevce. Terrain

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<sup>84</sup> Trajkovski, P., Kumanovo bath and thermal waters in Kumanovo. Writers, Kumanovo, 1999th



appears termomineralniot source of river terrace Kumanovo River above which rises steeply Proevski hill and was built by staropaleozojski marbles and slates. The springs are located at an altitude of 305 meters. They occur along rasednata line in the area of the bathroom.

### 5.3. Transport links to the bathroom

Kumanovo Spa is located near the thoroughfare E-75 and international railway Athens-Skopje-Belgrade. With izgradaba railroad Skopje-Kumanovo-Bulgaria creates opportunities for increased communication. Another prerequisite is the Belgrade-Skopje highway connecting further with Europe. The proximity of the road Skopje-Kumanovo-Kriva Palanka through Bulgaria connects with Turkey. Then through the Eastern Macedonia Sveti Nikole, and proximity to international areodrom Alexander the Great Bath Kumanovska it gives positive features.

## 5.4. NATURAL TOURIST VALUES OF KUMANOVO SPA

Sources of Kumanovo Spa is located along the flow of Kumanovo River. This complex is mostly shale marble from so called Veles-Kocanska series. Shkrlcrite discovered in the region and among Proevce Rajkova house.

Special tourist value have marbles site Proevski Brdo. They are walking environment for groundwater. This is a secondary collector of thermal waters.

Besides these natural tourist values Kumanovska Bath characterized by two beautiful lakes, Glazhanjsko and Lipkovo Lake.

These lakes are very important for the development of spa tourism, because they have beautiful nature with lush vegetation, forests and rich variety of fish and allow swimming, sunbathing and fishing.

River water quality is Pchinja second class to the Kumanovo River estuary. Hence it is highly contaminated with limitations on its use. Pchinja can be used for recreational purposes to receiving water from Kumanovo River.

#### 5.4.1. RELIEF FEATURES OF THE SPA AREA

In the development of spa tourism in Kumanovo Bath impact has relief.

Relief as complex geomorphologic an important factor. He sounds very positive with their shape, but with different types and landscapes.

The area around the spa is characterized by low mountains and hilly valley. This relief has an impact on climate and the flora and fauna. Also significant is the impact on the lifestyle of the population.

#### 5.4.2. CLIMATIC FEATURES OF THE SPA AREA

Climate factors define its elements. They alone are significant tourist values.

**Table 18:** Average monthly and annual air temperature

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Просек
0,0	2,5	6,7	11,7	16,8	20,2	22,1	21,8	17,8	12,1	6,6	1,7	11,7

Source: Annual Report RHMB- Skopje

The average annual air temperature in the bath is 11,7°C. The highest temperature was recorded in July and is 22.1, while in August the average monthly temperature is 21.8. The coldest month is January with an average monthly temperature of air is 0°C. Spring and autumn temperatures are very mild, so that tourist activity should be located in this framework.

**Table No.19:** monthly, seasonal and annual amounts of rainfall in mm

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Сума
41,8	32,6	32,9	35,9	43	68,9	52,3	45,1	26,6	34,6	40,9	53,6	508,2

Source: Annual Report RHMB- Skopje

### **5.4.3. FEATURES OF THE FLORA AND FAUNA**

Kumanovo Spa is located on the left bank of the river terrace of Kumanovo River. Proeski Brdo partly forested. Around the hotel there is a pine forest, which is a factor for developing wildlife.

The large area of the park is planted with tall trees and developed. They allow guests to feel comfortable. The landscaping of the park and increase green areas and trails throughout the park, as well as equipping with benches and lighting for night walking, creating excellent conditions. You also need to edit the Kumanovo River, which is not yet satisfying qualities. Additional quality of the spa area are two artificial lakes with more fish.

The environment is diverse forests, which contributes to a different game. They appear boars in this area has a large number, as well as rabbit, fox, wolf and other small game.

### **5.4.4. HYDROGRAPHIC FEATURES OF THE SPA**

Kumanovo baths, Paleozoic shales, marbles and volcanogenes sediments are similar to some thermal zones in the Czech Republic. It primarily concerns the similarities and characteristics of Bazaltni outbursts. For Proevski sources author, Professor. A.

Shcherbakov provides the following features:

- Sources appear old marbleized limestone on the left bank in the very bed of the Great River which flows into Pchinja. Sources stretch orientation, NW-J, the SE area of 150-160 m. The main source is captured primitive built bath, the other is captured for drinking and other sources are not accepted and not used;

- The amount of water that is measured at 4 stuck is approximately 2.5 l / sec. The water has a temperature of 28°C in tap and 30,4°C the bathroom.

Water analysis gives the following content of the main anions and cations<sup>85</sup>.

anions	Mg/lit	Milimoll	milivol
Chlorine	0,0533	1,50	1,50
Sulphure	0,0252	0,26	0,52
Hydrocarbonat	1,9674	32,25	32,25
<b>Total</b>	2,0459 гр/лит	34,27	
<b>Cations</b>			
Potassium and sodium	0,3498	15,21	15,21
Calcium	0,3037	7,58	15,16
Magnesium	0,0475	1,95	3,90
<b>Total</b>	34,27		
Iron and aluminium oxide	0,0050		
Metasicily acid	0,0389		
Free carbon dioxide	1,5000		

Based on the analysis of such water from these sources is an alkaline-earth-alkaline sour. Proevski sources contain larger quantities of alkaline ions and less magneziumskite. However, the character of the two sources is very similar.

The same fault line in the direction of the C-H in the region of the village of Lipkovo are sour-spas.

Thermal springs located along Proevski thermal line with its alkaline-earth alkaline sour character can meet various requirements for treating patients, especially because calcium

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<sup>85</sup> Elaborate on the reserves and quality of thermal water from the site near the village. Proevce, Kumanovo, Inc. Construction Institute Macedonia - Geotechnical Department, 1994th

compounds.

The first analyzes dating from 1920. And performed by Dr. J.Revavska and C. Nikolovikj and character of short analysis. The following concentrations of the analyzed ions:

-	Dry residual	17820
-	Calcium residual	0,4250
-	Magnesium oxide	0,0788
-	Iron oxide and aluminiumoxide	0,0050
-	Silici oxide	
-	Chlorine	0,0533
-	Sulphuric acid	0,0210
-	Free carbon acid	1,5000

In the postwar period, these results are analyzed from different perspectives. An important analysis is carried out by the International Institute for Biological Research in Geneva under the leadership of Dr. R.Zhunikj. According determined ion composition, mineral water from the region of Proevce belongs to the group of leading groups of mineral waters in the world and it has been called the Queen of Waters.

#### **5.4.5. CURE OPPORTUNITIES OF THE SPA**

Cure possibilities of thermal water in Kumanovo spa has long been known, although at present it should be noted that the bath is not open to visitors.

Mineral springs and the water temperature from 28 to 30,4°C allow natural spa to use even in the Turkish Empire. The bathroom in the people known as Vrukja water or Proevski Bath. Wealth with various trees near the bathroom and clean air to complete the requirements for treatment.

Water is classified as alkaline-earth-alkaline acid hypothermia and such is recommended for the treatment of numerous diseases, especially useful for the treatment of nervous system.

Bath Kumanovska helps in treating the following diseases<sup>86</sup>:

- Nerve diseases
- Diseases of the digestive organs,
- Diabetes,
- Disease of the gallbladder
- Sand and kidney
- Increase of diarrhea,

When high blood pressure is useful bathing, but not the drinking water. Also, water beneficial effect against aging of tissues.

It is important to note that the mineral water is the most effective action of the human body when consumed at source. You also need to drink the "burnt heart", ie an empty stomach<sup>87</sup>..

#### **5.4.6. RECREATIONAL OPPORTUNITIES THE SPA**

Kumanovo Bath has more natural recreational elements in its potential. Besides sprawling park with tall trees and greenery are open and other attractive items. Among them should be singled out:

- Open Olympic pool located near the hotel Cuba ranked in the bathroom;
- Sites for tennis better organization can be used at night;
- The two artificial lakes: Lake Lipkovo Glaznja and offer the opportunity for a good walk and fishing.

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<sup>86</sup> Elaborate on the reserves and quality of thermal water from the site near the village. Proevce, Kumanovo, Inc. Construction Institute Macedonia - Geotechnical Department, 1994th

<sup>87</sup> Chaney R. bathrooms in Macedonia. Stip, 1982nd

## **5.5. ANTHROPOGENIC TOURIST VALUES OF THE SPA**

The historical development of this bath is a factor of many tourist values. Matejche monastery is located at an altitude of 1,005 meters, in the southeast of Skopje Montenegro. It is 17 km away from Kumanovo. The complex belongs Matejche church. Virgin, which is presumably began to build King Dusan and the foundations of an older church. Saved scenes of the life of Christ and the Virgin Mary.

Notable are the Miracles of St. Archangel and others, such as the St. parastasot. Kliment Ohridski.

St. George in Old Nagoricane is rich in art, so that attracts attention. Significant is the ancient village site in spades as churches and mosques of modern times, so they can engage in tourist valorization of Kumanovo Bath.

### **5.5.1. MANIFESTACISKI TOURIST VALUES OF THE SPA**

For this spa of crucial importance are manifest tourist values. Significant events are Tumba Fest - playful songs, Days of comedy, poetry Potkozjachki meetings International cycling race which is organized every year in Kumanovo, then April literary meetings and dinners Kumanovo.

### **5.5.2. ETHNOGRAPHIC TRAVEL VALUES**

Kumanovo is very distinctive and famous tourist very important for this nation, that this space is represented by a number of values.

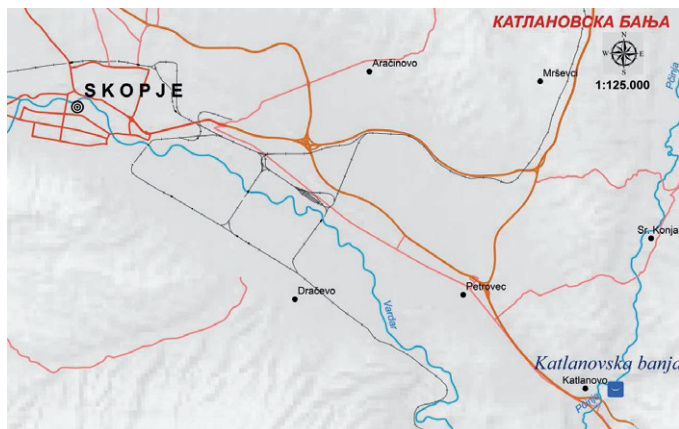
In this region has a population of various nationalities and Macedonians, Serbs, Albanians and other minorities.

Ethnographic culture tourist motive that encompasses people's lives, then the costume, folklore, folk instruments and songs. They can be fitted to the tourists who previously must be well conceived.

#### **NATIONAL COSTUME**

National dress is very colorful and interesting. His impressions have any ethnic group in Kumanovo on where the special spatial units with specific national costume not only Macedonian but the minority nationalities. For example: the Macedonian population in this region specific feature of male costume gives dolamata, gunjata, koporanot, dzhubeto, keshljakot (kind kabanica). Women dress constitutes shirt polijata, jacket, zbonot, belt and skirt. In Albanian minority characteristic: the scarf, bedemchinjata, socks, shirt, vest, and dzhamadanot kjecheto. Folk dances, songs and musical instruments In this area there are a number of musical instruments, among them a special place for making handmade wood and wire instrument, flute, flute and other items. National customs as ethnographic tourist attraction National customs in this area are numerous and varied and very attractive. Given the mixed population and many practices can be seen as manifestations cultur-art event. Particularly interesting customs around Epiphany Forgiveness then Fitr and Eid in the Albanian population. National nutrition ethnographic tourism value Kumanovo is rich in diverse and attractive cuisine. As specialties Kumanovo kitchen: Kumanovo mezalk, beans, pan and slow turn-djuvec in earthen vessels. Mentioned it can be valorized in ethnographic tourism values, which appears as a tourist motive

## 6. KATLANOVO SPA





**Figure nr.7:** Katlanovo spa map

## **6.1. HISTORICAL DEVELOPMENT OF KATLANOVSKA SPA**

Katlanovska Bath dates back to ancient times, the time of the Roman Empire. The Romans were the real masters of using thermal waters. For this we witness the Roman money, we found workers Bezen old, and the source of mineral water where sick threw money in gratitude to water.

The foundations of the old building, and the old Roman coins, tell us that even the ancient Romans made several pools to treat the sick. During the Ottoman rule was Katlanovska Bath spa for all patients. Turks rearranged Roman pools and sodzidale and a new swimming pool, 12 baths and various other buildings in the immediate vicinity of the springs, and also healed. We know, for example, that the Saleh-Bey, on the orders of Faik Pasha created an old and Afz Pasha ordered to build tubs. Later, due to the earthquakes and plastenjeto calcium carbonates, water tubs they disappeared, and the premises were adapted for apartments for traveling patients. Since then today sick bathe in the old Roman bath<sup>88</sup> .. Katlanovo Bath, built on the site where the healing waters enjoyed ancient Romans, Byzantines, Turkish dignitaries, is now restored, modernized with the latest equipment and products, top massages and treatments for face and body, which are medically approved and are made under supervision of medical professionals<sup>89</sup>.

## **6.3. TOURIST-GEOGRAPHICAL POSITION OF THE SPA**

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<sup>88</sup> Radulovic, R. Katlanovska Bath. Skopje, 1993rd

<sup>89</sup> <http://www.katlanovskaspa.com/mk/>

Katlanovska Spa is located in the lower reaches of the river Pcinja. It is surrounded by forest trees. It is located at the point where the river bed has deepened in every spa Reed. To the west of the bath extends Skopje Valley, and to the east rises Black Peak (758 m). The bathroom is located on the right side, next to the river Pchinja, at an altitude of 230 m. The bathroom has a very favorable geographic position. Located almost between our three major urban centers: Skopje, Veles and Kumanovo. Skopje is around 23 km. Almost as far away from the other two mentioned centers. In this position the spa has an advantage over other spa centers.

#### **6.4. TRANSPORT LINKS TO THE SPA**

Traffic connection of Katlanovska Spa is very good. Since it is located near the highway passing only 2 km south of it, it is all around the plant to it quickly, conveniently and at any time to get to. It is possible the direction Skopje-Veles-Gevgelija or Kumanovo and Macedonian-Yugoslav border.

The proximity to the international airport Alexander the Great which is located only 5 km from the spa, a significant advantage over all spa centers in the country.

#### **6.5. NATURAL TOURIST VALUES OF THE SPA**

Mineral and thermal springs of this bath vary in how the occurrence, abundance, temperature and chemical composition.

Besides these natural resources are very important for tourism, a special attraction and spa hill that is very interesting for visitors.

It is thermal crack that can follow from both sides of the river Pcinja. Along crack layers of limestone that is spoken of here that once flowed thermal water.

In addition, Katlanovska Bath characterized by small hills that are very attractive for picnics and recreation, as they are gentle slopes suitable for such activities.

A special tourist attraction is the river Pchinja passing through the picturesque valley. It is

suitable for interesting walks. Wealth fish provides fishing activities. Attractive is Taor gorge in which flows the river Vardar.

### 6.5.1. RELIEF FEATURES OF THE SPA AREA

Spa space as a specific site has its special landscape values.

The relief in this area is very broken down by shorter and longer gullies. So the area gets raskrshen distinctive look.

In terms of height, there is a difference between the lev and right valley side. Lev is lower and a residual lake broken down and substantive areas.

River Pchinja, vsechuvajkji are lower surfaces, built a valley and its evolution has built a terrace of 30 m, 15 m and 5-6 m above its banks.

### 6.5.2. CLIMATIC FEATURES OF THE SPA AREA

The definition of climate Katlanovska Bath will use podatocit obtained from the meteorological station in this place.

**Table No. 20:** Average monthly temperature in °C air

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Просек
0,1	3,2	7,1	11,8	16,7	20,4	22,5	21,8	17,8	12,2	6,2	1,7	11,8

Source: Annual Report RHMB- Skopje

The average annual air temperature of Katlanovska Bath is 11.8. The highest temperature was recorded in July and is 22.5. The lowest air temperature occurs during the month of January, which is 01°C. These temperatures positively influence the development of tourism. Summer temperatures allow the largest attendance, and winter is very mild.

For tourism development are significant values of precipitation.

**Table No.21:** Monthly seasonal and annual amounts of precipitation in mm

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	Вкупно
32,5	35,5	43,8	44,8	56,6	52,3	46,9	30,3	31,5	43,3	55,8	52,1	525,4

Source: Annual Report RHMB- Skopje

The annual amount of precipitation in Katlanovska Bath is 525.4 mm. According to the annual values of precipitation distinguish modified continental pluviometriski mode with maximum precipitation in May of 56.6 mm and a secondary maximum in November, 55.8 mm and minimum rainfall in August of 30.3 mm.

According to the above we can conclude that Katlanovska Bath has a special interest climate.

The summers are cooler, the air is clean and choking days. And especially in July and August when there is the greatest attendance.

Warm winters are part of the favorable climatic conditions to stay in Bath Katlanovska winter.

All these features of the climate Katlanovska Bath or fresh and cool summers and mild winters with rare snow and relatively low humidity and mountain scenery and fresh mountain air in the Valley Pchinja, allow the bath to be not only a facility for treatment, Tutu climate and recreational center.

### **6.5.3. FEATURES OF THE FLORA AND FAUNA**

The rich and diverse flora and fauna Katlanovska Bath and the surrounding areas, especially around the river Pchinja, is very present. Here you can meet all kinds of deciduous forests, oak, hazel, Gaber, drain, jaseno and elm. It also can be found and some sub-Mediterranean shrublands types such as holly, chalijata and dwarfed types fig.

In Katlanovo Swamp present ber plants such as reed and other grasses.

From wildlife is abundant petty game. There appear rabbit, fox, wolf, and the other game

represented are: partridge, pigeons and pheasants. It is important to mention that in fazanerijata hatch young pheasants who later played in the reserve of hunting company phase. In Katlanovo Swamp present wild ducks, ducks, cormorants and some other types. Pchinja River is rich in fish. The most common are barbell, carp, bojnikot, maple and others.

#### 6.5.4. HYDROGRAPHIC FEATURES OF THE SPA

In Katlanovska Bath thermal springs vary in the amount of water temperature, the way of the emergence and chemical composition<sup>90</sup>.

The capacity of the individual sources are distinguished according abundance and water temperature.

<b>SPRING</b>	<b>Lit/sec</b>	<b>Temperature °C</b>
Spring nr.1	0,5	34,5
Spring nr.2	0,020	14
Spring nr.3	0,140	37,5
Spring .4	1,5-2	41
Spring nr.5	0,125	38
Spring nr.6	0,60	38

The first chemical analysis of these thermal springs have completed Dr. Mark Light, chemist from Belgrade, Eng. Kapetanovic and chemist Milica Karokushevičj. The results were identical. According to chemical analysis militia Karokushevičj, chemist, thermal waters in Katlanovska Bath in one liter contain:

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<sup>90</sup> Katlanovo Swamp in 1965. According to the Law on Protection of Natural Rarities, are under protection. This special reserve (botanical, ornithological and ichthyologic) is mentioned in the documents of historical importance and object had fortification importance because an obstacle to passage through Taor gorge.

<b>Ions</b>	<b>Milligrams</b>	<b>Milimols</b>	<b>Minivals</b>
<b>Cations</b>			
Sodium	316,8	13,739	13,739
Calcium	268,0	6,693	13,386
Potassium	36,0	0,923	0,923
Magnesium	45,1	1,854	3,708
<b>Anions</b>			
Chlorine	148,3	4,237	4,237
Sulphure	22,8	0,237	0,237
Iodine	0,18	0,001	0,001
Hydrocarbonates	1649,6	27,044	27,004
Sulfur hydrogen	1,5	/	/

The amount of dissolved solids is about 2.5 grams. Prevailing sodium ions and ions of calcium and hydrocarbons. Since the contents of sulfurovodorodot the temperature of this water belongs among the alkali, and sulfur zemjoalkalnite hyperthermal waters. According to chemical analysis militia Karokushevijk, thermal water spa in one liter has the following content:

<b>Iones</b>	<b>Grams</b>	<b>Milimoles</b>	<b>Miliovales</b>
<b>Cations</b>			
Sodium	0,3200	13,91	13,91
Calcium	0,0400	1,01	1,01
Potassium	0,3969	9,92	19,85
Magnesium	0,0396	1,62	3,25
<b>Anions</b>			
Chlorine	0,1560	4,40	4,40
Sufates	0,0280	0,29	0,59
Hydrocarbonates	2,0150	33,03	33,03

Colloide dissolved

oxydes :

Silicium twooxyde 0,0480

Aluminium 0,0010

twooxyde

Dry residual on 1,7024

180°C

Free carbon acide 0,6624 Determined in laboratory

Free carbon acide Determined in laboratory

1,3524

Free sulfur 0,0005

hydrogen

#### **6.5.5. CURING OPPORTUNITIES SPA**

Thermal water treatment is used mainly in two ways: by bathing and drinking.

Hot mineral water in the bath tub comes to unchanged from the source which is a positive factor in the treatment of patients. The most important action during bathing is mostly physical.

The fact that its heat is equal to body heat is important, because water does not have to be heated or cooled. Katlanovo mineral waters are known to cure many diseases. This bath is registered as special Rheumatism Hospital.

In sum, the current findings, successfully treated the following diseases:

- Various types of rheumatic diseases;
- Diseases of the stomach and intestines;
- Diseases of the genitals in women;
- Diseases of the nerves;
- Chronic kidney and urinary tract;
- Diseases of the skin;
- Vascular Disease;

- Diseases of metabolism;
- Some diseases of the respiratory tract;
- Cardiovascular diseases;
- Some of these diseases are treated by bathing, drinking with others, and recently applied and inhalation and rinsing.

### **6.5.6. RECREATIONAL OPPORTUNITIES THE SPA**

Katlanovska bathroom is complete recreational spa bath. But also important for visitors Pchinja river with its natural beauty and beautiful canyon. The beautiful nature around it, the high peaks with diverse forest a special quality. For recreation suitable Pchinja river with its fish stocks. Anglers can also take advantage of the proximity of the river Vardar.

### **6.6. ANTHROPOGENIC TOURIST VALUES OF THE SPA**

In this space has more anthropogenic tourist values. The bathroom was still used during the Turkish rule. Thus, the wall of the old bath panel discovered that time (1898). With the next Turkish-Arabic inscription: "Memory of the benefits provided by the hot water, let it be nepresushena water world that develops and builds. It runs through the stone from the Lord bless you. "<sup>91</sup>.

#### **6.6.1. MANIFESTACIONI TOURIST VALUES OF THE SPA**

Katlanovska bath, naogjaj near Skopje, a city that happen numerous and various events that are very important to this spa. Multifarious manifestations in Skopje contribute guests from the bathroom to attend organized or individually, as a positive element enrichment and use of leisure guests.

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<sup>91</sup> Radulovic, R. Katlanovska Bath. Skopje, 1993rd



## **6.6.2. ETHNOGRAPHIC TRAVEL VALUES**

Skopje valley is located at an important crossroads. In the past, in this valley occurred turbulent historical events that have played a significant role in the ethnic structure. The composition of the population of the village consists mainly Macedonians, Macedonians - Muslims, Turks and Albanians. While studying tourism in our country need more attention be paid to the ethnographic tourist values, taking full advantage of these and putting into operation of all elements such as folk

### **NATIONAL COSTUME**

National costume in this area is very picturesque with tourists arouses particular interest to their specificities. Costumes in this region differs in many elements.

A specific feature of the male costume gives katijanot and polifestata, while the female costume zadanot and skirt. Folk dances, songs and musical instruments

Folk games in this region there are many and varied, often accompanied by drum and bagpipe. Through them express more artistic and humorous elements.

Folk customs as a tourist attraction For indigenous people, folk customs have always been a time when many are reported, with a tradition kept, groomed and with respect for tradition.

In this region particularly cherished customs and marked, as is the custom of Vassilita and Forgiveness. These practices are followed by many religious traditions, accompanied by drums and bagpipes, which is a special tourist attraction.

### **NATIONAL NUTRITION ETHNOGRAPHIC TOURISM VALUE**

National food in this region is very rich and traditional. Proximity to Skopje Katlanovska Bath additional quality. In many restaurants there is the possibility of presenting the old

Macedonian dishes, such as the variety of grape leaves stuffed sheet shtafel and pies, followed by a presentation of the various spirits and wines.

## 7. KOCANSKA SPA

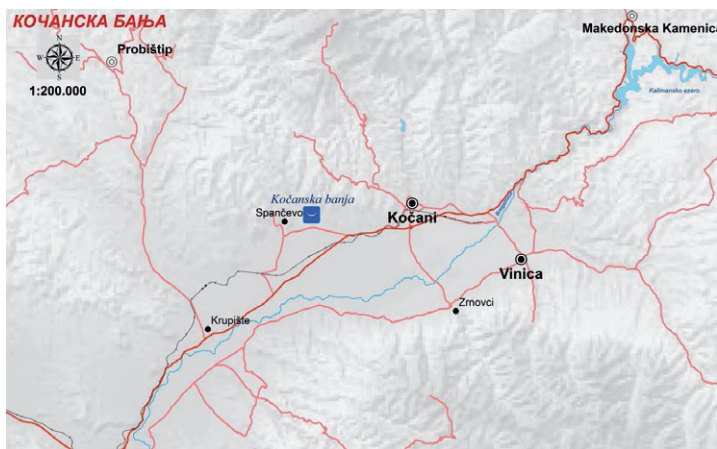


Figure nr.7: Kocanska spa map

### 7.1. HISTORICAL DEVELOPMENT OF KOCANSKA SPA

Due to the favorable geographical location and excellent natural features, this territory was inhabited by the oldest ancient times, first of Peonies, media and tracks, and in the 80s from the VI century begin to inhabit speech, specifically to VII century the tribe Smolyan January colonize Kochan valley and set in it. Even though the bathroom is not used to the fullest potential that it carries, it should be emphasized that this is a bathroom used by the Romans. In the period of Ottoman rule in our region, and the bathroom was used by the Turks in 1662 mentions traveler Evliya Çelebi<sup>92</sup>.. This means that the spa has a long

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<sup>92</sup>Evliya Çelebi is one of the most famous Ottoman travelers, traveling through the territories of the Ottoman Empire and neighboring countries in a period of forty years. Celebi is the travel writings of great značenje the historiography of the various places in Macedonia, as they provide insight in their view, the spirit and the local way of life at that time.

tradition in tourism and attractive terms it poses significant features. During the Second World War the bathroom only had a pool which is used by both men and women, but after the war we constructed a pool and accommodation. Currently, the spa is not open to visitors.

## **7.2. TOURIST-GEOGRAPHICAL POSITION OF THE SPA**

Banje village is located in the eastern part of Macedonia, 7 km from Cobs from the right side of the road Kocani- Stip. It is located at the foot of Osogovo and lies of the last chapters of the hills of the mountains that gently descend to the valley at an altitude of 340 m. On the eastern side noagja village Racing and the west village Spanchevo, south village bordering fertile rice fields in Kocani Valley, which is closed from Mount Plachkovitsa. Folk tradition tells that the village Banje his name got on the spa and springs of hot water.

## **7.3. TRANSPORT LINKS TO THE SPA**

Kochan Spa is located near the trunk road which connects to Stip (30 km) and Velez (70 km), and then exits the highway Skopje-Gevgelija, that this road is connected to the bathroom Central Macedonia. In the East, however, the bathroom is connected to Vinnitsa (10 km), Macedonian Kamenica (30 km), Delčevo (55 km), Berovo (60 km) and the Bulgarian border (65 km) to the west is related Probishtip (36 km) and Kratovo (48 km). Traffic has meaning and existing railway built 1926. Through this railway line is connected to the bathroom Stip-Veles-Skopje.

## **7.4. NATURAL TOURIST VALUES OF THE SPA AREA**

The natural beauty, environmental clean environment and favorable climate are ideal for a visit by tourists. Special tourist value have Osogovska bursting with beautiful scenery and lush forest vegetation. Also, near the spa is located Kochan valley, through which the river passes Bregalnitsa. To the south it extends mountain Plachkovitsa. Besides these natural tourist values, Kochan Bath characterized by artificial lake little town offers swimming, sunbathing and fishing.

### **7.4.1. RELIEF FEATURES OF THE SPA AREA**

Spa space around Kochan Bath features a varied relief structure. On the one hand has expressed mountainous terrain that is clearly limited by low saddles, faults and valley. Because older less solid rock mountain has rounded ridges and peaks. Therefore belongs to the type of fault or gromadni mountains. On the other hand, has a flat section, which passes through the valley of the river Bregalnica and which has cultivated agricultural area. A characteristic of this space is prevailing forests, while pastures and farmland occupy roughly the same area. The valley has relief convenience and fertile soil, which together with the available hydrographic network allows natural movement of water and allows crops, especially rice, to exist in excellent natural conditions.

#### **7.4.2. CLIMATIC FEATURES OF THE SPA AREA**

The climate is temperate Kocanska Bath influenced edited Mediterranean which passes through the valley of the river Bregalnica. It is characterized by relatively high temperatures and little rainfall. The mean average annual temperature is 13 ° C to Kochan Valley ranks among the warm valleys in Macedonia. The annual average precipitation in Kochan Bath is 538 mm. Climatic factors are significant tourist value for the bathroom.

#### **7.4.3. FEATURES OF THE FLORA AND FAUNA**

Kochan Bath is rich in flora and fauna. In its surroundings, the north are Osogovska<sup>93</sup> (Tsar's Peak 2085 meters above sea level), where they can meet different types of deciduous woods such as oak, elm, hornbeam, ash, hazel and the like. The south Kochan Valley cultivated rice and agricultural products. The fauna is represented by various game like deer, roe deer, wild pigs and other. It also meets and migratory game as partridge, pheasant and others. It is important to mention fazanerijata in Chiflik, which hatch young pheasants who later played in the reserve of the hunting club "Ossogovo".

#### **7.4.4. HYDROGRAPHIC FEATURES OF THE BATHROOM**

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<sup>93</sup> There are many legends about how Ossogovo got its name, but the most famous is the one in which it originated from the old Saxon miners in the past in this area dug gold and silver. The story says that the name originated from the merger of the words of the language starogermanskiot "osso" (God) and "gov" (place), which means "place of God."

Sources in Kocanska Bath characterized by specific hydrological or chemical - mineralogical and thermal properties, as well as the amount of water flowing in this area. The amount of water in the bathroom for a long period was unsatisfactory. With the amount of drilling conducted thermal water is over 65 liters per second. The water temperature is 64 ° C, which means that it is a very suitable value. It allows use in spa purpose, because it is hyper water. In chemistry, the spa belongs to the group of slightly mineralized thermal waters. It prevailing hydrocarbons slightly alkaline and low level of radioactivity. Since most of the cations include sodium, potassium, calcium and magnesium, and of the anions chloride, sulfate, hydrocarbons, siliciumoksid, aluminum, iron and the like. Owns and rare minerals, such as lithium, cesium, etc. rubidiumot.

Kochan Valley Basin is the largest thermal water with high temperatures in the Balkan Peninsula. It has been made of the boreholes 18 and 14 are self-discharge, and aquifers occur at a depth of 86 to 1096 meters, shtedrost from 2.2 to 350 l / s and a temperature of 50 to 80 ° C. Near Kochan Bath, near the village of Dolni dupnatina 318 meters deep was discovered mineral water measuring 95 liters per second and a temperature of 80 ° C, which may be the basis for building a health spa and recreational facilities.

An example of an alternative way of using geothermal <sup>94</sup>water are the two local schools and sports hall Cobs that use geothermal water for heating and thereby reduce oil use and greenhouse gas emissions by 50%.

#### **7.4.5. CURING OPPORTUNITIES OF THE SPA**

Thermal water treatment is used mainly in two ways: by bathing and drinking. Water from Kochan Bath is used in the treatment of the following diseases:

- All types of rheumatic diseases;
- Diseases of the gallbladder and biliary bag;
- Diseases of the urethra;
- Gynecological diseases;

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<sup>94</sup> The name "geothermal" comes from two Greek words "geo" - country and "therme" - heat.

- Inflammation of the nerve;
- Diseases of the stomach and duodenum;
- Conditions after injuries to the skeletal system and other diseases.

Low-level radioactive water Kochan Bath soothing effect of catarrhal diseases and inflammation of the airways.

#### **7.4.6. RECREATIONAL OPPORTUNITIES THE SPA**

Kochan Bath has a more natural and recreational items. 20 km north of Cobs, arms in Kyustendil 1580 m above sea level is the tourist site springs up, covered with dense beech forest and diverse grassland vegetation. Due to the favorable climate springs up is a great place for the development of summer and winter tourism. Ponikva built accommodation and recreational facilities, there is a weekend retreat with 220 beds, ski trails, 2 ski lifts, weekend settlement, restaurant, motel, and a special attraction offers hunting reserve "Ossogovo" rich trophy game. The natural beauty, ecological purity and abundance of game are excellent preconditions and this part of Osogovska to develop European tourist hunting and sports center. For recreation suitable artificial lake little town is located 6 km north of Kocani Kochan River, at an altitude of 465 meters. The reservoir has a capacity of 2160000 cubic meters, and the total area that covers 19 hectares. There multipurpose character including: irrigation, water supply and recreation. The lake is situated in marvelous scenic gorge with very attractive surroundings, lush forest and grassland vegetation. During the summer period used for picnics and recreation. On the western shore of the lake has built a modern motel-restaurant of high category, which has 22 rooms, 3 suites and restaurant hall with 320 seats.

#### 7.5. Anthropogenic tourist values of the bath

Adjacent to the bathroom are more anthropogenic tourist resources:

- St. George Cobs;
- St.Pantelejmon monastery complex built in the XIX century, located near the village Pantelej about 12 km from Cobs. Each year the 9th avdust here maintained Clergy and Laity Assembly which attracts thousands of visitors;
- Lower Gradiste archeological site located 6 km north of Cobs, the foot in Kyustendil, and

the northern coast of the artificial lake Gratce;

- Archeological site Pilavo which is situated on the hill on the left bank of Bregalnitsa, near the village Burilchevo;

- The site Alenjak in the city Cobs, the eponymous hill, where they discovered bronze findings of a cult character that point to the Iron Age;

- The site Kunova - Chukilite (or Turkish cemetery) is located in the southern part of Kocani were 5 mounds from the Iron Age, and there was a fortress;

- Crkvishte archeological site located in the village Morodvis near the cob and which remains of four churches and valuable items belonging to different cultures, from the time of Justinian I, onwards. Cyril and Methodius, the founders of the Slavic alphabet of 845-855, the staying in Bregalnica (Morodvis) launched a spread of Christianity in the Slavic language.

#### **7.5.1. MANIFESTACISKI TOURIST VALUES OF THE SPA**

For the development of Kochan bath great importance manifestaciskite tourist values: May theater festivals, art colony and the most famous event in this area - Days of Kocani rice. This international event celebrates consummate symbol of Kocani end centuries. It is a blend of tradition and contemporary artistic expression and display the path of rice as a culture, from farm to fork. The spiritual and material cultural heritage is transmitted through song, dance, folk customs, traditional cuisine, exposure of old objects and tools for processing rice.

The main event of the Days of Kocani rice zzhnejuvanjeto, which displays the manual collection of yield from the fields and sickle all rituals, customs with him - a blessing for harvest sweated lunch at levels nadzhnejuvanje and natpejuvanje between harvesters, and tying mowed. Authentic performance of harvest with sickle by folklorists in original folk costume is the act of returning to the origins and unbreakable bond with tradition and maintain the rice fields in the village of Dolni, kochansko. Within the event to promote beauty and harvest of the year, and, several side events - promotions of books, CD with songs from vikoichni Osogovo, video film rarities and celebrities in Osogovo, theater and exhibition photos for processing of rice through the past years.

#### **7.5.2. ETHNOGRAPHIC TRAVEL VALUES**

The composition of the population in the Kocani region consists mainly Macedonians, Roma, Turks, Vlachs. While studying tourism in our country need to pay more attention to ethnographic tourist values that are very interesting and attractive for tourists and should be included in the tourist offer.

#### **NATIONAL COSTUME**

National dress is more or less depending on the geographical factor. Characteristic for the costumes of this region is that a combination of mountain-Polish. Izrabotuvani were from hemp, linen, cotton and even silk. The men's costume consisted of a shirt, Fisto, vest, belt, chakshir, anterija, towel, dzhube, socks, hat.

The female costume consisted of a shirt, gloves, lab coat, vest, anterija, towel, socks, footwear, scarf, brishalka, wheels, embroidery, jewelry.

#### **FOLK DANCES, SONGS AND MUSICAL INSTRUMENTS**

Folk music is passed down from generation to generation through oral tradition. In Macedonia there are a number of folk dances and songs that reflect the life, work and customs of the people living in it. Much of this music has its own distinctive national characteristics. Macedonian folk dances have their own characteristics that are manifested in the diversity and richness of movements and positions. Characteristic of this region are harvesting songs, musical instruments used bagpipe, drum snout. The melody in our folk dances are based on short, rhythmically striking and expressed musical basis, designed to play.

#### **FOLK CUSTOMS AS A TOURIST ATTRACTION**

Customs of the people of this region are numerous, varied and attractive tourist. Of the many, more important are the celebration of St. George with pie, beating milk, necklaces and green track. This custom is associated with the release of grazing sheep and lamb separation - suckling. The observance of the Christmas Eve dinner with lean enriched with sweet pastry, Lenten beans, dry pepper and mandatory specialty rice, and besides Sofrata badnikovo tree and candle to sunrise. Celebration of Epiphany is also characteristic of this region.

National nutrition ethnographic tourism value

National food is typical for this region. Traditional dishes are Kochan: Kochan paw, rice



pudding, pie with rice and leek salad with rice and more.

In preparing the poultice is necessary:

- 800 g rice
- 400 grams of opium,
- 500 g of sugar,
- 1 vanilla sugar
- Water.

Preparation: The fire potpekuva poppy nepodmachkano pan. Then pour in a fool for crushing. Istolcheniot poppy placed in a pot of boiling water and mix. Then add the rice. With stirring occasionally boil until rice is tender. Finally, add sugar and vanilla sugar, if desired.

### **III. MANAGEMENT IN CENTRES SPA**

#### **1. MANAGEMENT OF SPATIAL RESOURCES**

The spacious spa area resources is an important factor for the development of spa tourism. However, the rational and proper use of spa water depends on the expertise of the medical staff. Also, as an important element is the management of the accommodation facilities that are connected to the restaurant or kitchen block.

The correct and proper case management work is a prerequisite for success. Since it largely depends on the efficiency of the operation of the facility. The source, object, appliances and equipment must be in function of the needs of users or guests.

In order to evaluate the potential consumer, it is necessary to identify market segments, and then implement appropriate measures of resource management.

#### **2. MANAGE WORKFLOW**

Workflow in spa centers is very heterogeneous. It merged processes of:

- Health,
- Accommodation (hotel) and
- Restaurant (preparation and serving of food for guests).

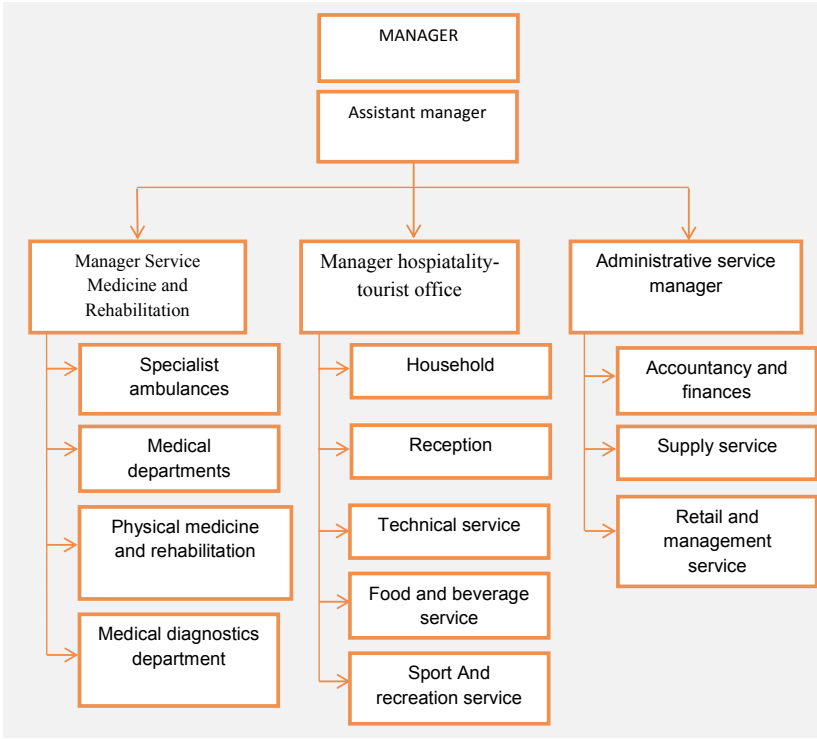
The health of the spa is run by doctors separate specializations in the field of medicine. The bathroom also has an auxiliary medical personnel necessary to successfully perform the

work in this section.

The restaurant staff is a very important element. It refers to the successful and efficient execution of the work in preparation of quality and healthy food to the needs of guests and proper quality and serving and serving guests. In accommodation of the work should be carried out very good quality. Guests can have different needs, ie accommodation and movement from the hotel to the health section.

All above mentioned parts have a common service that coordinates the overall work in the spa complex. Its task is successfully building work and realize greater profits. Blueprints access to a spa capacity is presented below.

**Diagram 1: Organizational Chart of management and leadership in spa centers**



**Source:** Bartoluci, M., Birkić, D. Upravljanje kvalitetom ljudskih resursa u zdravstvenom turizmu. Acta Turistica Nova, Vol 5, No. 1, pp. 1-142, 2011

## **CONTEMPORARY AND SPECIFIC APPLICATION OF MANAGEMENT IN SPA CENTERS**

Following the tourism market and the many changes taking place in it, the subjects of the tourist offer of different levels, in its global orientation must perform continuous adjustments of market trends. The withdrawal of the changes, trends and tendencies of spa tourism, provides a foundation for the efficient and effective operation of the spa centers. At the same time create a framework in which spa centers should set its strategic goals and objectives, so that in the future should the positive direction to direct the movements of the development.

In this context, the spa tourism market can be singled out long-term trends: rapid development of spa centers and individual development of health tourism, which will significantly increase promotional activity management and marketing concept, and environmental problems are found in the center of attention. The emergence of investors will facilitate the development of international tourism. Marketing activities TURIST market in contemporary operating environment, you should refer to the primary and the conditions have spa centers, because they are a prerequisite for application management in spa tourism. As a key element management treats tourist offer. It is a certain amount of goods and services to be marketed in certain prices tourism market in order to meet the needs of the holders of the tourist demand.

From this aspect, the tourist offer consists of health services with all its natural healing abilities.

Also includes electrotherapy, cinezitherapion, paraffin therapy and underwater massage. They lead doctors specialties. You should consider other factors active in entering the social conditions. Much attention should be paid to the presentation of the accommodation conditions in the hotel in terms of the needs of potential users and preparation optional, ie types needs or illness, which will be achieved and efficiency in the presentation and use of

spa centers.

#### **IV. SPECIFICITY OF NUTRITION SPA'S**

##### 1. Nutrition in bathrooms

Nutrition in the baths is very important for tourism development. Rational diet allows the body to get the materials that are needed daily. During the day the man should receive about:

- 2 liters of water,
- 70 g protein,
- 70 g fat,
- 300 g of carbohydrates,
- 4.5 g of mineral salts
- 3.5 g vitamins.

This amount varies depending on his work.

Excessive or under-supply of calories and excessive amounts can lead to severe disruption of metabolism.<sup>95</sup>

Banjskata food is an art in receiving. Sick guests under diet. It should involve cutting or reducing meals in treatment. Diet does not mean denial of food, but striking a balance with the components of the meal. In this case, gastronomy and nutrition are very important.

The food should be delicious prepared with good quality and moderately spicy. For no load every meal quantity should be moderate. The rules Gourmet:

1. Selection of eating,
2. Selecting the food product which comprises,
3. Well-prepared and
4. Controlled amount.

Banjskata diet is an important factor that can trigger or establish perfect health. This is logical because the body through the food comes to the necessary materials for continuous operation.

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<sup>95</sup> New cook. Globus, Zagreb, 1974.

## 2. Diet Nutrition

The diet of patients today occupies a very important place in the treatment and often the only way to give aid to the sick.

Healthy diet, as well as other activities in medicine, has made a significant impact on treatment. Medical experts provide written instructions to patients for this diet and the need for this type of food.

The basic rule diet cooking is that it takes an individual, or individual cooking. Each patient to have a special diet tailored to the needs of patients and treatment. For every ill should strictly adjustment of certain factors in the diet while taking care of the condition of patients.

The second rule is to take care of the allowed amount of a food and its nutritional and caloric value. The skill lies in the fact that quality should artificially be completed. The nutritional value should care doctor who heals the sick. But still, the main task is in the kitchen, or the chef.

## 3. restaurant operations

Catering services are provided on a separate catering way, in order to pay the population's needs for accommodation, food and beverages.

Therefore, catering accommodation, food and beverage dispensers is a basic subject in the performance of work, and the content of the activity is the main result of the catering companies.

Service provision for accommodation consists in issuing furnished rooms, beds, suites and other ancillary services.

Nutritional services consist in meeting the needs of people eating in the preparation and serving of hot and cold dishes, desserts and other dishes.

Service provision in beverage dispensers consists in meeting people with drinks prepared in advance. Serving and serving different kinds of drinks, beverages and cooked mixture. All these services are provided on a separate catering way, ie cooked, sold, served the guests who use and consume in the catering facility.

Contemporary Catering services require that you provide a major source of a variety of services, better quality of services and greater culture of serving. With the increasing range

of services will provide a choice in order to meet the needs, desires and tastes of the guests. In the service quality has an important role brewing method and preparation of appropriate technological process, the composition and quality of products and materials and appearance of certain foods and drinks. In beverages is an important way of serving, the quality and the region of origin<sup>96</sup>.

Nutrition in the hotel and catering facilities in spa centers, despite banjskata nutrition (diet), performed a restaurant and FB diet. The difference between a restaurant and FB is that the restaurant food is prepared in advance for unknown guests. The choice of food such as cooked meal immediately when the guest arrives. In pansionskata diet meals prepared in advance for famous guests (menu card). This system of nutrition is very important in restaurant food, or in hotel and spa centers where they have been feeding FB guests most users of such services. This kind of tourists are very sensitive and should be paid more attention because of it depends on whether you can keep and re-embrace the guest or forever lose.

These opportunities do not end at these facilities, restaurants with their spatial features can provide more services to potential customers, such as the various ceremonies and receptions: cold buffet, cocktail party, banquet, wedding banquets, banquet of a protocol character and other ceremonial receptions.

## **V. PROTECTION OF SPACE IN SPA'S**

2.

In modern conditions of life, characterized by rapid industrial development, dynamic technological changes, as well as modernization and urbanization of settlements, is more apparent violation of environmental quality. Therefore, many residents of these areas have a need to visit the areas where there is no threat.

Spa centers are spaces in which care for nature protection is first-class. The protection will

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<sup>96</sup> Tanevski R. Organization and technique of working in hospitality. Ohrid, 2000.

allow them to maintain the authenticity of nature and to be visited in large measure. If spa spaces lose value, their use will be marginalized.

## **1. FACTORS OF ENVIRONMENTAL POLLUTION IN THE SPAS IN THE COUNTRY**

Nature conservation and tourism development are inseparable in addition. Spa tourism has always been a big user of nature, so that he has dual active role, development and protection.

The bathrooms in the country can, according to the degree of being protected, be divided into three groups. The first group Kezhovica, Kumanovo and Katlanovska Bath, in the second group are: Bansko, Negorska Bath Spa and Debar, and the third group is Kotchani Bath.

The bathrooms in the first group are the most endangered of the following reasons:

- Kezhovica bathroom, located on the shore of the river Bregalnitsa whose water is very polluted by several industrial facilities whose impurities directly or indirectly flow into the river. Thus, the waste of paper factory and other industrial facilities from Cobs not purified, but directly discharged into Bregalnica. Greater danger comes from the refuse of mine Sletovo Probishtip and more industrial facilities Stip found along the river Bregalnica;
- Kumanovo bath can say is most threatened. Kumanovo River water has the fourth category of pollution. This river is polluted directly by industry in Kumanovo and faeces coming into the waters of this river;
- Katlanovska bathroom shared fate with Kumanovo. Kumanovo River pollutes Pchinja river flowing near Katlanovo.

Since all states for these baths can conclude that it is necessary to preserve them from further danger of completely preventing contamination of untreated sewage to flow into the rivers, which

level of pollution will be reduced and to preserve the natural resources of the baths, which will allow recovery of flora and fauna in these rivers.

The bathrooms in the second group are in a better position than the spas in the first group.

- Bansko is located at the foot of Belasitza overgrown with forest and no other major

polluters nearby. The danger of pollution is lower. That does not mean you need to take care of further protecting this area, especially the uncontrolled flow of sewage networks and sewage pollution;

- Negorska Bath for its location partially protected and have a fairly good infrastructure, but there are potential pollution. Village Negorci no collection system so that waste and sewage services are one of the potential contaminants;

- Debar bathrooms have good geographical position. They are protected from more serious pollutants. Tougher excavation of natural resources for the factory Knauf, which can lead to major disruptions;

- Kochan Bath in Banje village is located in the center of this neighborhood. Normally, in this rural spa is not protected from dirt, because the source is in the village and there is a potential risk of contamination.

Besides these factors pollution bathing spaces, can be enumerated and rainfall that carry high concentrations of dirt, as a result of large scale pollution of air and soil.

## **2. APPLICATION OF MEASURES FOR ENVIRONMENTAL PROTECTION IN THE SPAS IN THE COUNTRY**

In recent years, things are flowing and pomrdnati is overcome, so that the full feature is the Ministry of Environment and Physical Planning. The Law<sup>97</sup>. on Environmental and Ecological<sup>98</sup>, Inspectorate functions and information system for environmental conditions. He started making more studies, environmental action plans, and frequent and punishments of polluters. Also, there is more "aggressive" and became a civil initiative to protect the environment, so as namnozhija environmental companies and organizations. Furthermore, frequent and specific actions to clean illegal dumps, forestation of public campaigns and increasing numbers of environmental projects, whose implementation finance mostly foreign foundations.

Environmental Law is a good base to preserve the natural environment in all climate-spa sanctuaries, and elsewhere in the country. Preservation of nature and inviolability by force or lack of respect for nature itself is inevitable application of the penal provisions contained

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<sup>97</sup> <http://www.moepp.gov.mk/>

<sup>98</sup> Environment law. Official gazette of RM, 6p.53/2005.



in the environment. Perhaps such methods are not good, but the lack of hearing and respect for nature itself, they are necessary and effective in most cases, as a method to preserve and respect the environment. This greater efficiency can be prevented with greater involvement by environmental inspectorate who himself should be more active in the field, not only to exist as a system of intimidation, but should work and educate on the ground and to function as an institution that protects the environment from those who do not adhere to the nature wardens and lovers of pure environment. If all previously bore fruit in final measure should be carried out and conservation of individual space. Economic subjects in its work processes more conducive to environmental pollution, and also harmful act on the man himself is against themselves.

One thing is clear. It takes a lot to work primarily in the field of legislation, strengthening the ecological conscience or, more simply, environmental awareness and education of specialized staff, and the implementation of existing laws, and not solely on formalizing etc.

Spa centers to maintain clean environment in their environment, you should take the following measures:

1. Preservation of the environment from pollution daily visitors;
2. Regulation of wastewater in these centers;
3. Storing and maintaining the forest and its potential recovery and
4. Rational use of natural resources and storage of excess water.

## **VI. PLACES OF SPA TOURISM IN THE REPUBLIC OF MACEDONIA**

### 1. Characteristics of the spa tourist trade in the Republic of Macedonia

The features of the spa tourist trade in our country are examined through the scope and structure of the tourism market, its distribution and the average length of stay.

#### 1.1. Volume and structure of the tourism trade in spa places

The scope and structure of the tourist trade will see through arrivals and nights spent by tourists in spa centers. The scope and structure of the tourism trade best express the development dimension of spa tourism in our country. They express the level of attendance and care, and through them we can determine the average stay.

Table No.22: Coming tourists in spa places 2006-2013

	2006	2007	2008	2009	2010	2011	2012	2013
Total for	49947	53621	60532	58777	58624	64756	66363	70179
RM	3	2	0	0	1	8	3	4
Total spa areas	19680	20820	22965	21369	28574	27441	27430	28405
Home tourists	16195	16110	17776	17062	24688	23401	23826	24380
Foreign tourists	3485	4710	5189	4307	3886	4040	3604	4025

**Source: Statistical Office of the Republic of Macedonia, publications - Tourism in the Republic of Macedonia 2005-2009 and Tourism of the Republic of Macedonia 2009-2013**

The analysis of Table No.22 shows that from 2006 to 2013., The number of arrivals of tourists in spa places in our country is characterized by ever increasing in volume in the considered years. The largest number of arrivals of domestic tourists recorded in 2010., And the lowest in 2006. In the period from 2006 to 2013. shows a constant increase in the number of tourists, domestic and foreign.

The largest number of arrivals of foreign tourists seen in 2008, the most in 2006.

**Table No.23: Nights of tourists in spa places 2006-2013**

	2006	2007	2008	2009	2010	2011	2012	2013
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Total for RM	191739 5	201971 2	223552 0	210160 6	202021 7	217303 4	215169 2	215717 5
Total spa areas	120298	119835	137166	134840	216526	220640	216516	222362
Home tourists	104253	96772	108634	106980	189324	193274	190749	195665
Foreign tourists	16045	23063	28532	27860	27202	27366	25767	26697

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**Source: Statistical Office of the Republic of Macedonia, publications - Tourism in the Republic of Macedonia 2005-2009 and Tourism of the Republic of Macedonia 2009-2013**

According to data from Table No.23, in the period from 2006 to 2013., The number of nights spent by tourists in the spa locations ranging in size from 120 to 220 thousand. Most nights of domestic tourists recorded in 2013., And the lowest in 2007. Most overnight stays by foreign tourists realized in 2008., And the lowest in 2006. In the period from 2006 to 2013. remained almost doubling of nights spent by tourists, domestic and foreign.

**1.2. Average length of stay in the spa places**

The tour is one of the indicators of quality of service. The extension of stay is a successful tourist activity. The extended stay means success in the marketing of tourism services and significant level of satisfaction of the tourist clientele. The stay is determined by the number of realized nights, and the average length of stay of tourists you get when you divide the total number of overnight stays generated by the number of arrivals of tourists.

**Table No.24:** Average length of stay in the spa places 2006-2013

	2006	2007	2008	2009	2010	2011	2012	2013
Average for RM	3.83	3.76	3.69	3.57	3.44	3.35	3.24	3.07
Average for spa areas	6.11	5.75	5.97	6.31	7.57	8.04	7.89	7.82
Home tourists	6.43	6	6.11	6.27	7.66	8.25	8	8.02
Foreign tourists	4.6	4.89	5.49	6.46	7	6.77	7.14	6.63

**Source: Statistical Office of the Republic of Macedonia, publications - Tourism in the Republic of Macedonia 2005-2009 and Tourism of the Republic of Macedonia 2009-2013**

In the period from 2006 to 2013., The average length of stay of tourists in spa places is 6.93 days. The average length of stay in this period of domestic tourists is 7.09 and the foreign tourists 6:12 days. If we make a comparison with the average level of the Republic of Macedonia, for a given period is 3:49 days, we can come to the following conclusion. Doubled the average stay of tourists in spa places, with that in our country we can explain to the stay of tourists in spa centers. Namely, these visitors staying longer period for therapies and recommendations from medical staff and, for that reason, the average length of stay is relatively large.

## 2. The state of spa tourism in the Republic of Macedonia

Efforts of catering-tourism workers in spa tourism and other stakeholders in the tourism market are focused on two aspects, namely:

- Extension of the tourist season
- Inclusion of other accommodation to the tourists.

The extension of the tourist season and placing the accommodation of foreign tourist

market, it is taking extensive action in the field of propaganda abroad.

For winning the foreign market requires performance with a unique offer of the total accommodation capacity and improve the quality of opportunities lechilishnite spa centers. It is particularly important to emphasize common approach to foreign markets, as representatives of the spa tourism individually arise and offer partial capacity from 100 to 250 beds.

You need take integrative movements in the propaganda and the conception of funds for tourism promotion, both domestic and foreign market.

It is necessary to point out the propaganda activities undertaken at the level of: the organization, municipality, state, and bringing their programs propaganda activity abroad.

General tourist propaganda and commercial propaganda must be synchronized.

Our country is interested in development of spa tourism, because lately he takes increasingly important place to stabilize the economy. Since its development are expected greater economic effects.

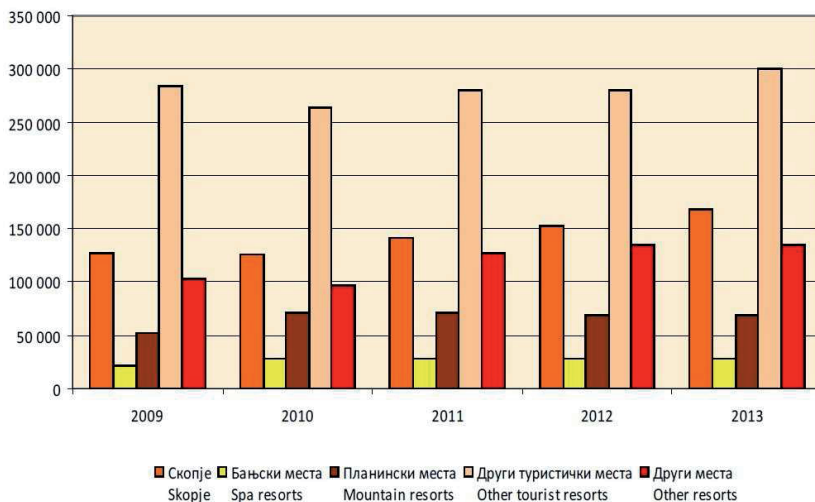
Since all possibilities are used compared to other tourist places in our country, spa tourism should serve to extend the tourist season.

**Table No. 25:** Coming of tourists by type places in 2013

<b>Tourist arrivals</b>	<b>home</b>	<b>guest</b>	<b>Total</b>
Republic of Macedonia	302114	399680	701794
Skopje	19596	149027	168623
Spa places	24380	4025	28405
Mountain places	52615	16130	68745
Other tourist places	161087	139453	300540
Other places	44436	91045	135481

**Source: Statistical Office of the Republic of Macedonia, publications - Tourism in the Republic of Macedonia 2009-2013** Tourist arrivals in the baths in comparison with other

types of places is the slightest. After spa locations followed mountainous places, other places, the city of Skopje and tourist places.



**Figure No. 8: Coming of tourists types of places**

**Table no.26:** Nights of tourists by type places for 2013

Accommodation	home	guest	Total
Republic of Macedonia	1275800	881375	2157175
Skopje	29074	259608	288682
Spa places	195665	26697	222362
Mountain places	105301	38824	144125
Other tourist places	877076	382514	1259590

Other places	68684	173732	242416
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**Source: Statistical Office of the Republic of Macedonia, Tourism in the Republic of Macedonia 2009-2013**

Overnight stays in spa tourism, also have a small share of the total tourist trade and are to last place behind the mountain areas. After spa places followed elsewhere, Skopje and tourist places.

According to the Bureau of Statistics, in 2013 in spa centers stayed 28 405 tourists, of which 24 380 domestic and 4025 foreign tourists. Realized were 222,362 overnight stays, of which 195,665 domestic and 26,697 foreign tourists. Accommodation facilities in spa resorts are 1217 beds. Foreign tourists staying in bathrooms visit individually in the profession are craftsmen and related workers, length of stay was 9 days, average cost per day is 2221 dinars (about 36 euros), and the visit is mostly for health reasons<sup>99</sup>, it is very more than domestic tourists in bathrooms spend an average of 930 denars per day<sup>100</sup>. The vehicle they use a car previously stayed in a spa, most feed room or outdoor spas, payable in cash, according tourists prices are appropriate to the service and would like to stay again. Usually staying with a partner, and most tourists over 50 years. Nature, personal safety, service by the staff and the food as very good, and the possibility of excursions, congresses and road infrastructure as well. The only negative is evaluated opportunities for sports and cultural events.

According to the National Strategy for Health Tourism in Macedonia has 8 baths working mainly with domestic patients in modest circumstances in offering basic health services (basic offer). Some of them very many years there was no investment, but on the other hand, every one of the bathrooms has a potential for development<sup>101</sup>.. The National Strategy

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<sup>99</sup> Survey of foreign tourists in accommodation facilities, 2009. State Statistical Office of the Republic of Macedonia, 2010.

<sup>100</sup> Trips to the natives, 2011. State Statistical Office of the Republic of Macedonia, 2012th

<sup>101</sup> National strategy for development of health tourism, 2012-2018. Ministry of Health and ALMP 2012th

for the development of tourism<sup>102</sup> in the spas mentioned that the treatments offered almost exclusively of a medical nature, and also (to a limited degree) Debar, Katlanovska Negorski and Spa, are offering relaxation and beauty, for which there rising demand in Western Europe and elsewhere. There are other recreational centers or other offer out of the spa complex. Tourists can feel bored and isolated, sharing the space with "sick" people. The ownership and management of some spas is a state, and the other is private. The legislation is in the process of preparation, but wait for the decision on whether they will be purely medical facilities, which are not subject to the standards and classification of accommodation. It is assumed that the current placement in most spas should be classified at the level of quality from one or two stars. Although serving most domestic guests, many foreign guests before all of the Macedonian diaspora also staying in the baths. Regarding promocijata primarily rely on the word of the public and local listings.

Some spas improve their treatment and accommodation facilities and think to expand. Given the continuing domestic demand, this is a very logical strategy. This can allow for expansion of business across national markets. However, the expansion of other markets will require the provision of a single treatment can be found nowhere else and / or development of additional facilities for relaxation and beauty, accommodation with quality level of at least 4 stars. Any decision to expand in this direction should be made based on a survey of market potential, given that there is strong competition in the markets, both in Hungary and Bulgaria.

One of the positive actions that favor the development of thermal tourism in the country, are measures of the state in which each year about 8000 pensioners (lower pensions) receive a free seven-day stay based on full board and necessary treatments in spa centers. A similar initiative exists in Romania, where the state social policy through their cover of pensioners and 70% of the cost of staying in the spa's<sup>103</sup>.

The NGO sector in the field of thermal tourism in the country also recorded their activities. Within the Association for Hospitality and Tourism at the Chamber of Tourism of the

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<sup>102</sup> National Strategy for Tourism Development, 2009-2013. Government of the Republic of Macedonia, 2009.

<sup>103</sup> Turtureanu, A., *Directions of development of the Romanian spa tourism*. EuroEconomica, Danubius University of Galati, issue 19, pages 45-57, October, 2007.



Republic of Macedonia, established in 2012 is a group of spas to:

- Consideration of issues relating to the resolution of the current problems in the activity of the baths;
- Consideration of proposals for legislation and other regulations, giving opinions and proposals on issues of common interest to the members and raising initiatives for adoption and amendments thereof;
- Cooperation with the competent authorities in the country, according to the law and general acts of the chamber and represent the interests of the members of the Group;
- Coordinate the activities of an organized members of seminars, congresses and other events in the country and abroad;
- Encourage the implementation of European rules and standards and permanent functional education and the knowledge of the experts from the business and other activities that will jointly agree the Group members.

The inaugural meeting of the Group of baths were adopted Rules and the annual program.

## VII. Perspectives for development of spa tourism in the Republic of Macedonia

### 1. Differentiation of problems

Spa tourism encounters several problems in their own development, which can be divided into two groups:

1. Problems that are not directly affected by spa centers and
2. Problems that are directly affected by spa centers.

#### 1.1. Problems that are not directly affected by spa centers

Besides traffic connection to certain areas as elements that affect the successful operation of spa centers, significantly influenced by the standard of the population, the level of national income, weak employment in industry, agriculture and mining. The provision of free time in clean and healthy environments is a significant problem. In this context, and providing more benefits for treatment and rehabilitation through social sphere.

Spa centers need to recognize the problems and needs in terms of joint representation of health-tourism opportunities. Joint performance of fairs and other promotional fields is also an important factor in the development of this tourism. It depends on the organization of

national and professional level.

#### 1.2. Problems that are the responsibility of themselves spa centers

They relate to the efficiency of the medical spa center. In this regard, it is permanently equipped with modern equipment. Very little attention is paid to the development of staff. The second element, which is very important is hotel. The accommodation should be adjusted according to the needs of the guests. A very important factor is always criticized by visitors diet. Spa centers should analyze current diet. Most guests have special dietary needs according to their disease. Unfortunately, very little work on this issue, because in no spa will dietitian who works directly on this problem. It is essential to improve the economic effects in spa tourism.

### **VIII. ATTITUDES OF VISITORS IN CONNECTION WITH SPA TOURISM IN THE REPUBLIC OF MACEDONIA**

The views of visitors to the spa centers by analyzing the results of primary research conducted by questionnaire in spa centers in the country.

Survey in spa centers was made in the months of June, July and August 2013. For the survey was selected summer of reason in summer spa centers are visited by most tourists. The respondents through a questionnaire (Appendix 2), which was composed of the research, were placed twelve (12) issues thought completely covered all significant problems. This survey covered 200 visitors from different age, sex and education. Participation of respondents at the baths was performed according to their level of attendance. Questionnaires were anonymous and only survey was done with the prior consent of the spa centers and voluntary participants who took part in it. The survey respondents took an average of 30 minutes. It is interesting that such research has already been conducted in our country in 1999<sup>104</sup>, and the results obtained were identical, which points out the fact that the development of thermal tourism in our country has seen slow growth.

Review surveyed guests spa places

For the research surveyed 200 tourists in spa centers in our country. Survey respondents

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<sup>104</sup> Tashkov, N., tourist value of the spas in the country. Stip, 2004th

according spa locations is shown in the table below.

**Table No.27:** View the number of respondents in the spa places

Number	spa	Number of people questioned	Percentage of investigated (%)
1	Spa Kezovica	21	10,5
2	Spa bansko	47	23,5
3	Negorska spa	49	24,5
4	Debarska spa	53	26,5
5	Katlanovo spa	30	15
	Total :	200	100

According displayed review the Table. 27 Debar Spa (Kosovrashka and Banjishte) are represented with 26.5%, followed by 24.5 Negorska Bathroom% Bansko with 23.5% Katlanovska Bath with 15% and Bath Kezhovica with 10.5%

**Table No 28:** attendance bathrooms gender

Gender	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage .%
Male	11	28	29	24	18	110	55
Female	10	19	20	29	12	90	45
Total :	21	47	49	53	30	200	100

Attendance bathrooms gender is different. Out of 200 110 visitors are male regarding 90 female visitors or boys participate with 55%, females 45%. Characteristic that all respondents in most spas more visitors are male. Only in Debar Spa from 53 visitors, 29 were female and 54.71%, or 24%

male and 45.29.

The age structure of the attendance of spa centers in the country is given in the following table.

**Table nr.,29:** attendance baths age

Age	Spa					total	Perc ent age . %
	Kezovica	Bansko	Negorska	Debarski	Katlanovo		
By 20	2	7	4	3	5	21	10,5
by 30	5	8	6	7	7	33	16,5
by 40	5	13	5	6	6	35	17,5
by 50	3	8	11	13	4	39	19,5
by 60	4	5	9	10	3	31	15,5
by 70	2	6	14	9	3	34	17,0
above 70	0	0	0	5	2	7	3,5
Total :	21	47	49	53	30	200	100

Since in the table display is obtained data that most of the guests staying 40-50 years, in attendance rates is 19.5%. The next group of guests from 30-40 years and 17.5% and up to 70 years with 17%. This shows that the spa centers have the largest attendance of guests with the average age. The lowest incidence is the oldest and the youngest ages.

**Table No.30:** attendance baths according to education

Personal Equipment	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Perc enta ge .%
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Low education	4	10	6	26	4	50	25
High school diplomas	13	21	32	15	18	99	49,5
Faculty diplomas	4	16	11	12	8	51	25,5
Total :	21	47	49	53	30	200	100

Interesting visits depending on the level of education of visitors. The highest attendance mark those with OSA. From a total of 99 200 visitors with such an education that is 49.5%. Characteristic of Debar Spa that most visitors with NSS, 26 visitors, or 13%.

**Table No. 31: Degree of attendance baths**

	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage .%
First time	5	13	8	10	5	41	20,5
Second time	7	10	9	15	8	49	24,5
Fourth time	3	15	10	4	10	42	21,0
Multiple times	6	9	22	24	7	68	34,0
Total :	21	47	49	53	30	200	100

Asked how many times have you visited a spa, 200 respondents answered: first visited 41 or 20.5%, for the second time 49 persons or 24.5%, the fourth time I visited 42 or 21%, while the bathroom several times visited 68 guests and 34%. This means that most visitors come back in the baths. Therefore bathrooms have traditional clientele.

**Table no.32:** pleasure of staying in the bathroom

Response	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage
Not satisfied	0	3	0	0	2	5	2,5
Partially satisfied	6	12	13	10	8	49	24,5
Satisfied	13	18	25	9	12	77	38,5
Very satisfied	2	14	11	34	8	69	34,5
Total :	21	47	49	53	30	200	100

The question of whether you are satisfied with the stay in the bathroom, they were unhappy answered 5 or 2.5%. Partly satisfied has 49 or 24.5%, and 77 satisfied, ie 38.5%. That is very satisfied visitors replied 69 or 34.5%. This shows that expressed high levels of satisfaction, which should be built upon.

**Table 33:** Reasons for visitors expressed satisfaction

Response	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage .%
healing powers	15	30	32	33	25	135	67,5
Good hospitality object	6	17	17	20	5	65	32,5
Total :	21	47	49	53	30	200	100

When asked about the reasons for the expressed pleasure to visit the bathroom, out of 200 respondents most priority given to natural factors, ie healing water. This answered 135 visitors, or 67.5%. That restaurant is good reason for satisfaction reported 65 respondents, or 32.5%. That means spa centers should upgrade their services.

Table 34: Utilization of natural values in the bathroom

Response	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage .%
Not enough utilized	7	5	20	19	9	60	30
Well utilized	7	13	15	17	10	62	31
Partially utilized	5	19	9	9	8	50	25
Fully utilized	2	10	5	8	3	28	14
Total :	21	47	49	53	30	200	100

Attitudes about how used natural values of bathrooms warn. Of the 200 respondents 60 respondents that are underutilized, or 30%. That is well spent answered 62 respondents or 31%, followed by the answers that are partially used. This answered 50 respondents or

25%, to be used to the full answered 28 respondents or 14%. It can generally means that the use is not completely level.

**Table no.35:** Utilization of anthropogenic tourist values in the bathroom

Response	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage
Not enough utilized	6	10	8	8	5	37	18,5
Well utilized	8	16	18	19	8	69	34,5
Partially utilized	6	15	17	18	12	68	34,0
Fully utilized	1	6	6	8	5	26	13,0
Total :	21	47	49	53	30	200	100

And anthropogenic tourist values are not used enough in spa centers. Out of 200, 37 respondents or 18.5% answered that they are underused. That is well spent answered 69 respondents or 34.5%. That is partly used reported 68 respondents or 34%, and that is used to the full answered 26 respondents or 13% only. It opens up space for the inclusion of these values in the tourist offer.

**Table No.36:** Pleasure of hygiene in the bathroom

Response	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage
Not enough utilized	4	5	4	2	5	20	10,0



Well utilized	10	20	15	17	7	69	34,5
Partially utilized	7	16	21	24	12	80	40,0
Fully utilized	0	6	9	10	6	31	15,5
<b>Total :</b>	<b>21</b>	<b>47</b>	<b>49</b>	<b>53</b>	<b>30</b>	<b>200</b>	<b>100</b>

Hygiene is an important factor in the overall operation of tourist facilities. However, out of 200 surveyed dissatisfied response chose 20 respondents or 10%. That partly satisfied, answered 69 respondents or 34.5%, and that satisfied respondents 80 respondents, or 40%. To answer that very pleased chose 31 respondents or 15.5%. This means that the level of full satisfaction is around 55%, as an opportunity for improvement.

**Table No. 37:** Satisfaction with food in the bathroom

Response	Kezovica	Bansko	Negorsk a	Debarski	Katlanovo	Tot al	Per cen tag e %
Not enough utilized	3	5	5	10	4	27	13,5
Well utilized	6	10	11	15	8	50	25,0
Partially utilized	11	20	21	20	12	84	42,0
Fully utilized	1	12	12	8	6	39	19,5
<b>Total :</b>	<b>21</b>	<b>47</b>	<b>49</b>	<b>53</b>	<b>30</b>	<b>200</b>	<b>100</b>

Eating in spa centers is a very important element of the offer. Out of 200 respondents unsatisfactory response chose 27 respondents or 13.5%. Partly satisfied were 50 respondents or 25%. That satisfied chose 84 or 42%, while the response to be very pleased reported 39 or 19.5%.

That means you need to work on improving the quality of food.

Table No.38: Satisfaction with housing in the spa

Response	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage .%
Not enough utilized	1	4	5	8	3	21	10,5
Well utilized	5	15	12	15	9	56	28,0
Partially utilized	14	18	21	22	14	89	44,5
Fully utilized	1	10	8	8	4	34	17,0
<b>Total:</b>	<b>21</b>	<b>47</b>	<b>49</b>	<b>53</b>	<b>30</b>	<b>200</b>	<b>100</b>

Accommodation in spa centers is also an important factor of development. Out of 200 respondents, 21 said they were not satisfied, that is 10.5%, while the response that partially satisfied reported 56 respondents or 28%. That satisfied respondents 89 respondents or 44.5%, while the response to be very satisfied were 34 or 17%.

This means that expressed high levels of satisfaction, but it should be promoted.

Table No.39: Prepare food according to the needs of visitors

Response	Kezovica	Bansko	Negorska	Debarski	Katlanovo	Total	Percentage .%
YES	14	35	32	40	12	135	67,5
NO	7	12	17	11	18	65	32,5
Total:	21	47	49	53	30	200	100

Eating in spa centers is a very important factor. Namely, the disease should be defined and food. Of the 200 respondents answered with 135, or 67.5%, and 65 did not answer or 32.5%.

This means that a high share of positive attitudes, but it is an open space to improve these relations.

### **CLOSING OBSERVATIONS**

With the presentation of this paper we tried to show the whole complexity of long-term change and environment of the spa tourism. For future development, marketing approach should be the center of attention, if you want to enable the improvement of this activity. The management structure of all levels it posed serious problems. In creating and finding alternative strategies of development, need to use different operational methods. When it comes to the characteristics of the tourism market and marketing management in the spa and health tourism, relevant may be the following conclusions:

1. Improvement of traffic connection and road and rail traffic that does not yet fully meet the problem of spa locations. This is a need for construction of airport in Strumica;

2. Characteristic is insufficient use of natural and anthropogenic tourist values;
3. There is a need to improve health care and the use of the values of the water;
4. The improvement of accommodation and adaptation to user needs;
5. Catering services should always serve the needs of the guests. The preparation of food by disease and weather is an important factor in the diet. He has hardly been applied and is of great importance. This is a very important factor in the future which should more be addressed;
6. According to statistics spa tourism is below its real use;
7. Macedonian tourism spa places its small share;
8. You need to come to the construction of various facilities for sports and recreation, which will increase tourism turnover baths;
9. Although the health tourism is on the boundary between health and tourism, health reasons are present to visit some spa centers;
10. The preservation of a healthy and clean environment in the future is an important factor. Otherwise, spa centers can lose current beauty, as a healthy and clean environment;
11. propaganda activity should be more extensive. It should use all opportunities. There should be greater propaganda activity of the foreign market;
12. Modernizing and completing a health post in the bathroom and in the future should be the main carrier of the development;
13. Computerization widely has come in the hospitality industry, you should complete the more applicable in spa tourism;
14. Development of information systems that will include bathrooms;
15. Connect and shared bathrooms offer foreign markets;
16. Develop a wellness and spa programs in spa centers.

## Appendix 1: Example of evaluation of spa center

Rating bath \_\_\_\_\_ (A 5 points,  
B-10 points, B-15 points)

1. Yield water
  - A) 20 liters
  - B) from 20 to 35 liters
  - C) more than 35 liters
2. Water temperature
  - A) to 30 degrees
  - B) from 30 to 40 degrees
  - C) 40 degrees
3. Ownership
  - A) state enterprise
  - B) Public-private partnership
  - C) Private company
4. Historical development of the bathroom (in use)
  - A) recent
  - B) from Ottoman times
  - C) from Roman times
5. Traffic connection to the bathroom
  - A) Despite local time
  - B) In addition to highway
  - C) In addition to highway and airport
6. Tourism and geographic location of the bathroom
  - A) in the vicinity of a few articles
  - B) near the small town
  - C) near large urban centers
7. Natural tourist values of the bathroom (where the environment)
  - A) in the city
  - B) in a specially made park
  - C) near the River and mountain
8. Climate characteristics of the bathroom (average annual temperature, precipitation)
  - A) unfavorable
  - B) good
  - C) excellent
9. Characteristics of the flora and fauna
  - A) negative
  - B) good
  - C) excellent
10. curing opportunities bathroom
  - A) 5 to diseases
  - B) from 5 to 10 diseases
  - C) more than 10 diseases
11. Recreational opportunities the spa
  - A) negative
  - B) good
  - C) excellent
12. Anthropogenic tourist values of the bath
  - A) of local importance
  - B) of regional significance
  - C) of national importance
13. Manifestacioni tourist values of the bath
  - A) 5 events
  - B) from 5 to 10 events
  - C) more than 10 events
14. Personnel serving in the bathroom
  - A) Poor
  - B) good

- C) excellent
- 15. Medical staff in the bathroom
  - A) Poor
  - B) good
  - C) excellent
- 17. Spa treatments / spa part in bathroom
- 19. Condition of the accommodation (exterior)
  - A) Poor
  - B) good
  - C) excellent
- 20. Accommodation (internal view)
  - A) Poor
  - B) good
  - C) excellent
- 18. Visiting tourists
  - A) on weekends
  - B) the seasons
  - C) throughout the year

- 16. the restaurant in the bathroom
  - A) Poor
  - B) good
  - C) excellent

**Table for assessment**

6	7	8	9	10
100	100-150	150-200	200-250	250-300

**Appendix 2: Survey questionnaire  
examining visitors in spa centers**

P R A Y A L N & K no. \_\_\_\_\_

Attitudes visitors about spa tourism in the  
Republic of Macedonia

Date: Place:

1. Gender:

- a) Male
- b) Women

2. Age:

- a) Up to 20
- b) Up to 30
- c) Up to 40
- d) Up to 50
- e) Up to 60
- f) Up to 70
- e) More than 70

3. Completed education:

- a) NSS
- b) CCC
- c) SCM

4. How many times have you visited a spa?

- a) First
- b) Second time
- c) the fourth time
- d) More times

5. Are you satisfied with the stay in the  
bathroom?

- a) Dissatisfied
- b) partially satisfied

c) Satisfied

d) Very satisfied

6. What are the reasons for your expressed  
satisfaction?

- a) healing powers of water
- b) Good restaurants

7. The utilization of natural values in the  
bathroom is?

- a) underused
- b) well spent
- c) partially used
- d) Totally used

8. The utilization of anthropogenic tourist  
values in the bathroom is?

- a) underused
- b) well spent
- c) partially used
- d) Totally used

9. Are you satisfied with the hygiene in the  
bathroom?

- a) Dissatisfied
- b) partially satisfied
- c) Satisfied
- d) Very satisfied

10. Are you satisfied with the food in the  
bathroom?

- a) Dissatisfied
- b) partially satisfied
- c) Satisfied
- d) Very satisfied

11. Are you satisfied with the accommodation in the bathroom?

- a) Dissatisfied
- b) partially satisfied
- c) Satisfied
- d) Very satisfied

12. Whether in the bath is prepared diet according to your needs (diseases)?

- a)
- b) No

Thank you for your cooperation

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