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SUB-STRATEGY FOR DEVELOPMENT OF ACTIVE TOURISM IN THE REPUBLIC OF N. MACEDONIA



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ABSTRACT

Active tourism is closely linked to the contemporary needs of people to meet the physical demands related to travel, very often outside of the place of permanent residence. It involves several content components. The first component is one's connection with nature in tourist destinations. This component allows for a pleasant stay and travel in environments characterized by the number and heterogeneity of the elements that define space as a sustainable symbiosis of biotic and abiotic factors. The feeling of comfort comes from the stability of ecosystems in such environments. The second component concerns the fulfillment of tourist needs related to recreational contents that contribute to the psychophysical creation of health and life functions. This component enables vitality during the stay and contributes to a high quality of life. The third component is related to the competitive activities both sport and recreation, and basically have an active relationship with those involved in the process. This component has the fulfillment of the desire to be better, even in ordinary situations during the stay. The fourth component contains the adrenaline-based form of experiencing of activities in the environment as a tourist destination. It implies meeting the needs from the point of view of challenges and creating conditions of perception that are not everyday, and which can be gained only during such occasions. Given that RN Macedonia is an environment with excellent opportunities, the Sub-Strategy aims to discover and systematize the opportunities and potentials for the development of active tourism through all its components. In this regard, the benefits should be for the planning regions, local governments and localities. In this way the country will be able to put these contents in the interest of adopting strategic documents and plans that will be used within the overall development.

Keywords: active tourism, adrenaline activities, tourism development, regional development.

INTRODUCTION

Over the last decades, tourism has seen continuous growth and increased diversification, representing one of the fastest growing economic sectors in the world. Its dynamic nature is closely linked to constant change for which tourism development contributes to increasing tourism consumption, improved tourist offer, enriching the scope and quality of tourism products, activating resources, and adjusting the activities with environmental values. It also plays an important role in promoting many regions on the tourism market, based on the values of the local and regional environment, as potentials for development of different types of tourism.

Globally, the popularity of alternative forms of tourism is increasing, although the heterogeneous range of market segments is relatively extensive, including active tourism, which the World Tourism Organization (UNWTO) includes in the category of "adventure tourism". UNWTO (2014a; 2019) defines adventure tourism as a journey that involves, at least, two of the following three elements: physical activity, environmental interaction and cultural exchange. Adventure tourism usually involves outdoor activities such as hiking, walking, bungee jumping, rock climbing, rafting, canoeing, kayaking, canyons, mountain biking, diving, and more.

In fact, in 2012 it was estimated that the revenue from this tourism was about \$ 263 billion, with average annual growth between 2009 and 2012 of nearly 65 percent. On the other hand, the average tourist spending per trip increased during that period by about 20% (Adventure Travel Trade Association - ATTA, 2013). According to ATTA (2019), the most practiced forms of active tourism in 2018 were hiking, walking, cycling, safari, culinary and wellness activities. The remaining content is still the largest part of the tourist demand. According to the volume of operations of active / adventure tour operators, the highest growth in active tourism content in 2018 (ATTA, 2019) is observed in Scandinavia (especially Sweden), South America, North and South Africa and the Middle East.

The growing interest in active tourism is directly linked to changes in tourist demand for alternative forms of tourism that provide them with the experiences associated with the above. According to the World Tourism Organization (WNWTO, 2019) the largest volume of revenue in the European Union is expected to be generated from alternative forms of tourism as a result of the growing tourist demand which is increasingly diversified between different segments. Among the alternative forms of tourism, in this aspect, is active tourism.

Experience shows that active tourism is a type of tourism that is usually realized in destinations with specific geographical features and landscapes, and is closely linked to the physical activity of tourists, cultural exchange, interaction and connection with nature.

The growing interest in active tourist content opens new opportunities for the use of spatial resources by affirming and promoting them through the tourism offer of various active tourism content. The socio-economic conditions, in which modern tourism develops, require the development of strategic planning documents that need to be coordinated at all levels - from national to a destination level. Therefore, the identification and differentiation of potentials is necessary to determine the role of active tourism in the overall tourism development in the RN Macedonia.

The valorisation approach is particularly important by evaluating the spatial elements and contents that will enable to determine the directions for the development of active tourism through the creation of quality tourism products. In this context, the development of the Sub-Strategy for Active Tourism Development is a document from which should primarily benefit local communities that have the potential for development of this type of tourism, but also development at national level.

The aim of this Sub-Strategy is to serve as a strategic document that defines the potentials for development of active tourism for the purpose of improving the situation, as well as undertaking activities for promotion and promotion of active tourism as potential for creating opportunities for future investments in this field

1. The need for creating the sub-strategy

The elaboration of the sub-strategy for active tourism development in RN Macedonia is resulted from the need to harmonize tourism development with contemporary trends in this field at national level, but also at broader regional and international level. This approach is directly related to the commitment of the Ministry of Economy to stimulate the development of tourism by developing sub-strategies for development of cultural, active and rural tourism, which as strategic documents will serve as a starting point in future strategic planning of tourism as a priority activity in the development of the country, regional areas and local self-governments.

The development of active tourism will contribute to the promotion of sports and recreational contents in the function of balanced tourism development which are closely related to the development of cultural and rural tourism. This will enable harmonized regional and local development, with the particular role of local self-governments in meeting the

objectives and carrying out activities to encourage the development of active tourism. The Ministry of Local Self-Government, together with the Ministry of Economy, are in the role of supporters and promoters of the development activities of this type of tourism in the local communities.

The development of active tourism is also a strategic commitment of the Agency for Promotion and Support of Tourism (APST) which as an important stakeholder in the overall tourism development of the country enables the realization of the set goals through the promotion and participation on the tourist market of the immediate service providers and tour operators. APST (2019) in the 2020 Strategic Plan in Expected Outcome 3 of the Program: Increased support for the creation of new tourist attractions has identified it as indicator of success, and Increased support for the creation of new tourist attractions in the area of active tourism such as arranging and promoting hiking and biking trails, alpine hiking and sport climbing attractions in the cities of Ohrid, Struga and Skopje, promotion of archeology and gastronomy in the country etc. The APST clearly identifies the need for new tourism attractions in the area of active tourism. Promotional activities are identified as priority importance for the development of active tourism in order to improve the quality of the tourist offer with active tourism contents.

The continued growth of tourism imposes the need for an integrative approach that will contribute to overall improved socio-economic development. It involves perceiving and analyzing the conditions, opportunities and perspectives of certain types of tourism that may be initiators of improved tourism development in certain spatial units. RN Macedonia has potentials for development of active tourism. The structure of the research process in the creation of this document is to obtain sound results that are basis for the design of the components of the action plan. The summarized results are the basis for the creation of systematized and synthesized material that will reflect the strategic orientation for the development of active tourism.

Compared to other already affirmed types of tourism (cultural, lake, city, events) for this type of tourism in recent years the interest of the creators of the tourist offer is increasing because it represents a significant development opportunity for exploiting the potentials for active stay contents through the whole territory of the country. The sub-strategy should enable the identification of development factors and contents for active tourism, affirmation and formation of a positive image and reputation of the destinations that have potentials for active tourism, promotion on the tourist market with recognizable active tourism products.

Bearing in mind that the National Tourism Development Strategy has not yet been adopted in 2017, there is an obvious need to adopt this sub-strategy, together with the sub-

strategies for cultural tourism and rural tourism which will provide specific guidance in the development of these three types of tourism, which were defined in the previous Strategy with the greatest potential for improved tourism development. On the other hand, the need for adopting the sub-strategy also arises due to the possibilities for utilization of funds from international donors and funds especially at regional and local level.

2. Methodology for preparation of the Sub-Strategy for Active Tourism Development

In the development of this sub-strategy, a methodology is applied that encompasses the forms and contents corresponding to the needs of this document with the following components:

- Review of literature, planning and other documents related to the development of active tourism. It is particularly important to analyze contemporary trends in this area through review and critical analysis of the literature that should allow for the general characterization of active tourism. Also, the perception of the level of outlined development assumptions foreseen by active tourism will enable to determine the place of active tourism in the overall planning approach in treating the development of this tourism and the level of realization of the outlined development assumptions in this regard.

- The research for the development of the Sub-Strategy for Active Tourism Development is based on the collection of secondary data as a result of the use of relevant indicators published primarily by the State Statistical Office in the field of tourism and catering, as well as the indicators contained in in other reports and publications at national, regional and local level.

- On the basis of data collection, this research approach provides a summary of the results, thus providing an overview of the current situation in this area. The primary and secondary results obtained also provide an analytical approach to the perception of potential problems.

The analytical approach is used for this purpose by cross-linking the data by applying appropriate techniques. In doing so, the analysis of the specific developmental segments of the environment, the perception of the identified conditions and the opportunities for development is applied.

- The identified conditions, phenomena and relationships related to active tourism development, and the results of the analysis, form the basis for defining the vision for active tourism, and setting development goals.

- Through consultations and collaboration with representatives of the Ministries, Agencies and Services that cover active tourism at all three levels, the attitudes, opinions and activities undertaken by these institutions are identified to create a strategic approach to the development of active tourism.

- By looking at natural and anthropogenic resources, social conditions, receptive and communication resources identify the conditions for developing active tourism in synergy with other types of tourism. The classification of tourist resources is the basis for their mapping in order to identify, valorize and mark the attractions and values of active tourism in all planning regions.

- The realization of the strategic goals is closely linked with the perceptions of the tourism market relations and the creation of a policy for acting in national and international contexts. This means that besides the perceived possibilities for creating the tourist offer and special tourist products, it is also necessary to perceive the tourist demand. This will enable the priority tourist markets to be identified on the basis of which the conditions and the ways of entering the markets will be defined.

- This sub-strategy involves creating an action plan with measures and activities, defining resources and stakeholders for their implementation. The action plan also contains the components that are relevant to achieving the intended goals with defined priorities and contents that have the character of operational capabilities for use.

- Defining the timeframe as an integral element of the action plan is necessary because the duration of the activities will create the budget as well as the optimality of the implemented activities.

- Synthesized insights allow for the development of this document whose presentation to the stakeholders and customers and their critical insights will contribute to the finalization of this document which should summarize the prospective aspects and processes of active tourism development with the summarized results.

3. Main characteristics of active tourism

The United Nations (UN) has declared 2017 as the International Year of Sustainable Tourism Development, underlining the importance of the various alternative forms of tourism in the sustainability of this sector. Active tourism is undoubtedly one of those types of tourism, for which RN Macedonia has excellent development opportunities. In the last decade there has been a rapid increase in active tourism based on activities that are directly related to sports and adventure content and are carried out in areas that have the conditions for active recreation of

tourists. Active tourism is often identified with adventure tourism as it contains components that give tourists a certain degree of pleasure, excitement and adventure in practicing such activities. The main characteristic of active tourism is that it allows people to discover new places and destinations and to be in touch with nature, since in general the content of the activities is usually within an open space. Active tourism presupposes the association of sport with leisure, recreation, leisure and the care of one's own well-being. The importance and effects of practicing sports-recreational content for human health are well known, and in many cases tourists also apply such healthy lifestyles during their vacations.

Even so, they are often the underlying motive for visiting certain destinations.

It is widely recognized that sports and physical activity are important to people from a medical perspective and for the well-being. For this reason, sport has long been considered useful for improving overall quality of life. In the context of this, active tourism is a fast-growing trend in tourism over the last decade and is directly related to the social trend of sport and health care. In addition, active tourism creates the link between leisure time and sports-recreational activities.

Antar-Ecotono (2004) defines the active tourism as journeys motivated by practicing sport activities with different physical intensity, which imply the use of natural resources but without degradation, and actually cause emotions, sensations and experiences for tourists. In this context, active tourism is an integral part of a broader concept of nature-based tourism (Buckley, 2011). In this context, active tourism is a relatively recent topic and most research has been going on in the last decade. There are many activities that belong to active tourism and are classified according to the type of activity being practiced, the conditions in the natural environment, the degree of ease or difficulty or the space in which it takes place (water, land and air). Based on the latter classification, it is possible to group different content of activities that turn into active tourism, and depending on the area where they are taking place, the following may be stated:

- Air (paragliding, BASE jumping, parachuting jumping, Delta plane, flying suit - Wingsuit and parachuting, balloon flying)

- Air-ground (Zip line-crank, bungee jumping)

- Land (Cycling, Mountain Cycling, Cross-Country), Downhill (steep slopes, forest cobbles, narrow mountain roads), Freeride (combination of both), Uphill (uphill), Freestyle (like motocross), Dual-slalom (dirt mud tracks), Dirt Jumping, Trails, Mountain bike touring, Zorbing (paintball bowling), Paintballing (gunshot capsules, Snowboarding (Rock climbing, Freestyle and Freestyle), Rock climbing, Abseiling, Snowmobile riding, Cross-country driving, Mountain boarding , Hiking, Horse Riding, Hiking & Hiking (Hiking and Trekking), Caving Activities

- Water (Flybording), Water Trot (pedal shape), Sailing, Diving, Kayak / Canoe, Rafting, Water Skiing, Windsurfing / Surfing, Stand Up Paddleboard (SUP).

Active tourism usually takes place in areas that are not overcrowded and have very little human intervention or modification, characterized by a nature of cleanliness, tranquility and well-being. The positive effects of this type of tourism are characterized by psychophysical benefits. On the other hand, active tourists are usually environmentally aware and friendly, which contributes to the preservation and appreciation of the natural environment.

From the above it can be summed up that active tourism is a special way of using leisure and vacation. Active tourism is a new philosophy of travel that combines sport, adventure, ecotourism and cultural experience. Active tourism has three main goals:

1. Recreation - Active tourism is the creator of pleasure and fun through relaxation of mind, renewal of energy and practice of various recreational activities.

2. Education - Active tourists appreciate the values of local traditions and respect other cultures and customs. They are open to new insights into other cultures and lifestyles.

3. Benefits - Active tourism not only benefits tourists but also helps local communities and the economy promote development. Because this tourism is low environmental impact, uses natural values with simultaneous protection and reasonable use, which is the basis for sustainability.

The mentioned components are good practices with world experiences that can be realized in our environment also.

4. Contemporary trends in active tourism

This is a specific type of tourism that is constantly growing. According to Booking.com (2019) 34% of travelers stated that they plan to engage in active tours that include outdoor activities that involve physical exertion (of greater or lesser intensity). In 2017, this type of travel increased by 40% worldwide compared to the previous three years. According to ATTA, 83% of tour operators for active tours registered a gross revenue growth in 2018 compared to 2017 of 43%. The average age of tourists involved in active tourism is 49 years, that is, between the ages of 43-55 years, and the average cost per day to travel to North America in 2018 was \$ 439 (ATTA, 2019).

This type of tourism directly and indirectly affects many businesses and places of interest from an economic point of view, especially those that provide the products and services needed for specific activities. In this context, active tourists usually spend more than the average tourist on the destination, and also generate additional demand for other types of products and services.

According to data from ATTA (2019), active tourism is steadily growing and gaining popularity. It is characteristic for the tourists involved in active tourism that the active tourism revenues realized in the local communities are 70-80% of the total tourist consumption. Another very important trend of active tourism is that active tourists are becoming more and more oriented towards active and adventurous content and mainstream tourism brands offering different products. In addition to these two trends, the 2018 ATTA report looks at the following:

- There are changes in tourist flows for active tourism that create opportunities for affirming destinations that are "new" to the tourist market for these market flows
- The number of tourists from China is increasing for this type of tourism which according to Euromonitor will be the biggest tourist demand for this tourism by 2022.
- There is increased application of digital technologies in promoting this type of tourism by tour operators through marketing of active tourism products.
- There is an increase in individual tourist travels for both individuals and smaller groups of 5-10 participants. The growth of this type of travel is due to the greater opportunity in combining the content that tourists want to practice, but also because of the availability of information on travel-related services.
- Increased opportunities for so-called "Local experiences" because tourists are constantly seeking new experiences from the destinations they visit. To this end, a growing number of tourist destinations are developing proactive strategies that envisage educating locals and active tourism service providers to provide tourists with "local experiences". Such is the case with the Visit Copenhagen platform that launched a new strategy called LocalHood. The strategy is aimed at tourists seeking to be "temporary locals", i.e. "local experiences with shared experience based on interest, relationships and authenticity".

However, it should be emphasized that the emergence and development of trends are directly related to the development of active tourism destinations and depend on certain factors such as: accessibility to destinations, availability and accessibility of adequate means of transport, quality of natural resources / values, additional services, signalization and information, safety and security of activities, hygiene and active tourist offer.

These components are registered in RN Macedonia and they can be presented on the basis of documents published in this regard. In this sense, the conditions and opportunities point to a remarkable quantitative and qualitative dimension of active tourism in RN Macedonia.

All the listed components that are registered as good practices with world experience and that can be implemented in our area are separated from the existing registers for this purpose. Situational analysis should be seen in the analysis of conditions and opportunities not only

globally but also within the planning regions as separate entities, local governments and specific sites and facilities with opportunities for active tourism development.

5. Situational analysis

The development of active tourism is directly related to practicing outdoor activities and sports tourism, covering a wide range of activities that visitors and tourists have the opportunity to realize. This connection creates conditions for recreational opportunities in nature such as hiking, sightseeing, picnics, events, etc., but also involves engaging in different types of sports and competitions, or observing sporting activities outside of the place of residence.

This is the basis of sports tourism in which tourists or visitors appear either as participants or as spectators. Sports facilities, clubs and competitions, as well as natural values located in or around the regions, provide opportunities for the development of this type of tourism.

Relevant data sources addressing the issue of tourism development at all levels, and in particular at the regional level, have been consulted for the purpose of designing the Sub-Strategy in order to determine the conditions and opportunities for active tourism development. Development of active tourism in RN Macedonia is closely linked to the opportunities for sustainable socio-economic development and in this context sustainable tourism development. In this way active tourism has significant potential on the one hand in overcoming the seasonal character in destinations characterized by a high degree of seasonality (e.g. Southwest Region, Pelagonija, Skopje and East), and on the other hand in creating opportunities for better development of tourism and greater competitiveness (Eastern Region, Northeast, Pelagonia, Polog).

Based on the defined criteria for developing Active Tourism Development Sub-Strategy that should summarize all existing information in order to benefit local governments, give a clear picture of existing active tourism facilities in the eight (8) planning regions in the country, the analysis is made for each region individually

5.1 Analysis of tourism turnover

In order to determine the development directions of tourism, an analysis of tourism turnover should be undertaken. This is possible by identifying in a structural and dynamic sense the tourist visits and tourist stay. What follows is an overview of these concepts by planning regions.

5.1.1 Analysis of tourist visits

Tourist visits is an indicator that derives from the number of registered tourists who have visited a particular area in a given time interval. In continuation presented is a tabular and graphical analysis of the number of tourists in terms of structure, percentage share and distribution by regions in the last 5 years, as the latest relevant data obtained from the State Statistical Office.

Chart no. 1 – Overview of the number of tourists (domestic and foreign) by planning region and percentage share 2014-2018

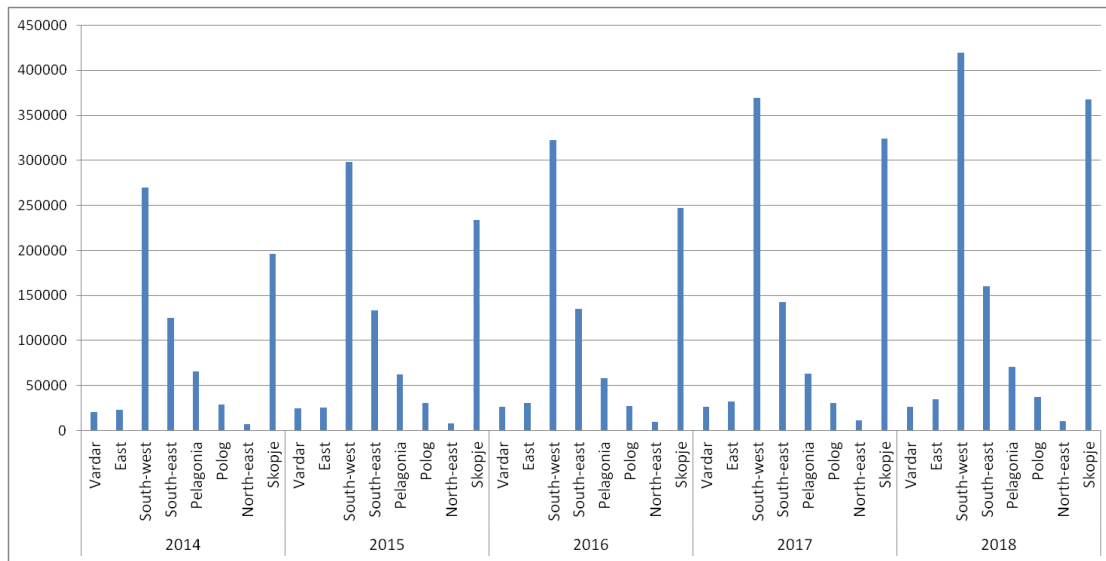
Year	Planning region	Number of tourists	%	Domestic tourists	%	Foreign tourists	%
2014	Vardar	20667	2,8	5467	1,8	15200	3,6
	East	23035	3,1	14306	4,6	8729	2,1
	South-west	269547	36,6	125320	40,4	144227	33,9
	South-east	124707	17,0	74071	23,9	50636	11,9
	Pelagonija	65527	8,9	44533	14,3	20994	4,9
	Polog	29143	4,0	15886	5,1	13257	3,1
	North-east	6937	0,9	2703	0,9	4234	1,0
	Skopje	196087	26,7	28050	9,0	168037	39,5
	TOTAL	735650	100,0	310336	100,0	425314	100,0
2015	Vardar	24308	3,0	7981	2,4	16327	3,4
	East	25907	3,2	16751	5,1	9156	1,9
	South-west	298057	36,5	136637	41,3	161420	33,2
	South-east	133328	16,3	82143	24,9	51185	10,5
	Pelagonija	62019	7,6	40447	12,2	21572	4,4
	Polog	30200	3,7	14565	4,4	15635	3,2
	North-east	8125	1,0	2059	0,6	6066	1,2
	Skopje	234123	28,7	29954	9,1	204169	42,1
	TOTAL	816067	100,0	330537	100,0	485530	100,0

2016	Vardar	26064	3,0	8375	2,4	17689	3,5
	East	30568	3,6	20643	6,0	9925	1,9
	South-west	322334	37,6	151347	43,7	170987	33,5
	South-east	135092	15,8	82907	23,9	52185	10,2
	Pelagonija	58355	6,8	37012	10,7	21343	4,2
	Polog	27318	3,2	13805	4,0	13513	2,6
	North-east	9774	1,1	2730	0,8	7044	1,4
	Skopje	247338	28,9	29540	8,5	217798	42,7
	TOTAL	856843	100	346359	100,0	510484	100,0
2017	Vardar	26145	2,6	8033	2,2	18112	2,9
	East	31775	3,2	19947	5,4	11828	1,9
	South-west	368924	36,9	164459	44,7	204465	32,4
	South-east	142888	14,3	84260	22,9	58628	9,3
	Pelagonija	63549	6,4	38074	10,3	25475	4,0
	Polog	30124	3,0	14150	3,8	15974	2,5
	North-east	11290	1,1	2387	0,6	8903	1,4
	Skopje	324146	32,5	36937	10,0	287209	45,5
	TOTAL	998841	100,0	368247	100,0	630594	100,0
2018	Vardar	26385	2,3	8969	2,1	17416	2,5
	East	34354	3,0	20490	4,9	13864	2,0
	South-west	419717	37,2	181102	43,2	238615	33,7
	South-east	160173	14,2	104971	25,0	55202	7,8
	Pelagonija	70798	6,3	38789	9,2	32009	4,5
	Polog	37091	3,3	16802	4,0	20289	2,9
	North-east	10820	1,0	2312	0,6	8508	1,2
	Skopje	367597	32,6	46155	11,0	321442	45,4
	TOTAL	1126935	100,0	419590	100,0	707345	100,0

Source: State Statistical Office of RN Macedonia – Mak-Stat database and own calculations

The chart gives an overview of the total number of tourists, domestic and foreign tourists by regions in the last 5 years (2014-2018), as well as their percentage share. Such an overview also applies to the planning regions which represent the territorial distribution of this category. In order to obtain more clarity, it is also presented graphically.

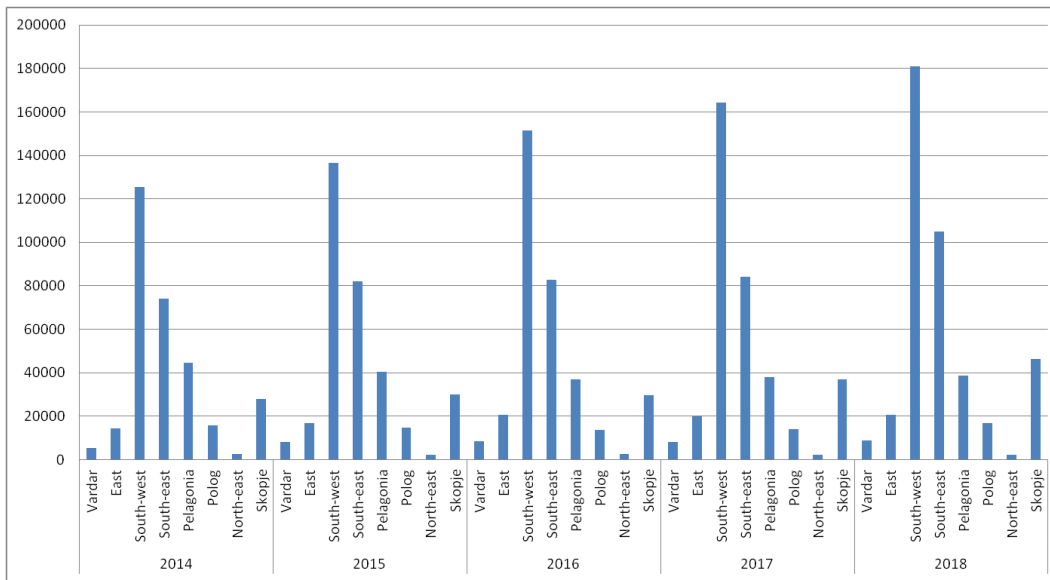
Graph no. 1 – Overview of the total number of tourists by planning region – 2014-2018



Source: State Statistical Office of the RN Macedonia – Mak-Stat database

Firstly, a graphical overview of the dynamics of the total number of tourists per region in the 5-year period is provided. The immediate conclusion is that the total number of tourists in RN Macedonia in the past 5 years has steadily been increasing. In 2014 the total number of tourists was 735650, while in 2018 it amounted to 1126935 tourists (an increase of 53.2% compared to 2014). If we analyze the total number of tourists in the sense of their distribution by regions, it can be concluded that in all analyzed years, the first three places are occupied by the South-west, Skopje and South-east Planning Region. The logical conclusion is that most tourists come to those planning regions where there is the largest number of available accommodation and food and beverage facilities (SWPR and SKPR). However, despite the fact that SEPR is behind PEPR in terms of the number of available hospitality facilities, in SEPR a higher number of tourists compared to PEPR were registered. In the last 3 analyzed years (2016-2018), a more pronounced increase in the number of tourists can be observed compared to the first two analyzed years (2014 and 2015). In the last analyzed year, the share of SWPR was 37.2 % of the total number of registered tourists in RN Macedonia. The Skopje Planning Region participates with 32.6 %, while the South-east with 14.2 %. These three planning regions have a share of over 70 % which is a significant figure. The remaining 30 % are between the rest 5 planning regions.

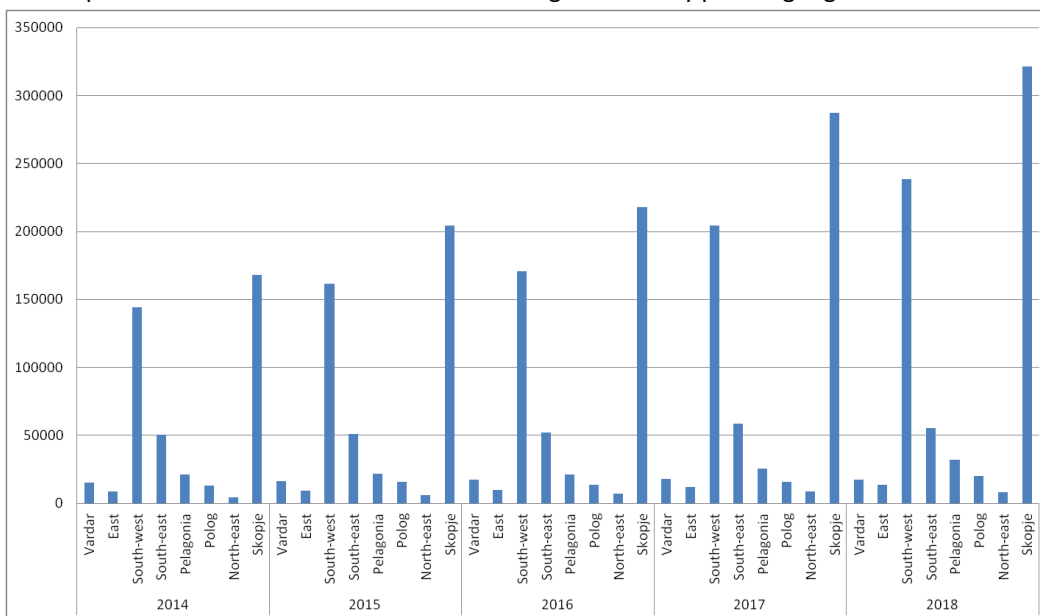
Graph no. 2 – Overview of the number of domestic tourists by planning region – 2014-2018



Source: State Statistical Office of the RN Macedonia – Mak-Stat database

The graph above provides an overview of the dynamics and distribution of the number of domestic tourists in the past 5 years (2014-2018). It can be noticed that the increase in the number of domestic tourists has also been continuous in the past 5 years. However, that growth is not so pronounced. In this sense, in 2014 in RN Macedonia a total of 310336 domestic tourists were registered, while in 2018 that number was 419590. This represents an increase of 35.2 % compared to 2014. By analyzing the distribution over the 5-year period, it can be seen that the first three places belong to the South-west, South-east and Pelagonija Planning Region. The Skopje Planning Region is in fourth place. The only exception is the last analyzed year, when the Skopje Planning Region recorded a higher number of domestic tourists compared to Pelagonija and climbed to the third place. Accordingly, the percentage share of the planning regions in 2018 was the following: SWPR - 43.2%, SEPR - 25.0%, SKPR - 11%. The three most visited regions by domestic tourists account for almost 80 % of the total number of visits in the country, which is noticeable.

Graph no. 3 – Overview of the number of foreign tourists by planning region – 2014-2018



Source: State Statistical Office of the RN Macedonia – Mak-Stat database

The graph above provides an overview of the dynamics and distribution of the number of foreign tourists in the last five analyzed years. Similarly as with the domestic tourists, the analysis of the foreign tourists shows a continuous increase in the total number of tourists who visited RN Macedonia during the analyzed period. Unlike the domestic tourists, this increase is noticeably more pronounced among foreign tourists. In that sense, in 2014 the country was visited by 425314 foreign tourists, while in 2018 by 707345. This is an increase of 66.3 % (compared to 2014), which is almost twice as much as the percentage growth of the domestic tourists. It can also be seen from the graphical overview, that the highest increase was recorded in the last two analyzed years (2017 and 2018). Furthermore, if we look at the structure of tourists in 2018, it can be noticed that foreign tourists participate with 62.8 % of the total number, as compared to 37.2 % for domestic tourists. This ratio in 2014 was 57.8 % foreign tourists versus 42.2 % domestic tourists. It can be concluded that the number and participation of foreign tourists in RN Macedonia is growing rapidly. In that sense tourism should be developed in these directions also in the future. Also from the analysis of the distribution of foreign tourists (as similar to the analysis of the total number of tourists) it can be concluded that the first three places are held by the South-west, Skopje and South-east Planning Region. However, on the first place here is the Skopje Planning Region. That means that SKPR was visited by more foreign tourists as compared to SWPR. This situation remains unchanged in all analyzed years, and all regions register a continuous growth in the number of foreign tourists. In 2018, the percentage share of the SKPR was 45.4 % of the total number of

tourists, while the SWPR accounted for 33.7 %. On the far third place behind them was SEPR with 7.8 % share. In this sense, the total share of the first two regions (SWPR and SKPR) was almost 80 %.

From this overview, it can be concluded that the percentage share of several regions in the total number of tourists (especially foreign) who have visited RN Macedonia in the last 5 years is too high. The other regions in this respect do not have a satisfactory level of tourist arrivals. Strategic takeovers in tourism should be aimed at favoring different tourism potentials precisely in those spatial units. This may be achieved by developing selective types of tourism in those regions (such as rural, active and cultural tourism) and creating attractive tourism products.

5.1.2 Analysis of the tourist stay

An important indicator for determining the degree of tourism development in the planning regions is the analysis of tourist stay. The stay is determined by the number of registered overnights. A tabular and graphical overview of the number of overnights of the total number of tourists and their structure into domestic and foreign in the last 5 years (2014-2018) is provided. The percentage share of each of the planning regions in RN Macedonia in relation to these data is also covered. The data are obtained by the State Statistical Office and by own calculations.

Chart no. 2 – Overview of the number of overnights (domestic and foreign) by planning region and percentage share 2014-2018

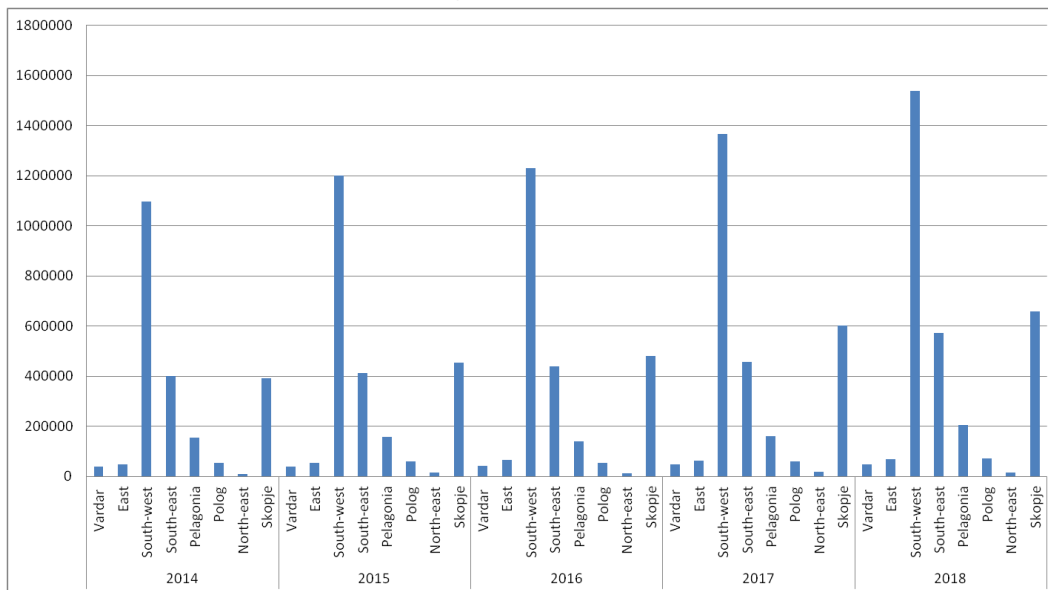
Year	Planning region	Number of overnights	%	Overnights by domestic tourists	%	Overnights by foreign tourists	%
2014	Vardar	39662	1,8	12001	0,9	27661	3,0
	East	49221	2,2	27277	2,1	21944	2,4
	South-west	1095452	49,9	694229	54,5	401223	43,5
	South-east	401065	18,3	304148	23,9	96917	10,5
	Pelagonija	154595	7,0	98784	7,8	55811	6,0
	Polog	54419	2,5	29675	2,3	24744	2,7
	North-east	10671	0,5	4465	0,4	6206	0,7
	Skopje	390798	17,8	102791	8,1	288007	31,2
	TOTAL	2195883	100,0	1273370	100,0	922513	100,0

2015	Vardar	39636	1,7	13806	1,0	25830	2,5
	East	53357	2,2	31612	2,3	21745	2,1
	South-west	1201927	50,2	745473	54,9	456454	44,0
	South-east	412804	17,2	326515	24,0	86289	8,3
	Pelagonija	157766	6,6	104922	7,7	52844	5,1
	Polog	60574	2,5	29041	2,1	31533	3,0
	North-east	15229	0,6	2863	0,2	12366	1,2
	Skopje	452912	18,9	103590	7,6	349322	33,7
	TOTAL	2394205	100,0	1357822	100,0	1036383	100,0
2016	Vardar	41643	1,7	16557	1,2	25086	2,4
	East	66515	2,7	44645	3,2	21870	2,1
	South-west	1228617	49,9	778189	55,3	450428	42,7
	South-east	437607	17,8	342646	24,4	94961	9,0
	Pelagonija	141153	5,7	90028	6,4	51125	4,9
	Polog	52590	2,1	24887	1,8	27703	2,6
	North-east	13751	0,6	3465	0,2	10286	1,0
	Skopje	479284	19,5	106726	7,6	372558	35,3
	TOTAL	2461160	100	1407143	100,0	1054017	100,0
2017	Vardar	47189	1,7	17473	1,2	29716	2,3
	East	62957	2,3	38320	2,6	24637	1,9
	South-west	1365684	49,2	826774	55,8	538910	41,6
	South-east	457162	16,5	351244	23,7	105918	8,2
	Pelagonija	161751	5,8	93314	6,3	68437	5,3
	Polog	60249	2,2	27457	1,9	32792	2,5
	North-east	17207	0,6	3283	0,2	13924	1,1
	Skopje	602953	21,7	122595	8,3	480358	37,1
	TOTAL	2775152	100,0	1480460	100,0	1294692	100,0
2018	Vardar	48649	1,5	21272	1,3	27377	1,8
	East	69419	2,2	39591	2,3	29828	2,0
	South-west	1539219	48,5	908457	53,9	630762	42,3
	South-east	571670	18,0	463329	27,5	108341	7,3
	Pelagonija	203620	6,4	98618	5,9	105002	7,0
	Polog	71929	2,3	32464	1,9	39465	2,6
	North-east	14185	0,4	3280	0,2	10905	0,7
	Skopje	658117	20,7	118262	7,0	539855	36,2
	TOTAL	3176808	100,0	1685273	100,0	1491535	100,0

Source: State Statistical Office of RN Macedonia – Mak-Stat database and own calculations

Similarly as to the tabular overview previously for the number of visitors, i.e. tourists who have visited the planning regions in the past five years, this chart provides the number of overnights they have spent. Graphic overviews are given below for a more plastic and easier overview of the structure and dynamics of overnight stays by domestic and foreign tourists.

Graph no. 4 – Overview of the total number of overnights spent by tourists (domestic and foreign) by planning region – 2014-2018

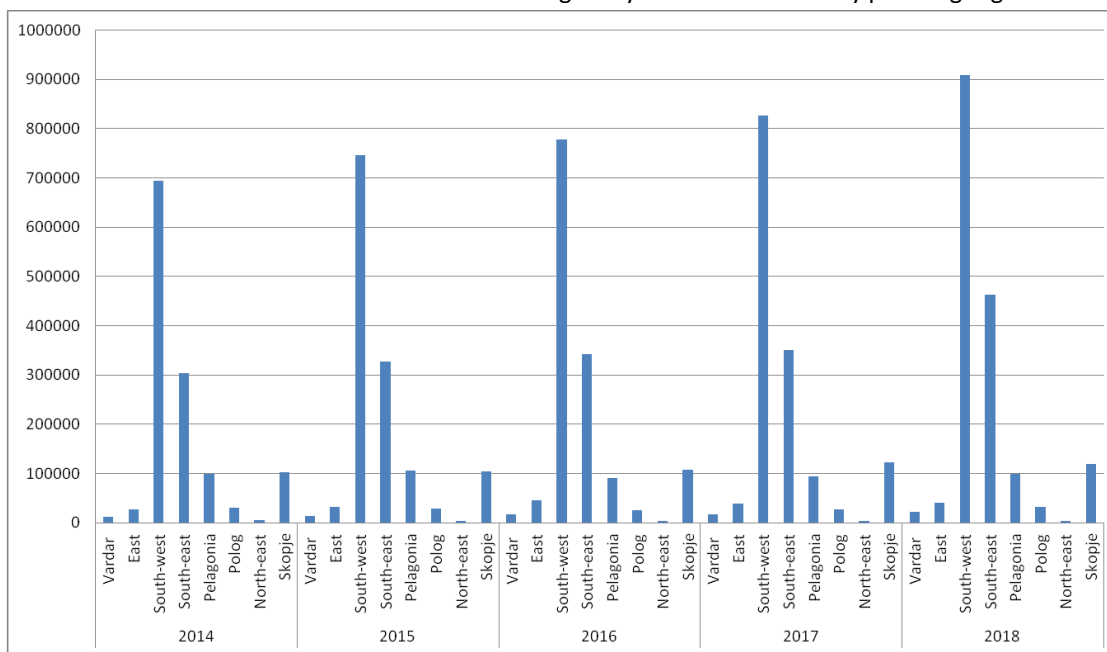


Source: State Statistical Office of the RN Macedonia – Mak-Stat database

The graph provides the dynamics of the total number of nights spent by tourists (domestic and foreign tourists in total) in the planning regions. The timeframe for this analysis is the past five years (2014-2018). The first conclusion is that the total number of nights spent by tourists in all planning regions has been steadily increasing in the analyzed 5 years. In 2014 the total number of nights spent was 2195883, while in 2018 there were 3176808 nights spent. This is an increase of 44.7 % compared to the first analyzed year (2014). That's a slight increase compared to the realized number of arrivals. From the analysis of the overnights in this time period, it can be concluded that the first three planning regions with the highest number of overnights remain almost the same. The South-west Planning Region is in first place, followed by the Skopje and South-east Planning Region. The South-east Planning Region in terms of number of nights spent was ahead of the Skopje region only in 2014. It is noticeable that, according to this parameter, the South-west Planning Region is far in front of all other regions, including the SKPR and SEPR. The proportional share of SWPR even declines in the analyzed period. In that sense, in 2014 it was 49.9 %, afterwards it slightly increased, while in the last two years it slightly decreased (48.5% in 2018). However, the difference between the overnight stays in the SWPR and the other planning regions is particularly pronounced. For illustration purposes, if we analyze the last year (2018), in the SWPR a total of 1539219 overnights were realized, which means more than double overnights compared to the Skopje Planning Region which is in second place (SKPR has a percentage share of 20.7 %) and the South-east which is in third place (with a total share of 18.0 %). Their combined percentage share (of SWPR, SKPR and SEPR together) is just over 85%. This is more pronounced than the number of realized

arrivals (around 70 %), analyzed in the previous table. The rest of the total nights spent in RN Macedonia are allocated in the other five planning regions with a combined participation of just under 15 %. Hence, we can conclude that there is a need to take urgent action to promote such disadvantages in those planning regions.

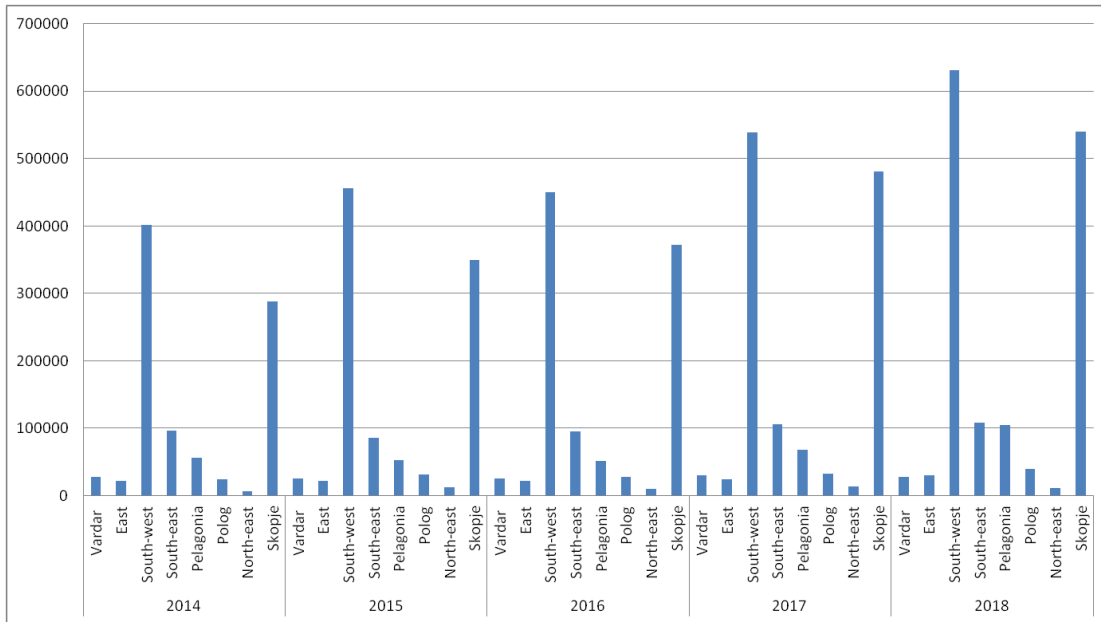
Graph no. 5 – Overview of the number of realized overnights by domestic tourists by planning region – 2014-2018



Source: State Statistical Office of the RN Macedonia – Mak-Stat database

The graph provides an overview of the number of nights spent by domestic tourists in the past 5 years (2014-2018) in the 8 planning regions. It can be noticed that the increase in the number of domestic tourists has also been continuous in the past 5 years. In 2014, there were 1273370 overnights spent by domestic tourists in RN Macedonia, while in 2018 that number was 1685273, an increase of 32.3 %, which is almost at the same level as the increase in the number of tourists (arrivals). When analyzing the percentage share of the planning regions in this regard, greater share of the South-west Planning Region in relation to the total number of nights spent can be noticed. In this sense, in 2018 the share of SWPR was 53.9 %. This amounts to an even greater share than when analyzing the number of arrivals by domestic tourists. The second highest number of nights spent is registered in the South-east Planning Region (with 27.5 % share in 2018), while Skopje Region is in third place, but with a much lower share (only 7.0 %). This means that in 2018 in SWPR more than half of the total overnight stays in the country were realized. The combined participation of the first three planning regions was over 88%. This is even more than the analysis of realized arrivals (visits) by domestic tourists.

Graph no. 6 – Overview of the number of realized overnights by foreign tourists by planning region – 2014-2018



Source: State Statistical Office of the RN Macedonia – Mak-Stat database

The graph shows the distribution of overnight stays by foreign tourists from 2014 to 2018. In this analysis too, a continuous increase in these figures over the five-year period can be seen. However, this increase is more pronounced than the number of nights spent by domestic tourists. Namely, in 2014, at the state level a total of 922513 foreign overnights were spent, while in 2018 there was an increase that amounted to 1491535 overnights. That is an increase of 61.7 %. This increase is similar to the number of foreign arrivals in the previously analyzed chart. Compared to the overnight stays by domestic tourists, the increase of nights spent by foreign tourists (from 2014 to 2018) is almost double. If we analyze the structure of tourists' overnight stays (domestic and foreign in the total number), it can be noticed that the number of overnight stays by domestic tourists has a higher percentage share than foreign tourists' spent overnights. Hence, in 2018 the percentage share of nights spent by domestic tourists in the total number was 53.0 %, compared to nights spent by foreign tourists of 47.0 %. This is an interesting fact since in the previous chart (regarding the number of arrivals) a higher percentage share by foreign tourists could be seen compared to the domestic tourists (57.8 % foreign tourists versus 42.2 % domestic tourists). This means that domestic tourists have a longer stay than foreign. Such a percentage of overnight stays has a tendency to balance out between domestic and foreign tourists over the past 5 years. Namely, in 2014, the percentage share of nights spent by domestic tourists was 57.9 % compared to nights spent by foreign tourists with 42.1 %. This concludes to the need for creating such tourist content that would not only attract more foreign and domestic tourists, but also create conditions for longer stays, especially for foreign tourists. If we analyze the distribution of overnight stays of the foreign

tourists by region, we can see that the first three places are again held by the same three planning regions, as in the analysis of overnight stays by domestic tourists. In this sense, the first place in 2018 was held by SWPR with a share of 42.3 %, while close behind was the SKPR with a percentage share of 36.2 %. Far behind them, in third place, was the South-east Planning Region with a share of only 7.3 %. In contrast to the analysis of the number of tourists in the planning regions, it can be noticed that although more foreign tourists came to visit the SKPR as compared to the SWPR (percentage share of 45.4 % vs. 33.7 %, respectively), in SWPR more nights were spent by foreign tourists than in SKPR. This means that foreign tourists had a very short average stay in the SKPR, unlike in the SWPR. The combined percentage share of the three first-ranked planning regions in this regard amount to more than 85 %. This means that the rest of the overnight stays are allocated to the other 5 planning regions which is a too low percentage share.

The common conclusion from the analysis of tourists' overnight stays in the planning regions (in the analyzed five-year period) is that domestic tourists spent more nights than the foreign. This is in direct correlation with tourist expenditure. Namely, longer stay implies higher expenditure. In this regard, actions should be undertaken in order to improve the length of stay of foreign tourists. This can be achieved by enriching the content of foreign tourists' stay. Attractive selective types of tourism, such as active, rural and cultural tourism, would play an important role in this regard. The analysis also shows that two planning regions have a too high percentage share in the total number of nights spent in RN Macedonia (these are the South-west Region and the Skopje Region). This is especially more emphasized for foreign tourists who are concentrated in these two regions. The individual realized arrivals and stays in the other planning regions is at a very low level. Therefore, tourism development structures need to find ways to balance out such discrepancies. This can be achieved by creating attractive contents in the under-visited planning regions. Cultural, recreational-adrenaline and rural contents would play an important role in this regard, given that almost all planning regions have numerous significant values of these types that are underutilized. The Action Plan in this Sub-Strategy has taken into account such findings.

5.2 Analysis of the situation related to active tourism in RN Macedonia

The analysis of the conditions related to active tourism is towards the zoning of spatial units with the potential for development of active tourism. Such zoning is about identifying existing complexes with active tourism characteristics and creating new spatial units by creating attractive offers as a set of such values and services.

5.2.1. Analysis of the legislation

The preparation of the Sub-Strategy for Active Tourism Development relies on appropriate legislation in the field of tourism, spatial development (Spatial Plan of RN Macedonia) and sport. This approach is necessary according to the heterogeneity of content and services offered by the stakeholders in the catering, tourism and sport-recreational activity in the RN Macedonia, which results from their numerous mutual relations. It is precisely because of this interconnectivity that there is a need to consult the legal provisions pertaining to tourist sport-recreational contents and services. These issues are addressed by: Law on Tourism, Law on Catering and Law on Sport:

According to the **Law on Tourism**, the definition of "tourist activity" (Official Gazette of the Republic of Macedonia No. 53/16, Article 2) includes, inter alia, the organization and realization of tourist trips related to the organization of sporting events, and the "tourist place" as an area or a destination that as an organizational and functional unit disposes of conditions, facilities and other contents for accommodation and accommodation of tourists. Further, this Law on Tourism regulates the obligations of travel agencies, which inter alia include organizing and facilitating the sale of services of stationed, rural, spa, health, congressional, sports, hunting and **other types of tourism (active tourism)**.

The importance of safety and security in the organization of tourist trips is regulated by Article 19-a of the Law on Tourism, which specifically states that: "in travel programs involving sport-recreational, adventure and extreme activities (skiing, diving, sailing, horse riding) , mountain-climbing, rafting, rafting, cave exploration, canoeing and other similar watercraft, parachuting, sailing, paragliding, rope jumping, etc.), besides hiring travel guides, they should also hire professionals persons trained for such activities (trainers, instructors, guides, etc.).

This article clearly states activities that fall under active tourism. Among other things, in this Law, through the provisions defining tourist regions as a geographical and functional spatial area that includes several tourist places with a common name whose natural and created tourist values are the basis for forming an independent tourist offer provides opportunities for creating a content offer for active tourism.

Furthermore, the Law on Tourism provides for the provision of other tourist services in terms of organizing recreational and entertaining activities on beaches and swimming pools, rental of recreational boats (sandals, sailing boats, etc.), fishing tackle, etc. provide opportunities for active tourism services.

According to the **Law on Hospitality**, the definition of "hospitality activity" (Official Gazette of the Republic of Macedonia No. 71/16) is determined by the provision of accommodation services in accommodation facilities in several categories that have to meet

the minimum technical requirements governed by the Rulebook defines the criteria for different forms of accommodation, but there are no specific provisions on appropriate infrastructure related to the necessary technical conditions for active tourism.

All forms of sports activities of athletes of all ages, as well as sports and recreational activities of citizens are included in the definition of sport in the **Law on Sports** (“Official Gazette of the Republic of Macedonia” No. 51/2011) performed by sports associations and other legal entities in the field of sports because they have the appropriate equipment and adequate professional staff, so that they can provide services for sports and recreational activities.

This law regulates the conditions foreseen for the organization of sports and recreational activities of the citizens and provision of personnel. This enables the inclusion of staff in the provision of services related to active tourism and in accordance with the Law on Tourism.

The aforementioned legislation covers active tourism in certain areas indicating that there is a legal basis by which active tourism can be accepted as an important segment of the country's tourism development. Therefore, the legal regulations that partially regulate the area of active tourism have been taken into consideration when developing the Active Tourism Sub-Strategy. This document can also serve as a basis for the future definition of various bylaws related to active tourism for the purpose of improved tourism development at both national and regional and local levels.

5.2.2 Analysis of strategic documents related to active tourism

The sublimated results from the analysis of the strategic documents show that in RN Macedonia there are documents that are mostly related to the development of tourism and some of them treat the issue of active tourism through the existence of certain forms. Therefore, the development of the Active Tourism Sub-Strategy as a strategic document takes into account the strategic documents at national and regional level. From the analyzed documents in the function of this Sub-strategy, we will give special attention to the following:

The Draft Tourism Development Strategy (2016-2020), which has not yet been adopted and addresses the current state of tourism in RN Macedonia, identifies the potentials for active tourism through opportunities for mountain, winter, adventure and lake tourism. Based on the analysis of the general conditions, the current situation and the potential at national and international level, the opportunities for exploiting the potential are rated as good. In this document, although the types of tourism are identified as part of the offer, the planned approach for developing active tourism as a segmented type is not defined.

In the **Strategy for Regional Development of the Republic of Macedonia (2009-2019)** the natural heritage in the planning regions has been identified as an excellent base for tourism development in RN Macedonia which is still not sufficiently utilized. According to one of the main strategic goals of the Strategy, the competitiveness of the planning regions should be based on dynamic and sustainable development, therefore identifying among the priorities for achieving this goal *Creating competitive advantages of the planning regions through tourism promotion of natural heritage for tourism development* in the planning regions as well as providing institutional support for the development of different types of tourism. In this sense except the lake and the mountain tourism, alternative forms of tourism (such as speleology, hunting, etc.) are recognized as active forms of tourism that have potential in the planning regions.

The National Strategy for Sustainable Development in the Republic of Macedonia (2009-2030) gives an overview of certain components related to sustainable development of tourism. Within this National Strategy, one of the recommendations for sustainable development through the support of small and medium-sized enterprises is considered: "The highest potential for small and medium-sized enterprises exists in the following sectors: tourism, industry (textile, machinery, automotive, energy and transport). , ICT), agriculture (primary production and biofuels) and food production (wine, cheese, tobacco, food, herbs, etc.) and handicrafts (art crafts, woodworking, cultural services) ", which means that with the Strategy is accepted the meaning of these small and medium producers who have in the development of tourism, and therefore socio-economic sustainable development RN Macedonia. This strategic document records the current situation of natural (and cultural) heritage in RN Macedonia, which is assessed as positive, but also identifies the needs for their protection in the future: "... the rich natural and cultural resources of RN Macedonia at the moment are still intact. All of this, in the context of sustainable development, means that wise steps and activities aimed at preventing and protecting the environment and natural and cultural heritage are needed. " In the Strategy: "Goals and guidelines should be rich and relatively untouched natural and cultural resources of RN Macedonia. Hence, the goal will be towards sustainable integration of tourism, forestry, agriculture and industrial sector with sustainable support from the energy, infrastructure and transport sectors. Namely, one of the defined needs within the framework of the diagnosis of the overall situation of sustainable development in RN Macedonia is: "Need for structured strategic work and planning in tourism, which is a sector with great potential"

The Strategic Plan of the Agency for Promotion and Support of Tourism (APST) for 2020 has identified 6 priorities related to the optimized internal organization of APST, implementation of program activities, new forms of promotion, strengthening the relationship with the tourism economy, increased support in the creation of new tourist attractions and support in the area of subsidizing the tourism sector. This program envisages activities to

increase support in the creation of new tourist attractions, in particular in the creation of new tourist attractions for active tourism such as the arrangement and promotion of hiking and cycling, alpine and cycling and sport climbing activities. This proactive attitude of APST towards recognizing the potential of active tourism for improved tourism development of the country confirms the importance and the need for development of this type of tourism in function of diversified tourism offer at the state level.

The **Strategy for the Development of Sports Tourism with Action Plan (2015–2018)**, as a strategic document, has an operational character enabling the applicability of the planned activities towards the development of sports tourism. An overview of the potentials and accommodation capacities associated with sport tourism by regions is a good basis for understanding the opportunities for utilizing these potentials for active tourism in the area of sports activities and events.

In the **Northeast Planning Region Development Program (NEPR) 2015-2019** tourism is identified as a real need of the region, given the very small almost insignificant share in the total tourism turnover of RN Macedonia which is less than 1%. To this end, achieving sustainable rural development through the development of a competitive tourism offer is set as one of the medium-term goals of this program through set priorities: development of alternative types of tourism is among the priorities for revitalizing rural areas and creating conditions for better development of the region, valorization and mapping of natural and cultural heritage, formation and promotion of regional tourism products, improvement of tourist infrastructure, provision of infrastructure to tourist sites, improving signalization and visualization of tourist attractions, strengthening human resources in tourism and capacity building for the development of tourism. In this context, the development of active tourism as well as hunting, mountain, cultural and rural tourism will enable the attraction of tourists who will be introduced to the natural and cultural treasures of the region. The creation of regional tourism products as a measure of this program provides opportunities for selecting and prioritizing the region's appropriate natural resources for inclusion in alternative types of tourism, including the active one. Having in mind that the Active Tourism Sub-Strategy includes analysis and recommendations for development and promotion of this type of tourism at regional level, in the process of its preparation appropriate regional strategic documents are included. This is also due to the fact that the above strategic documents only partially address the issue of active tourism development, and there are no specific commitments, goals, priorities, undertakings, activities and tasks related to the organization, implementation and substantive promotion of active tourism development at national level. Hence, the importance of this Active Tourism Sub-Strategy in detailing the existing conditions and conditions, as well as defining and prioritizing the potentials for the development of active tourism not only at national level, but also at regional and local level. In this sense, the existing Registers for Rural Tourism Development Potentials in the planning regions are taken into account as these

documents also cover the natural values and potentials present in each of the tourism development regions. Registries are an important basis for carrying out inventory and valorisation, and thus the prioritization of natural resources and attractions for the purpose of developing this Sub-Strategy. The results of the Registry research support the definition of an inventory framework for the development of the Active Tourism Sub-Strategy. According to the criteria for preparation of the Active Tourism Sub-Strategy, analysis of the strategic documents at regional level should also be carried out. The existing plans and programs for the development of the planning regions, as well as the strategies and programs for the development of tourism at the regional level are in that function.

The **Study for optimal use of the natural wealth of the NEPR for tourism purposes** through valorisation of the natural values shows the possibilities for various contents for the purpose of developing active tourism in the region such as recreational hiking, mountaineering, speleological activities, mountain biking, cycling along numerous mountain roads, paragliding, and staying winter sports tourism.

Among the planning documents that more fully explore the possibilities for active tourism development is the **East Planning Region Tourism Development Strategy (ESPR) (2016-2025)** according to which the region has excellent conditions for developing the following active tourism content: tracking , winter sports, jeep safari, off-road, moto activities, mountain biking, water activities, paragliding, adrenaline parks, zip lines and mountaineering. Given the presence of different natural contents: mountains, gorges, canyon parts, waterfalls, dense forest areas, viewpoints, etc., according to measurements and analyzes, the area of ESPR has opportunities for development of active tourism with various contents.

In the South East Planning Region Development Program (SEPR) 2015-2019 analysis of the tourism offer of the region and the conditions in tourism shows that the region has a solid tourist offer which is an important basis for the development of active tourism. This program also records the existing offer for active tourism through: Dojran - Paljurci recreational trail, Dojran lakeside recreational trail; Iron Curtain Trail; as well as hiking, cycling and mountain trails in the Strumica micro region. According to the program, sustainable tourism development is identified as a strategic goal with the development of tourist attractions, services and facilities as one of the measures for development of tourism Infrastructure that is defined as Priority 2.2: Integration of the Tourist Offer and Promotion of the Tourist Destination.

In the **Study for Identification of Strategic Locations for Organizing Information Points along Corridor 10 and Highway m-5 in Vardar Planning Region (VAPR)** aimed at valorizing its natural, cultural and other values for creating potential for tourist offer to foreign and local domestic tourists and users of the region's road infrastructure have also identified potentials for developing active tourism. In fact, through this study, the development of transit tourism, by attracting transit tourists and motivating them to stop and stay in the region, will influence the development of active tourism as an alternative tourism in the Vardar Planning Region.

According to this study, based on the analysis of the natural features of the region, the area of Jakupica has potentials for development of tourist-recreational activities that can take place in four zones: Patishka Reka as winter resort, Gorno Jabolciste Kitka - Karadzica and Shaples as recreation centers.

The **Pelagonija Planning Region Development Program (PEPP) (2015-2019)** embeds the potentials for tourism development and in this context active tourism, among which are the national parks, the numerous nature monuments and particularly Prespa Lake, Marko Towers, several nature reserves, mountains and caves. The analysis in the Pelagonia region program shows that there is a rich and diverse tourist offer for a variety of cultural, sport-recreational and event content as a basis for the development of different types of tourism such as cultural, mountain, rural, event, sport-recreational, hunting, and adventure tourism has been identified with a special role and significance. According to the program, Treskavec and Krushevo have been identified as places for take-off and landing of paragliders. To this end, infrastructure has already been developed to create a competitive offer of this type of tourism: marked mountain trails on Baba Mountain and Buseva Mountain, built regional moto crossroads, built-in landing and paragliding sites (Treskavec and Krusevo), given financial support to tourism service providers in the region to achieve the legal standards for categorization which created the initial conditions for the development of active tourism.

The **Southwest Planning Region Development Program (SWDP) 2015-2019** is a strategic document of the planning region, which is important for the development of tourism and in that sense active tourism. This document recognizes the role of tourism in the overall socio-economic development. In fact, "Tourism development linked to natural (and cultural) heritage" is one of the four defined medium-term goals of this region. As identified priority to achieve, it is foreseen to develop the infrastructure and improve the arrangement of the natural (and cultural attractions) for the purpose of tourism. Given that the region has adequate resources for the development of mountain-tourism activities "It is necessary to mark and trace the paths for hiking and mountain biking. The foreign tourist clientele requires standardized and quality routes for such activities. "These activities are related to measure 3.1.2. Development of hiking trails and their networking with other regions. The vision of this strategic document identifies the importance of natural heritage for tourism development: *"The Southwest Planning Region is socio-economically and infrastructural developed, with sustainable management of natural resources, respect for multicultural diversity, preserved environment and recognizable culture"*

The **Polog Planning Region Development Program 2015-2019** is an important strategic document at the regional level in the Polog Planning Region (PoPR) as in other planning regions. The program attaches relatively great importance to the development of tourism in the planning region, and thus to the development of active tourism. In this sense, one of the envisaged medium-term goals to be achieved under this Program is: "Sustainable development

of sport and recreation centers in the region through the valorisation of natural and cultural values" which put natural values and sport-recreation centers in the function of tourism development.

The Vision of this program identifies the potentials for tourism development according to which PoPR is seen as a "Region with a developed infrastructure and established partnerships for fast sustainable urban and rural development with modern tourism facilities, where multicultural values are nurtured and optimally used. It also recognizes the need for infrastructure development and catering facilities that should result primarily in the reconstruction of the cable car Tetovo- Shar Planina and Popova Shapka sports center, tracing system, region for sport and recreation as important capacities for sport-recreational active tourism. Also, the need of protecting cultural (and natural) heritage within the planning region is recognized. Particularly important is the indicative activity of creating new tourism products and programs.

Skopje Planning Region (SKPR) in its **Skopje Planning Region Development Program (2015-2019)** recognizes tourism as one of the six strategic areas to be developed, namely: Transport and Infrastructure, Agriculture and Rural Development, Economics and Investment, Environment, Tourism and Culture and Education and Social Policy. The Vision of this program identifies the potentials for tourism development under which the SKPR is seen as "competitive" region with a recognizable potential for investment and development in order to raise the standard and quality of life of citizens and to utilize and protect the natural and cultural heritage evenly across the region. " According to the indicators for stay and realized income, SKPR is after the SWPR for which the medium-term objective of this program is to ensure the sustainable use of natural (and cultural) heritage in the function of tourism with the following defined priorities: capacity building and partnerships aimed at exploiting the natural (and cultural) heritage for the development of tourism, improvement of tourism infrastructure and designing recognizable regional tourist offer.

As can be seen from the above analysis of strategic documents at national and regional level, natural heritage has an important place in the strategic commitment to the development of planning regions. However, only in certain planning regions there are specific activities for the creation of specific tourism offers for active tourism content. This poses the real need to create a special strategic-planning document for the creation of priority values that will have a fundamental role in newly created active tourism content, as well as identifying complementary values that can be incorporated into other select tourism offerings of selective types of tourism. This will significantly improve the content of the tourist stay, as well as increase the quality level of services, products and activities offered.

5.2.3 An overview on the potentials for active tourism in RN Macedonia

The overview of the potentials for active tourism involves an analysis of all the characteristics related to natural and cultural resources, accommodation and sports and recreational capacities presented through their constant and dynamic parameters. It refers to spatial indicators, tourism potentials as a resource base, the scope, structure and dynamics of catering and tourism facilities, sports and recreational facilities and tourism turnover. The planning regions have various potentials for the development of active tourism in the context of overall tourism development. Their potentials are directly related to the resources at their disposal. The regional approach to the analysis, classification and valorisation of the resources and potentials of the 8 planning regions has been conducted to identify the potentials that actually constitute factors for the development of active tourism as the basis for creation of this Sub-Strategy. Therefore, the overview of the potentials for active tourism is of particular importance not only for the development of this type of tourism but also for the overall socio-economic development in the following period. In this context, the development of active tourism needs to be considered from two aspects. Firstly, it should be the basis for vitalization of all potential environments that are not used in this sense, and secondly, to be accepted as complementary to tourism development in other types of tourism environments thus contributing to enriched tourist content offer. The need to develop the Sub-Strategy has its basis in activities already undertaken to develop active tourism as individual initiatives at the state level, which show that diversified supply with active tourism development already shows positive results such as the Pelagonia and Southwest Planning Region. The analysis of the conditions and opportunities for development of active tourism in the planning regions will enable to identify and utilize the resources as tourist potentials in the tourism offer for active tourism and creation of tourism products in this sense. Therefore, the research aims not only to record the potentials, but also to understand the functionality of active tourism as an integral part of the tourism development of the regions. In this regard, the FAS methodology is applied in the methodological approach in the potential review, which primarily involves registering occurrences and processes that represent factors, attractors and support. This methodology allowed the assessment of tourist content as factors and attractors. They allow us to see regions as destinations that are perceived as complex by subsystem interactions in these three areas. The results of the assessment of the space of local communities and tourism potentials allow for future planned use of the space for tourism development. They are the basis for future upgrades and updates as process categories.

5.2.4 Situation and opportunities for development of active tourism by regions

Like other sectors of the Macedonian economy, tourism is facing ongoing changes related mainly to economic and social changes in the country and regions. Such changes require constant adjustment to contemporary trends and changes at the international level, but also to the country's competitive destinations in the region. Due to the presence of neighboring landlocked countries (Bulgaria, Albania and Greece), it is necessary to consider activities to increase the country's competitiveness in the region.

The current development of tourism is due to an inadequate balance between existing tourism potentials and the effects of development. The existence of such potentials can produce positive results, both nationally and on a national level regional level. In this regard, the National Strategy for Sustainable Development and the Strategy for Regional Development, as strategic documents, pay particular attention to the regional level in tourism planning, and in line with the sustainable development postulates. Determining the state and opportunities for developing active tourism by identifying tourism potentials is not an easy task, either at national, regional or local level. It requires the active involvement of stakeholders from all sectors directly or indirectly involved and related to tourism. Therefore, the analysis of the current state of the possibilities for active tourism by regions is conducted in order to provide a basis for future research and development activities. Within the Regional Development Strategy, there are identified regions with potential for tourism development according to the presence of different natural and cultural attractions. But the current situation points to a lack of identified types of tourism as priorities for tourism development in the regions. Priorities should be the basis for creating a competitive tourism offer and enable regional connectivity and the creation of competitive regions. As part of the situation analysis, a regional analysis and assessment of the potentials for active tourism in the eight planning regions was conducted.

5.2.4.1 Analysis of the conditions and opportunities for development of active tourism in the Northeast Planning Region (NEPR)

The North-East Planning Region (NEP) covers an area of 2,310 km², the territory of which is 9.3% of the territory of the RN Macedonia. The region borders internationally with Bulgaria, Serbia and Kosovo, making connectivity through Kyustendil District with Bulgaria, Pchinja District with Serbia and Gjilan / Gnjilane District with Kosovo. At national level, this region borders the Skopje and East Planning Region, which, with the presence of heterogeneous contents in their areas, opens possibilities for creating an enriched tourist offer for the purpose of developing active tourism. The spatial-geographical position of the NEPR is an opportunity to combine the tourist values that this region possesses with the values that do not exist in the neighboring countries or planning regions where the combination of own values

with the values in other regions will enrich the tourist offer. This diversity can be particularly pronounced through increased tourist attendance as a result of the favorable transit position of the NEPR as a result of the extension of the international corridors 10-E75 (Tabanovce-Gevgelija) and 8-871 (Kumanovo Deve Bair). In fact, the position of this region is at the junction of the main traffic arteries of RN Macedonia thus opens up opportunities for complementing the environments that have the potential for active tourism on the transit tourism offer. The presence of transit tourist sites located on the main road routes enables the provision of better services to active tourists in combination with transit.

From the mountains that are present in this region as geomorphological values, are Osogovo Mountains, Kozjak, German and Bilino. The most favorable conditions for ski tourism activities exist on the Osogovo Mountains, more precisely around Carev Vrv, Kalin Kamen. Favorable space conditions and favorable conditions for skiing are the basis for the combined contents of the stay in these areas and the surroundings. Opportunities for hiking, mountaineering and other sports-recreational activities should be used to create offers with active tourism content. Suitable conditions for such activities are on the peaks: Ruen - 2252 m (Osogovo Mountains), Peren - 1326 m (Kozjak), Modra Glava - 1390 m (German Mountain) and Straza - 1547 m (Bilino).

The Bislim Gorge, which is embedded in limestone rocks and is of old age, is particularly prominent in the NEPR. Its steep sides that in some places almost resemble a vertical canyon. In this gorge there are a dozen caves and precipices, up to 90 m long and this area has great potential for climbing, or mountaineering, sports, recreational and educational visits in active tourism. In the region there are gorges of Zletovska River (10 km long, 300-400 m deep) and Lipkovska River with Gosinska River.

Speleological tourism can be developed with activities for visiting the longest cave Studen Cave (90 m) and the deepest pit Markova House, about 40 m deep. With its cave jewelry, the most interesting is Lishkov Cave, in the southern part of the gorge (2 km upstream of the village Pchinja). Besides the caves and pits, the relief in this area is very interesting, with numerous scrabs, sinkholes, dry valleys, faults. Such relief forms enable mountaineering, caving, recreational hiking, educational activities. Volcanic forms are particularly common. Kuklica, Cocev Kamen (village Chopsko Rudare), Kostoperska Karpa or Jegligovski Kamen are volcanic forms that with their impossibility have opportunities for educational activities, rock climbing and rock climbing (Study on optimal use of natural resources of the NEPR)

The region has thermal springs and mineral springs. Thermal mineral waters have Strnovac (40 ° C flow 35l / sec) and Vrukja Voda - village Topolovpa, Kratovo (48 ° C energy 12 l / sec), mineral source Viziana near the village Kleckovce (rich in magnesium) and Lipkovo near the village Shupli Kamen.

The rich river network is represented by the following rivers: Zletovska, Lipovska, Gosinska, Kumanovska, Pcinja, Kriva, Tabanovacka, Stoecka, Moshenicka, Toranicka,

Dubrovnicka, Matejacka, Otljanska, Slupcanska River, Lojanska, Serava, Duracka and Bistrica. In this context are the following lakes: 2 small Kozjak Lakes (natural lakes deep to 1 m deep) at Karpino Monastery, Lipkovsko Lake, Lake Glaznja, Knezhevo Lake, Accumulation Bezjacko Brdo Lake, Kalin Kamen (Kr. Palanka) as a hydrographic system Zletovica, micro accumulation on Gulinska River, s. Otoshnica and micro accumulation in the village Ginovce (fish pond). Most of them have the opportunity for water sports and on the beaches for sightseeing and excursions. Opportunities for recreational and picnic activities, hiking activities along their shores, picnics and fishing activities are part of the activities of these rivers

Waterfalls are also part of the tourist attractiveness of active tourism. The following waterfalls are found in the region: Stanechki Waterfall on Kozja River (12m high), Jamishki Waterfall on Zletovska River (8m high), Slopes and Falls on Radibushka River (5-6m height), 7 Waterfalls on Kratovska River (height 2 -6 m), 4 waterfalls on Babakarina River (height 14 m) and Waterfall Dlabocica (of Bistrica River, 6 m high) near Staro Nagoricane.

The development of active tourism found also found in spa tourism. Kumanovo Bath in the village of Proevci (water temperature 28 ° C - 31 ° C) has significant potential.

The region is under forest at an area of 21.34%. The region is taking care of the afforestation so that it is planned to plant 11,800 ha by 2020.

The region is known for its developed hunting structure. It has a total of 27 hunting grounds in the region, 20 for small and 7 for large game. Big game is hunted in the following hunting grounds: "German" - Rankovci, "Borovo" - Kr. Palanka, Luke - Kr. Palanka, "Ruen" - Kr. Palanka, "Strima" - Lipkovo, "Dumanovce" - Lipkovo, Kozjak "- Kumanovo and Staro Nagoricane, "Dlabocica "- Staro Nagoricane, "Cvetishnica "- Staro Nagoricane and" Trново "- Kriva Palanka.

Fishing activities take place in 4 fishing sites (Kumanovo, Kr. Palanka, Kratovo, Staro Nagoricane).

Horseback riding in the region has the potential to be required in the 2 330 breeding horses.

Active tourism attractions located in the following protected natural sites are: Plate-lithotermes (Strict Nature Reserve), Basalt Plates-Ml. Nagoricane (Monument of Nature), Kuklica (stone dolls, volcanic forms as a result of selective erosion), Bor-Kratovo (Monument of Nature), Karshi Bavchi Gardens (Monument of Nature) and Dab-Orasac (Monument of Nature). Their visit is eco-friendly within the framework of active tourism.

Popular sport events in the region are: Motocross - Staro Nagoricane, Jeep Rally (Kriva Palanka) and Golden Days (Kratovo). They are also important for the development of active tourism изам.

5.2.4.2 Analysis of the conditions and opportunities for development of active tourism in the East Planning Region (EAPR)

The East Planning Region (EAPR) according to the area covered (3537 km²) extends to about 13.7% of the territory of RN Macedonia (Tourism Development Strategy in EPR, 2016 - 2024). This region has remarkable rural-mountain characteristics that represent significant potentials for the development of active tourism. Its international connection with Bulgaria provides connectivity with the Blagoevgrad district which is a good basis for developing cross-border co-operation primarily as a form of project co-operation, and for the creation of cross-border tourism content for active tourism. The EPR's interoperability with the Northeast, Southeast and Vardar region, on the other hand, opens possibilities for utilizing the tourist values found in these regional units to initiate activities, projects and open opportunities for investment in the arrangement and equipment of spaces and facilities that will be in the development of active tourism in this wider area of the territory of RN Macedonia.

The complex terrain configuration of the EPR area with several mountains, valleys, river valleys, gorges, canyons, caves, volcanic forms and a variety of attractions are an important basis to incorporate the various ways of offering active tourism in this area. The following mountains should be mentioned here: Vlaina, Golak, Maleshevo Mountains, Osogovo Mountains and Plachkovica. Osogovo Mountains have the most favorable conditions for ski-tourism activities around Carev Vrv, ie Kalin Kamen. The most favorable conditions for ski-tourism activities are on the Osogovo Mountains, and also have excellent conditions for hiking, trekking, climbing, mountain biking, paragliding and other activities for active tourism. Mountain peaks with pronounced heights above 1500 m (Carev Vrv - 2,085 m on Osogovski Mountains, Lisec - 1,754 m on Plachkovica, Kadiica - 1,932 m on Vlaina, Jami Tepe - 1,803m on Maleshevo Mountains, Chavka - 1.536m on Golak) They have the potential for mountaineering, snowboarding, freestyle-skiing, sightseeing, photography, panoramic observation and more. range of tourist activities taking place on the mountain. Given that 56% of the EPR area belongs to mountainous areas and that there are 9 mountains of which one is higher than 2000 m, the importance of mountainous areas for active tourism in this region is obvious. The expressive scenery that features the Istibanjsko-Ochipalska Gorge, the Zletoska and Zrnovska River Gorges, and the Kamnik Canyon are suitable for picnics, outdoor activities (camping, rock climbing, bird watching) and educational content.

The Osogovo Mountains have the most favorable conditions for ski-tourism activities around Carev Vrv, at Kalin Kamen. The most favorable conditions for ski-tourism activities exist on the Osogovo Mountains. They also have excellent conditions for hiking, trekking, mountaineering and climbing, mountain biking, paragliding and other active tourism content. Mountain peaks that are with heights above 1500 m (Carev Vrv - 2,085 m on Osogovski Mountains, Lisec - 1,754 m on Plachkovica, Kadiica - 1,932 m on Vlaina, Jami Tepe - 1,803m on

Maleshevo Mountains, 1.5 Gavak) have the potential for mountaineering, snowboarding, freestyle-skiing, sightseeing, photography, panoramic observation and more. It is a spectrum of mountain tourism activities. Given that 56% of the EPR area belongs to mountainous areas and that there are 9 mountains of which one is higher than 2000 m, the importance of mountainous areas for active tourism in this region is obvious. The expressive scenery that features the Istibanj-Ochipalska Gorge, the Zletoska and Zrnovska River Gorges, and the Kamnik Canyon are suitable for picnics, outdoor activities (camping, rock climbing, bird watching) and educational content.

Turtel Caves, Golema Cave, Kjup, Ajduchka Dupka, Turtel and Ponor, then the Kiselicka Cave and Konjska Dupka, as well as the anthropomorphic Lesnovo caves are possibilities for development of speleological activities. The longest and most attractive to visit are the Turtel Caves. They need to be arranged and controlled for the visits.

The region is characterized by the presence of a Paleo-volcanic relief located between Probitip, Zletovo and Kocani. These are: Lesnovo caldera, Plavica Volcanic Cone, Rajchanska cone and caldera and Bukovik. The most attractive is the volcanic cone and caldera Lesnovo.

This volcanic region has all the potential to develop as geopark. Thus, the space would be the basis for pleasant tours, educational and scientific research activities in nature.

There are springs in the region. They are ordinary, mineral and thermo-mineral. Some springs such as those of Bregalnica, Dvorishka Reka, Kamenichka Reka, as well as other numerous springs and fountains, especially in the mountains have drinkable water and cold water and are an important resource for visiting as part of hiking, picnicking and camping. Kezhovica or Cheshinovo Bath are great for development of spa tourism. Its reconstruction and revitalization works is in function not only for spa activities, but also for recreational and sports activities in its surroundings.

Within the region, Bregalnica river is a basic hydrographic artery. The tributaries of this river are: Zletovska River, Zrnovska River, Kochanska River, Orizarska River, Kamenichka River, Zhelevica, Kriva Lakavica and Gradecka River, and Dvorishka River is a tributary of Struma. Given that the lower flows are with unstable waterfall their attractiveness for active tourism is in the upper flows. Clear water and flows in narrow valleys, with rapids and waterfalls, are excellent natural attractions for active tourism

Waterfalls as are the: Pehchevski on Bregalnica, Spikovski, Crnodolski, Jutak, Skokot, Zh'tachki, Dzudzevski on Dzudzevska River, Jamishki and Emirrichki on Zletovska Rive, waterfalls on Zrnovska River at Devichi Virir are rarity and huge potential for active tourism, not only because of their diversity, but also because of the possibility of sightseeing and climbing along the steep sides of the riverbed.

The region is rich in lakes, also. Artificial lakes Kalimansko, Berovo Lake, and Gradce are suitable for sport fishing, rowing sports, water fun on its shores and social games, Lake Loshana

and Sandanski in Delcevo area are suitable for walks and picnics. The natural lakes of the so-called Small Lakes of Chengino Kale and Kundinsko Lake that have become formed by volcanic denudation processes are also suitable for educational and recreational activities.

Ecotourism, finds its basis in protected spatial units and objects. They are classified as follow:

- Nature Reserves: Goten (Delcevo), Linak (Berovo), Malesh (Berovo), Berovo Lake (Berovo), Zrnovska River (Zrnovci), Judovi Livadi (Pehchevo), Lomia River (Zrnovci), Dark Andak (Berovo), (Delcevo and Dolna Zletovica).

- Monuments of Nature, Zvegor (Delcevo), Cave of Konjska Dupka (Delcevo), Morodvis (Zrnovci), Machevo (Berovo), Dab (Kocani), Muret (Berovo), Crna Dudinka (Probistip), Mocharnik (Shtip) (Berovo).

Forest vegetation is characterized by its diversity and presence. Deciduous forests are widespread such as oak and beech, evergreen forests like pine, fir, spruce and spruce are widely distributed. It is a great opportunity to move through the colourful forests.

There are 1,411 horses in the livestock fund that is great potential for this type of tourism..

Hunting tourism has remarkable recreational characteristics in EPR. It has a total of 40 hunting grounds, the most significant of which are Polaki and Konce and Golak, Osogovo, Maleshevo, Obleshevo and Mangovica.

There are 5 fishing areas in EAPR. It is an important factor in the development of active tourism, as it enables it to participate in recreational, sports and gastronomic events.

The region is characterized by numerous sporting events: The EPR Register records the following: Todorian races, Vinica (authentic sports customs), Jeep Rally, Plachkovica, Spring cross, Kocani, Regional sports competitions, Pehchevo, Selection of the most successful athlete, Kocelio on the occasion of European Mobility Week, Kocani, Race for Peace, Kocani, Car Day, Kocani, Petrovden Small Tournament, Kocani, XVI Regional Pension Sports Games, Makedonska Kamenica, Olympic Day, Berovo, Sport and Culture Week, robishtip, Ilinden Sports Games (in big football) in the village. Cheshinovo, Cheshinovo - Obleshevo, Marsh from the village of Cheshinovo. Rusinovo to Petlec, Berovo, Sports and Family Values, Pehcevo, Sports Summer, Sports for All, Zrnovci and Revital Tennis Tournament between elementary and high school students, Delcevo. It is an excellent opportunity for active participation and monitoring of events.

5.2.4.3 Analysis of the conditions and opportunities for development of active tourism in Pelagonija planning region (PEPR)

Pelagonia Planning Region (PEPR) is a region in which there are visible potentials for tourism development, and in this context active tourism. This region is the largest in RN

Macedonia. It covers a total area of 4.717 km², or 18.3% of the total territory of the country. PePR's contact with Greece and Albania is good basis for developing cross-border cooperation primarily as a form of project cooperation, and for creating cross-border tourism content for active tourism. In fact, there is an ongoing project financed by the IPA Cross-Border Cooperation Program between Greece and RN Macedonia, which runs the Center for Development of Development of 3 (3) cross-border tourism products with active tourism content. One of the tours has full content for active tourism. On the other hand, the contact with the Southwest Planning Region and Vardar Planning Region and the presence of heterogeneous contents in the Border Planning Regions constitutes the basis for an enriched offer in the function of active tourism development and mutual promotion and opening of opportunities for investment in development of areas and facilities which will be in function of the development of active tourism in this wider area of the territory of RN Macedonia.

The presence of localities for transit tourism activities on the international corridor E65 creates opportunities to link destinations within the region to the transit tourism offer and use of the airport St. Apostle Pau in Ohrid, as potential communication and inclusion in the tourism offer for active tourism. Opportunities for Prespa Lake to jointly offer active tourism with Albania and Greece should also be exploited. In this way, the polyvalence of the region will be revealed as a result of the tourist-geographical position it has towards these two neighboring countries, which as an opportunity should be used for a combination of tourist values of mutual character.

The complex terrain configuration of the PePR area has favorable conditions for developing an offer with active tourism content. The mountains in this region (Baba, Galicica, Plakjenska Mountain, Ilinska Mountain, Ljuben, Buseva, Selecka Mountain, Dren, Dautica, Babuna, Kozjak, Nidze) have favorable conditions for skiing, picnic-recreational, sport and recreational activities. That can be created as active tourism content. The skiing opportunities expressed by the denivelation capacity for sport-recreationally active winter content combined with sightseeing and mountaineering opportunities are great potential for this type of tourism

The Skovichir and Demir Hisar Gorge features opportunities for recreational, educational activities and rock climbing. They can also be training centers for mountaineering.

Leskoechka Cave near the village Leskoec-Prespa, on the eastern slopes of Galicica Mountain, Ramniste Cave, near the villages Krstec and Orevec (near Pletvar), formed in Pliocene sediments with a depth of 22 m and total length of canals 115 opportunities for speleological activities that in combination with educational content can be used to create educational-active tourist activities. Within the hydrographic resources, Prespa Lake has the most significant potential for water sports activities but the offer can be enriched with swimming and fishing activities, water sports and entertaining. Active tourism in the region is also linked to the Great and Small lakes of Pelister with glacial origin, the artificial lakes

Strezevo, Bratin Dol, Rotino, Dedebalci, Prilep, Gumenje, the natural-fluvial form "Kapineca" in Dihovo on the Marble Lake – antropogenic lake on the surface marble mines near Pletvar.

Pelagonia belongs to the group of richest environments with ordinary and mineral springs. Such are the Medjitlija Mineral Water Source, Crna Reka Brutok, Crna Dupka near Zeleznec, Baba Mountain Springs, Germian Springs (two are operational), Sunna in Fisheries, Kremenica Springs, Silver Water in Egres and Miner.

The rivers in the PePR have combined features. Sport-recreational activities and fishing can be used, and their shores are suitable for walks and picnics. They are suitable for locating picnic places, recreation areas, camping or nature walks. The river network consists of: Crna Reka, the longest and main river in the Pelagonija region. Shemnica that flows from the bottom of the Pelister peak through Javato into the Black River, Dragor River that flows through the city of Bitola, Red River, Bela River, Eleska River, Brajcinska River and Sapuncica.

Brnjicki Waterfall near the village Brnjik 18m high. provides a rare occurrence in a clean and unpolluted environment providing conditions for a pleasant stay and organizing picnics and camping. Climbing down the riverbed and its sides is a rare experience for participants in active tourism.

Active tourism in PePR is in relation to the forestry, with total area under forests of 133.010 ha or 28.23% of the total territory of the region. High forestation is a great opportunity for hikes and trips, hiking activities and implementation of educational and recreational programs.

Hunting and fishing are part of this type of tourism. In this region, hunting is organized in the following hunting grounds by municipalities: Prilep - Dolneni, Topolcani, Krivogashtani and Vitolishte; Bitola - Bistrica, Novaci, Bach, Staravina, Mogila, Kukurechani, Capari and Dobrushevo; Demir Hisar and Sopotnica; Krushevo and Zitoshe; Resen. Fishing is done by the Prespa Lake and the Crna River.

Sports events are closely linked to active tourism. The following events are organized in the region: Traditional wrestling in Nem Debreste (Dolneni municipality), Small football tournament in Mogila with tradition of 35 years, Small football tournament in Krivogashtani, Novaci small football tournament for small pioneers on occasion Independence Day, Pelister Velesalom, Oteshevo triathlon as a national event, Tour de Galicica as an elliptical sport event in Prespa, national football tournament "Ilinden" in Krushevo, Paraglider and Zmajar national, international, serial, Ski and World competitions and cups in Krusevo, International FIS Roller Cup Tose Proeski in Krusevo and Krivogastani, International Space Orientation Competition - Krushevo, State Cycling Championships, Nordic Skiing and Biathlon Skiing and Biathlon "Krusevo through Korja".

Given the availability and potential of resources for development of active tourism in PePR, the registration of tourism values is crucial not only for the development of active tourism but also for the overall economic and social boom in the coming period. It is

characteristic for this region that in relation to the other regions it can be freely stated that it is a leader in active tourism, especially through paragliding, bouldering and kite activities in Krusevo and Prilep. The role of this tourism has an important promotional function of the region as a tourist destination, especially in the international context, in the part of organizing sport competitiveness events, which is aimed at a special target of the tourist market that includes active tourists and athletes. On the other hand, the role of active tourism is to complement tourism development with already defined and affirmed tourism products

5.2.4.4 Analysis of conditions and opportunities for development of active tourism in the Polog Planning Region (POPR)

The Polog Planning Region (POPR) occupies the northwestern part of the RN Macedonia, extending into the Polog Valley and the Radika River valley. The region covers 9.7% of the total area of the country. The high mountainous terrain, the specific relief and the climatic conditions make it possible to locate the most famous winter tourist and recreational centers in the region, which have great potential for enriching the tourist offer with active tourism content. The presence of heterogeneous content in this region complemented by those of Albania and Kosovo as international spaces on the one hand and border planning regions (Skopje and Southwest), and on the other hand emphasizes the extremely favorable contact of the whole space. This spatial unit is the basis for an enriched offer for the purpose of developing active tourism. The presence of Sharr Mountain, Suva Gora, Jeden, Bukovic and Bistra provide conditions for ski tourism activities that are particularly favorable on Sharr Mountain and Bistra in Mavrovo. The most favorable conditions for ski tourism activities are on Shara Mountain. The most favorable conditions are in Mavrovo. The transit position of the Polog region and the presence of localities for transit tourism activities on the international road E65 opens up opportunities for overlapping destinations within the region. Skopje International Airport as a communication potential and inclusion in the tourism offer for active tourism. These sites also allow for better intra-regional communication. The presence of the Brezovica ski resort on the Kosovo side of Sharr Mountain opens up opportunities for a combination of tourist values with the Polog region in creating active tourism content.

Ski conditions can be supplemented with other active tourism content. Due to the high altitude of the mountain peaks in this region up to 2764 asl of Golem Korab there are possibilities for mountaineering. The retention of snow cover has the advantage of developing winter sports and recreational content.

Opportunities for educational activities and rock climbing are also found in the Dervenska Gorge beside the Vardar River, which is 21.5 km long, cut into limestone at Zeden on the right and Gradiste and Dolgi Rid on the left of Vardar. This ravine connects the Polog Valley to the northwest and the Skopje Valley to the southeast. In addition to this ravine, Karpalak,

which is adjacent to the Yeden Mountain, and Barich in Mavrovo National Park can be used for sports and recreational activities. The three famous caves of this region: Cave Ubavica, Alilica and Kalina Dupka have various cave ornaments, interconnected canals, underground watercourses and waterfalls (Ubavica) that have excellent opportunities for active content related to their visit, recreational activities and hiking.

The hydrographic potential of the Polog region is characteristic with the river network. The rivers Vardar, Pena and Radika are the most famous rivers and rivers with the highest tourist potential, but the most important are: Mazdračaa, Bistrica, Rostushka River, Lakavichka River, Bogovinska River, Karabunar, Palshitska River, Recica, Porojska, Vejacka, Neprakinska, Neprosteska, Neprostska, Odranska River, Belovishka and Ljubotenska. They are suitable for fishing, boating on their shores and water sports. The opportunities for recreational activities, educational visits and exotic experiences associated with climbing and descending by the waterfalls are especially noticeable in the Belovichki, Gjenevichki, Duff and Korab waterfalls. The terrain configuration and variety of terrain create conditions for recreational content, hiking tours and the creation of hiking trails. On the other hand, the high forest belt in this region and the significant pasture area can be used to create active tourism content with educational, winter sports and recreational components. In the context of the use of waterfalls as a basis for the development of active tourism.

Mavrovo Lake has a dominant place in the development of active tourism. It is by far one of the largest in RSM. Around it and around it are opportunities for water bathing, fishing, recreational activities, hiking and cycling tours and picnics and camping.

Glacial lakes are suitable for exploring, photography, and educational and research activities. They are predominantly represented on Shar Planina. The most famous are: Karanikolichko, Belo, Black and Bogovinski Lake.

The region belongs to the most forested area in RN Macedonia. It provides a pleasant stay and hiking through such vegetation. It is suitable for viewing, creating forest and adrenaline parks.

Hunting and hunting specialties are based on organization in this regard. The following hunting areas and hunting grounds are organized in the region: In the Tetovo hunting area there are large game hunting grounds such as Jelovljane, Leshnica, Ljuboten, Sedlarevo and lush game hunting areas such as small game hunting grounds in Miletino, Jerovjane Grupchin, Trebosh, Janchishte and Orashje.

In the hunting area Gostivar large game hunting grounds are: Zelezna Reka, Simnica, Jelovce and Mazdračaa, and on small Vrapчиштete and Balin Dol.

Active fishing tourism in the form of Mavrovo Lake is represented by the Vardar River and its tributaries Ravenska, Lakavichka, Mela River, as well as the tributaries of the Lakavichka River: Simnichka, Bigorska, Padalishka River and Trnovska River. The sporting events are part of the active tourism in the PoPR. The following events are organized in the region: International

Paragliding Tournament, Sharplaninski Ski Cup known as Shara Cup, Bekaa Ski Cup, Mountaineers' Gathering on 1st and 2nd August at Ljuboten Mountain Resort and Mavrovo Bike Tour.

5.2.4.5 Analysis of the Conditions and Opportunities for Development of Active Tourism in the Southwest Planning Region (SWPR)

The Southwest Planning Region (SWCR) covers an area of 3,306 km² whose territory comprises 12.99% of the territory of RN Macedonia (Center for Development of the Southwest Planning Region). This region is characterized by its dominant role in the Tourist development of the country, accounting for about 47% of RN Macedonia's total tourist turnover. The current position in the southwestern territory of the country and the border with Albania through the municipalities of Ohrid, Struga and Debar provides opportunities for exploiting the potentials of the neighboring areas to create a tourist offer with active tourism content. On the other hand, the contact of the region with Pelagonia, Vardar, Skopje and Polog enables complementing the tourist offer of this region with the other four regions of the country, which has great potential for creating a regional tourist offer with diverse contents of attractive tourism and dispersion of the tourist offer. through this space. What is particularly characteristic of the SWPR is its very favorable transit position both nationally and internationally. The E-65 highway (with M5: Ohrid-Resen; M4: Ohrid-Kicevo-Skopje;) crossing this region connects with Pelagonija and Skopje Region, E-852 towards Albania, and regional roads R-1201 , P-1208, P-1303, P-1305, P-1306, P-2246.

The relief forms in the SWPR are particularly expressed through their complex configuration representing significant resources that can be incorporated into the creation of a tourism offer for active tourism. The diversity is manifested by the presence of mountains, valleys, gorges, caves, surface karst forms and post-volcanic forms. There are over 20 mountains in this region, among which Galichica, Jablanica, Stogovo, Krcin, Bistra branches in the municipality of Kisevo, Jelovca, the branches of Dautica and Karadzica in the municipality of Makedonski Brod, Plachenska and Ilinska Mountain. The peaks of these mountains are for mountaineering purposes. The disadvantage is that there is no winter sports center with traced ski slopes in the area of SWPR. Centers Vishni on Jablanica and Oteshevo on Galicica. But mountain sides, ridges, landscapes, numerous surface and underground karst relief forms, flora, mountain pastures, forest vegetation, rocky peaks, sheepfolds and surface waters are great potentials that can be used in recreational-recreational sports. active tourism. The five valleys (Ohrid-Struga, Debrca, Kichevska, Debarca and Porecie) have opportunities for hiking, cycling, horse riding and so on. The gorges of r. Black Drim, on r. Radika, on r. Treska, Rusjaci, Brodska Gorge, Mala Reka (Debar), Beleshnichka Reka, Jelovechka Gorge (near Boskov Most)

and Debrshtica River - Echlovechka River are suitable for sport, educational-recreational, hiking and alpine activities.

The region has a unique post-volcanic form of Duvalo that is particularly attractive for active tourism. It also has educational features.

A special feature of the SWPR is the presence of a large number of caves with impressive dimensions, special curiosities of caves decoration, clear crystals, cave lakes, underwater canals and cave life for which there are conditions for activities to entry into the caves and pits. However, what is particularly important in this context is the existence of adequate visitor security conditions. Although large in number, not all of them are valorized for tourism and arranged for visit. In this context, the following are highlighted: Vevcani Springs (Vevcani), Kalina Dupka (Drugovo), Jaorets (Velmej), Milnik (Tash Marunista), Krapski Ponor (Makedonski Brod), Peshna (Makedonski Brod), Samotska Dupka (Ohrid) and Slatinski Izvor (Makedonski Brod), Mamichek (Samokov), Golubarnik (Samokov), Laparnik (Samokov) and the cave churches in Struga and Ohrid. There are other lesser known in the region that can be used for speleological tourism and research activities.

From the hydrographic forms Ohrid Lake has a dominant role in this region with already existing active tourism contents which include offers for sailing, water skiing, diving and surfing. Such activities can also be realized on Debar, Kozjak and Globochica Lake. The Slatinsko Lake in Debrca is in the process of being restored. There are also glacial lakes in this region. Such are the Vevcansko, Podgorechko and Labunishki lakes on Jablanica, Gorno, Dolno Lake and Marusha on Stogovo. They have extremely curious and exotic features and can be used for recreational, pedestrian and educational content. Lake Trebenishko has similar characteristics because it is a unified lake. This type of tourism can also use wetlands such as Studentchishko Swamp.

The region abounds with springs that have good picnic sites, clean drinking spring water and educational activities such as outdoor teaching, excursions, a pleasant stay and camping. The most attractive are: Biljana Springs, Sv. Naum, springs near Ramne (Ohrid), Vevcani Springs, Treska spring, Belitsa springs, Studencica springs, Popolzhani mineral springs, Slansko mineral springs, Svinjista spring of salted water, Kichevo mineral springs, Velmeji springs (Debrca), Pitran springs (Plasnica), Peshnica springs (Mak. Brod), springs in the middle of the village Koroshista (Glavina), Spring Shumj (Struga) and Frlogoec springs in Osoj (Debar).

The rivers Crn Drim, Radika and Treska are the most attractive in the region. But also attractive are the following rivers: Garska River, Studencica, Zajaska River, Rabetinska River, Belichko-Brzdanska River, Temnica River, r. Tuinska, Devichka River, Slatinska, Topolichka, Mala River, Lush, Belichka River, Slaneshnica, Krapska, Beleshnichka, Ocha, Pitran River, Modrac River and Vevcanska River (Matica). Climbing through the waterfalls, enjoyable stay and sightseeing and educational-recreational activities are based on the following waterfalls: the Pesocanska River (Debrca), the Stogovska River (Brostica Centar Zupa), r. Frlogoec - Dobrenoec

(Fairies Waterfalls) and Rusjachki Waterfalls (Mak. Brod). The southwestern planning region is also characterized by a high degree of humidity. In that sense, the total forest area is 218,884 ha, which is 65.53% of the territory of the region or 21.15% of the total forest area of the country. Forest areas are often suitable for the development of herbal tourism as an integral part of active tourism. The richness of floristic ecosystems is conducive to eco-tourism development, educational and scientific-research activities. Moving tourists through the woods is a special experience.

Protected areas also serve the purpose of developing active tourism. They have an eco-tourist dimension. In the region is Galicica National Park 22,750 ha, (6.88%) Jasen Multipurpose Area which covers an area of 31,127 ha (9.42%). It is proposed to proclaim as a national park along with Jakupica.

Monuments of nature have: Vevcani Springs, Lake Ohrid, Slatinski Izvor, Duvalo, Upper Slatinska Cave and Beleshnichka River.

The region is known for its hunting areas and hunting grounds. The most significant of international value is the Jasen hunting ground. In the Ohrid region are Karaorman (14030 ha), Debrca (11550 ha), Brezhani (12620 ha), Zavoj (12550), Kosel (8065), Meseista (3110 ha) and Belchista (4167 ha). In the area of Struga are: Belica Drimkol (15850 ha), Rzanovo (15160 ha), Veleshta (2700 ha) and Draslajca (8185 ha). In the Debar region: Stogovo (16406 ha), Deshat (3430 ha), Bomovo (3430 ha) and Banjishte (2000 ha). In the Kicevo Region: - Taymishte (12400 ha), Good Water (11260 ha), Extension (12850 ha), Dusegubica (9950 ha), Knezino (8710 ha), Bukojcani (6780 ha) and Archers (9670 ha). Ships: Gresnica (10390 ha, Sushica (9540 ha), Botuse (9670 ha), Trebovlje (8350 ha), Tazevo (7680 ha), Dautica (15560 ha), Slansko (10520 ha), Vir (5600 ha) and Ramne) (4350 ha).

Fishing is also a recognizable form of this type of tourism. The fishing centers in the region are as follows: Debar which covers the rivers Radika and Crn Drim and Debar Lake, Struga with part of Lake Ohrid, Crn Drim, Belichka River, Jablanichka River, Vevcanska River and part of Sateska. Ohrid on Lake Ohrid and its tributaries and Resen on Lake Prespa. Domestic and international sporting events are held in the region in the interest of active tourism. Ohrid hosts the Ohrid Swimming Marathon, the Small Ohrid Marathon, the Struga Handball Tournament, the 30km Ohrid Marathon, the State Championships in disciplines, school sports games, the all-state Pokrovkar Memorial Tournament.

Active tourism in the region is known for its developed network of cycling and hiking trails. Such are: St. Ilija - Banishte; Jablanica Modric - Vrv Strmnica - Jablanica Village; Vevchani Springs - Red Kladenec-Djankov Kamen - Vevchani Springs; Vevcani - St. Spas - Vevchani; Village Podgorci - Lake Podgorica - Cern Kamen - Vevcanska Lokva - Vevcani - Podgorci; Vevcani - White - St. Clement - Vrv Pisanik - Djankov Kamen - Vevchani Springs; Vevchani - Gorna Belica village - Jumin Vrv - Tri Jilka - Vishni village; Gorna Belica - Cern Kamen - Gorna Belica; marked bike path Osoj "Babini Zabi" - 10 km; "Paradise Valley" - incl. 36 km; hiking trail "Babies teeth" - 6 km;

Marked bicycle path "Jama" Kozica-Boskov Most - 38 km; hiking trail (10 km) and cycling trail (28 km) - Source - monument Koco Racin; mountain biking terrain - cross country Izvor - Ivanchista; hiking terrains Monastery of Dolenci, Jaorec, Malkoec, Popoec, Lopushnik, Popolzani, Judovo, Cher, Kladnik; hiking trails Karbunica, Jagol, Bichinci, Spanje, Malkoec, Podvis, Ahloec, Upper Dobrenoec, Izmir; hiking trails - 7 km Klenoec; marked bike paths - 13 km Vidran; marked hiking trail Prostranje;

The famous paths to Galicica are: Historical Trail - Big City; Hiking Trail - Trail of the Francophonie (Studencista - St. Petka - Studencista) - Short Trails: Velgosti - Rusa Wednesday - Bogorodica; Velestovo - Velestovo riverbed; Raca - Blagojec; Saint Stephen - Hippocene; Lower Konjsko - St. Stephen's Monastery; Horseback - St. Petka; Elshani - Saint Mary's; Pestani - Church of St. George; Trpejca - Shokolsko; Ljubanishta - Joshe - St. Nicholas; Stenje - The Most Holy Mother of God (Purified); Horseback - St. Elijah; Oteshevo Tourist Complex - v. Oteshevo; Leskoec - Source; Harbojca Mountain House (Asan Jura) - Simonska Lokva - Cave - Samotska Dupka; Grandma - Donkey; Grandma - Lako Signoji.

Day Trails: Day Trails: Velgosti - Sveti Nikola - Ljubanska Niva - Shepherd Dog - Letnica - Lom - Ramne - Ohrid Visitor Center; Visitor Center Ohrid - Ramne - Ponik - Krstec - Gorni Studinec - Velestovo - Visitor Center Ohrid; Visitor Center Ohrid - Velestovo - Kilaec - Old Racha - Machuka - Konjsko - Sveti Stefan; Sveti Stefan - Konjsko - Sinev Dol - Shumjak - Elshani - Eagles - Source Glajsho - Sveti Spas - Dobra - Pestani; Trpejca - Small Osoj - Derven - Ramp - Ushine - Ljubanista; Stenje - Konjsko - Stenje; Oteshevo Tourist Complex - v. Oteshevo - Oteshevski Dol - Jurlenci - Sir Jan; Visitor Center Customs - Leskoec - Stenje; Harbojca Mountain House (Asan Jura) - Goga - Gumno - Dupkana - Samivce - Sharbojca Mountain House.

Two day hiking trails: Visitor Center Ohrid - Ramne - Ponik - Krstec - Mountain House Farbojca (Asan Jura) - Fargule - Lomje - s. Oteshevo - Oteshevo Tourist Complex; Visitor Center Ohrid - Ramne - Ponik - Krstec - Harbojca Mountain House (Asan Jura) - Bojazon - Wind Tire - `Rblok - Eagles - Source Glajsho - Sveti Spas - Peak Kodar - Belko Niva - Trpejca; Along the paths of Saints Clement and Naum of Ohrid: Ohrid - Racha - Shipokno - Konjsko - Elshani - Pestani - Gradiste - Trpejca - Ljubanista - St. Naum.

Cycling Route: Visitor Center Ohrid - Velestovo - Krstec - Jaffa - Salako Meadow - Ramnenska - Gumno - Dupkana - Harbojca Mountain House - Dry Field - Two Maple Trees - Dry Field - Mountain Village - Sarcovka - Harbojka Visitor Center.

Local cycle paths: Ohrid - Ramne Visitor Center; Stenje - Horseback. The bike lanes are 55.2 km long.

5.2.4.6 Analysis of the conditions and opportunities for development of active tourism in the Vardar Planning Region (VAPR)

The Vardar Planning Region has potentials for development of active tourism which should stimulate efforts for future activities and undertakings for inclusion in the tourist offer. Sustainable development implies optimal use of resources. Active tourism thus assumes the role of an actor of social and economic development, an affirmative of the values of space, an important factor in protecting and promoting the environment, and a promoter of existing potentials. The development of this type of tourism involves identifying, evaluating and creating policies that will enable the streamlining of the tourism processes of the active stakeholders in the Vardar Planning Region. In this regard it is necessary to have a clear picture of the area of interest in the process of determining the indices and parameters, information and explanations of the situations and determinations of the opportunities available. These parameters and values are contained in the Register of Environmental Components in the VAPR:

VAPR according to the surface area (4042 km²) extends to about 16% of the territory of the country. The region is located in the central part of RN Macedonia, and through the municipality of Kavadarci it borders with Greece. In this way the tourism products of the region should be enriched with the values in Greece, thus making active tourism offer with international dimension.

On the other hand, it opens up opportunities for the exploitation of the tourist values found in these regional units. It also understands initiating activities, projects and creating opportunities for investing in the organization and equipping of spaces and facilities that will be in function of the development of active tourism within regional international frameworks. An opening of a crossing border would allow greater fluctuation of tourists.

The Vardar region is located on the main traffic artery of the RN Macedonia E-75, Corridor 10, International Railway Skopje-Veles-Gevgelija-Greece border on the 106.6 km long corridor. This is the main road artery that provides access to tourist values for the development of active tourism.

The existence of active tourism attractions such as waterfalls in the Municipality of Voden enable combined activities of this kind. Utilizing experiences of forming different types of tourism product from the neighborhood should be an asset in the development of active tourism internationally.

In this region there are three commercial airfields (Peshinovo - Sveti Nikole; Crveni bregovi - Negotino and Rosoman - Kavadarci).

The complex terrain configuration of the VPR area is a function of the dynamic development of active tourism. The mountains have a special place in this regard. Jakupica (2

538 m) with an average elevation of 1347 m is proposed for National Park with an area of 28 000 ha. Jakupica is rich in many natural resources that can be used for recreational, scientific-research, educational activities such as outdoor schools, ecological and sport use. These values are closely linked to active tourism.

Kozuf (2 166 m) has an average altitude of 1203 m and an area of 893 km². There is a ski resort with excellent skiing facilities, two ski lifts capable of carrying 3,000 skiers per hour to the top of the cable car, a six-seater unique in the Balkans, a restaurant, sheepfold, 16 suites. and 16 km of ski slopes.

Поволен простор за нудење на конкретни туристички производи со рекреативни, спортски и едукативни содржини. Планините Бабуна Голешница, Даутица, Клепа, Кучукол, Градиштанска Планина, Манговица, Конечка Планина е карактеристична по можностите за планинарење и алпинизам, како и за пријатен престој во планински услови, излети и логорувања.

The mountains Babuna, Goleshnica, Dautica, Klepa, Kuchukol, Gradishtanska, Mangovica, Konecka have possibilities for hiking and mountaineering, as well as a pleasant stay in the mountains, picnics and camps. High peaks are located in the region. These are the following: - Solunska Glava 2538m (Jakupica), Zelen Breg 2166m (Kozuf), Bel Kamen (Dautica) 2074m, Lisec (Goleshnica) 1938, Gradiste (Gradishtanska Mountain) 861, Asanica (Mangovica) 874m, Volchkja , Gradiski Vrv (Gradiska) 1002. Such high peaks are opportunities for sightseeing and mountaineering.

Active tourism in this region is closely linked to the gorges and canyons. They are attractive because of their specific environmental characteristics.

The Peshti Gorge is proposed as a strict nature reserve. Pesti is a short gorge with an area of 727 ha. There are more caves (24) on both sides of Babuna. It is known for its ambiental nature and the ability for tourists to enjoy the nature, for hiking on its sides, and it is also known for rare bird species. They are suitable for birdwatching and outdoor activities.

The Gorge of Topolka River is dry and rocky terrain, with high insulation. It is the habitat of several important animal species and some rare bird species. It is therefore proposed for a scientific-research nature reserve. It is suitable for climbing on its sides, sightseeing and educational activities.

The gorge of the river Crna is located between r. Blasnica and the bend of the Black River. It is a scientific-research facility of floristic and botanical significance, so it is proposed for protection in the category of scientific-research nature reserve. It is therefore an opportunity for recreational activities, educational and scientific approach to the visit.

Drenochka Gorge is located on the river Raec and extends to an area of 0.26 ha. It is a protected monument of nature as a scientific-research botanical-refugium. It has educational and scientific significance. It is suitable for rock climbing and mountaineering training activities.

The region also includes the Taorska, Velesska and Prasad gorge. These are rare forms that can be used for active tourism. They have a curious and communicative quality.

Demir Kapija Gorge has a total length of 31.5 km. It is the longest gorge on the Vardar River and covers an area of 200 ha. The sides in some places in the gorge are up to 900 m high, and in Karadak and Trnka Rid up to 1000 m. This gorge is the most developed climbing center in RN Macedonia. Besides the good conditions for providing competitive rock climbing activities for already skilled climbers, it is also a training center for this type of alpine active tourism. It is a protected natural monument and is one of the richest ornithological reserves in Europe after the presence of rare predatory birds, important mammal species, reptiles and insects as well as rare and endemic plants. It is a protected cultural monument of scientific and botanical, zoological and geomorphological significance. It has potential for organizing recreational, sports and educational content for the purpose of developing active tourism. It is suitable for bird watching, mountaineering, recreational activities on land and on water. Active tourism in this gorge is also related to scientific and educational activities.

There are 9 caves in the Demir Kapija Gorge that can be used for active tourism with speleological characteristics. But the whole region is also rich in caves.

Makarovec Cave is located in the village of Mamutchevo, Municipality of Veles, in the epigenetic gorge on the right valley' side of the Babuna River. It is made of a combination of several channels with a total length of 310 m. Although it is poor with cave decorations, it has tourist attractions. It has a cave lake, it is rich in fossil cave fauna and anthropogenic Paleolithic and Paleontological findings. It is suitable for speleological visits with educational and scientific values. Babuna's sides are suitable for climbing and mountaineering activities.

Ponor Cave is 138 m high and descends to the bottom of the Pesti Gorge. In the south of the gallery there is an opening for the other side channel which is filled with cave jewelry. It is suitable for speleological visits in the framework of active tourism.

The Four Doors Cave is located in the Pesti Gorge, Veles, and it has six openings. At the far end it ends in a gallery 16 m long, 12 m wide and with a ceiling height of about 30 m. The cave was created in the former Babuna River watershed, providing a combination of speleological and river activities, picnics and walks.

Bela Voda Cave is located in the Demir Kapija Gorge, on the right side of the Vardar River. The total length of the cave is 955 m. It consists of two channels: upper (233 m) and lower (722 m). It is the largest cave of the all explored caves. There is an underground lake at the bottom of the lower canal. The existing cave fauna has also been explored. It is suitable for speleological activities, scientific research and educational visits.

Cave Goren Smejovec is located below the Krastavec peak in the Demir Kapija Gorge. from 630 meters. It consists of one canal 24 m long, a cave hall 55.14 m wide and one internal canal 26 m long. It has speleological significance and has been proposed for protection in the

category of nature monuments. Therefore it is a cave with educational, scientific and environmental characteristics.

The cave Aramiska Peshtera is located on the left valley side of the Kamenica River, a right tributary of river Crna, near Kavadarci. Its total length is 251 m. There is a cave lake (12 m²) in the cave, which is 5 m long. There are also decorations (salivas, stalactites and stalagmites) in the cave. There is the possibility of arranging and presenting to the tourist audience, as an opportunity for speleological visits in the framework of active tourism.

Damjanica Cave is located in the municipality of Caska, near the village of Bogomila, at the source of the Babuna River below the section of the Nezilovi Rocks. from 1580 meters. The main canal of the cave, 88 m long. is built along a dialysis. The cave ends in a long gallery filled with stalactites and stalagmites and other decorations, so it has aesthetic properties and is suitable for landscaping for visits.

Galishka cave is located near Kavadarci. It is 180 m long. It is characterized by specific speleological decorations. Therefore it is proposed for protection as a monument of nature of speleological significance. Active tourism should be included through speleological attendance, educational and scientific opportunities.

Crkviche cave is also located near Kavadarci. It is 86m long. It is characteristic that there is a cave church in it which is proposed for protection as a monument of nature of cultural and historical significance. This means that it is a speleological attraction within active tourism and that it is suitable for religious, cultural, scientific and educational activities.

The Izvor cave is located in the municipality of Caska, near Bogomila on the r. Baboon. It has a length of 159 m. As a special value it should be emphasized that it is a water purifier of the Babuna River. The waters originate in the lower Begovski stream that runs south of the Begovo Pole. It is a rare occurrence and therefore represents not only speleological attractiveness but also an educational and scientific opportunity to use it. As it is proposed for protection as a monument of nature it also has an ecological component.

Markova Cave is also located in the municipality of Chashka. The cave possesses the tourist attraction due to the remains of a church inside it. Some of the chapels and the altar have been preserved from the small church that once housed the site. The frescoes that exist in these parts were created in the 15th or 16th century. It is an optimal opportunity to combine the attractiveness of active tourism with the religious and cultural values of an integral tourist offer.

VAPR is characterized by paleontological forms. They represent the largest representation of such sites. Karaslar is the most famous site of its kind. This paleontological site is located about 3 km southeast of Veles near the village of the same name and covers an area of 148 ha. The fossil site was discovered in 1973 during the construction of the Veles-Gevgelija highway. Following the abundance of found fossil mammals (horses, gazelles, giraffes,

pigs, dogs, etc.), this site is one of the most famous sites ever discovered in the world. It is therefore proposed for protection as a natural monument.

Prevalec is a paleontological site that extends over an area of about 50 ha. It is located 4 km southwest of Veles. The advantageous position provides good accessibility. The significance of the site is that it is the first discovery mamals' fossil bones - a "pikermi (пикерминска) fauna" in RN Macedonia. The object is a protected monument of nature, as a scientific-research facility with special paleontological significance, and suitable for cultural-educational visits. In this way active tourism is linked to cultural values.

Kalnica is located in the municipality of Kavadarci. Its surface is about 0.67 ha. It is a paleontological site with a wealth of vertebrate fossil bones predominantly from the pikermi (пикерминска) fauna fauna. It is protected in the category of nature monuments. Besides opportunities for visiting within active tourism it is suitable for educational activities and scientific expeditions.

Zmiarnik is a paleontological site located northeast of the village of Foseleri, on the Veles-Stip stretch in the municipality of Lozovo. This is a scientific-research facility with particular paleontological significance and educational purpose. It is proposed for protection as a monument of nature. This site also has similar characteristics to other sites of this type.

Korica is on the same name hill, about 1 km northeast of the abandoned village D. Orizari. It is known as a paleontological site for fossil remains that have scientific-research and educational significance. It is proposed for protection as a monument of nature, which can be incorporated into active tourism with different forms.

Tumba is a paleontological site with an abundance of vertebrate fossil bones predominantly of Pikermian fauna. It is located in the area "Tumba" in Mariovo Forests - section 49, very close to the RN Macedonian-Greek border, on an area of 5 ha. It is important for the study of the Pikermian fauna. It is a reserve of several plants (beech and fir) and animal species. It has environmental significance, opportunity for educational visits and opportunity for walking and sightseeing.

The active tourism can also be developed upon the use of hydrographic values. This applies to springs, rivers, waterfalls and lakes.

The springs are locations for hikers who search for clean water and untouched nature. They are convenient places for picnics, enjoying pure spring water and educational activities such as outdoor schools or excursions.

The region possesses enormous capacity of springs and spring water. The Central Povardarie Watershed has a total of 288 wells with a total capacity of 0.63 m³ / sec, or 20 mil. m³ of water per year. Among the large springs with energy savings above 100 liters / sec, three springs have been registered, two of which are captured for water supply in Kavadarci, Negotino and 13 rural settlements. But in the function of active tourism development, the

following should be particularly emphasized: Beleshnica spring, Ocha, Salakova River, large spring of Babuna river, springs of Patishka River, Markova, Kadina River, Babuna, Topolka, Pepelnik and Beleshnica, Lukar 1 and 2, spring Kosmatatec, spring of Bistrica river and spring of Doshnica river.

Rivers have a multifunctional character in active tourism. They provide conditions for walking alongside the river banks, camping and picnics, and some fishing activities. Vardar is a navigable river so it is suitable for water sports.

The river network in the VPR is widely developed with the presence of the following rivers: Otovica, Topolka, Babuna, Bregalnica, Crna Reka, Luda Mara, Boshava, Sveti Nikole River, Mavrovica River, Ocha River, Belichka River, Cave River, Klisurska River, Drenska River, Kavadarechka River, Stara river, Iberliska river, Bistrishka river, Raec river, Mala Javorica river, Kamenica, Vodovratska river, Doshnica river, Vinichanska river, Stragarnica, Veska river, Koprishnica and Mominska river.

Waterfalls are particularly attractive for active tourism. Koprishnica Waterfalls on the Koprishnica River and the Mominska River Falls, known as Mominski Falls, in the Demir Kapija municipality and Babuna River, located in the source part of the Caska municipality, are suitable for hiking in exotic nature, and for educational activities. The waterfall of river Babuna is known for having a giant pot. Because of this, it is proposed for protection as a monument of nature with geomorphological features.

The lakes in the VAPR have significant opportunities for development of active tourism, as well. They are basis for the development of recreational and sports activities, as well as adrenaline-based activities.

The dominant site in the region is Lake Tikvesh which covers an area of 14 km² and a length of 29 km. It is considered to be one of the largest artificial lakes by surface, depth and length in the country, according to the total amount of the water that it has. In addition to the aforementioned opportunities, there are conditions for promoting sport and professional fishing, hiking, camping and picnicking on its shores.

Lake Moklishko on the Luda Mara River has special tourist value because it is a rare occurrence. Its growth is linked to a natural disaster. The collapse of a hill created a dam that flooded the water. According to its type it is an urvine lake. Its specificity of layout is suitable for presentation for educational activities. The stay on this lake may be linked to hiking opportunities on its shores and water sports.

Lake Paljurci is also on the river Luda Mara. It is enclosed by a 21.1 m high dam and 2.8 million m³ water supply. Although this lake is intended for irrigation, it should also be used for active tourism.

Lake Lisiche, on the Topolka River, covers 24 million m³ of water and serves for irrigation and water supply to the population and households of Veles and its neighboring villages, and its value is determined as a basic need for tourists participating in active tourism.

Lake Mavrovica is located south of the village of Orel on the Kiselica River (Orelska River). It has a capacity of 275 mil.m³ of water. Although it is used for irrigation of agricultural land it can also be used for recreation, both on the water surface and on its banks.

There are protected zones in the region which are the basis of both eco-tourism development and active tourism due to the possibility of rare experiences when moving in these areas. These are the following:

- Tikvesh that is a strictly protected nature reserve with an area of 10,650 ha. It is located in the southern part of Lake Tikvesh and its surroundings. The reserve occupies a total of 9,700 hectares of water area and 950 hectares of land, inhabited by 39 predatory birds. Active tourism is closely linked to ecotourism. In addition to the water and land activities at this site, birds can also be observed from the contents of the stay, presenting educational and scientific content.

- Taorska Gorge, that extends between the villages of Taor, Skopje and Bashino Selo, Velesko, 31 km long, in the valley of the river Vardar. It is suitable for climbing within active tourism and is proposed as a science and research nature reserve. This means that it is a rare nature in which the stay within it is a special experience by itself.

- Basin of Topolka River is a scientific and research nature reserve. This is an important site due to the presence of some rare species and Mediterranean elements. It is therefore with environmental importance. The opportunity to visit it understands use of the rare natural ambiance and the possibility of educational and scientific research visits.

- Pashin Most is located on the left valley side of Topolka River, above the bridge with same name, on an area of 50 ha. It represents series of folding shapes with metric-decimeter dimensions (synclines, anticlines) that are extremely impressive. Moving through them is a special activity. The site is suitable for instructional-educational use in the field of structural geology and as an attractive landscape component. It is proposed for protection as a monument of nature.

- Ulanči is proposed as a monument of nature. The site is located on the south-eastern side of the hilltop Rid, on the left bank of the river Vardar on the opposite side of Gradsko. It is a characteristic appearance of sand forms in the form of balls, eggs or mushrooms, formed by the secretion of paleogene-fly sediments composed of sandstones and marbles. It is suitable for visiting educational content and scientific presentations from a geological point of view. In this environment, active tourism can use the content for recreational activities.

- Eneshevo covers an area of 1.5 ha in the area of Solen Dol - Eneshevo village. The terrain features flat surfaces and gullies, on which this evergreen semi-shrub barely reaches 1 meter height. The findings between Demir Kapija and Ovce Pole are unique on the Balkan Peninsula with a presence of the Eurotietum ceratoides formation. It is proposed as a special nature reserve for scientific research and botanical purposes, and is suitable for educational recreational activities in the tourist sense.

- Ljubash is proposed as a scientific-research nature reserve. It is a hill that is between river Crna and Kavadarci River (150-500 asl), on an area of 0.25 ha. For tourism it can be used for botanical and scientific-research purpose, and the walking through it implies to explore the characteristics of rare species of plants. In this sense, these are educational and research activities.

- Crni Orevi (Black Walnuts) in Demir Kapija is suggested for a protection as natural monument. The trees are about 20 m tall, with a stem volume of 3.60 to 5.80 m. The group of 4 stems of black walnut (*Juglans nigra*) are rare specimens of this species with such enormous dimensions and age, maintained in a completely urban environment. In addition to the decorative and curious meaning in tourism, these trees should be used for climbing

- Studena Glava Rid -Trnik is proposed for scientific-research nature reserve. It covers an area of 20 ha. It is dominated by grassy vegetation with typical steppe elements as well as black pine stands. This combination of natural vegetation conditions has a positive impact on the development of active tourism.

- Krastovec is a peak in the site Klisura. It is proposed for protection as a monument of nature. The site is under forest vegetation and is characterized by a multitude of plant species. They have botanical purpose, which implies educational and scientific research activities. The conveniences for walks through forest vegetation are particularly significant in terms of active tourism.

- River Javorica is proposed as a monument of nature. It is located in the catchment area of the river Mala Javorica. It contains numerous types of forest vegetation. This is a scientific-research site with vegetative significance and opportunities for recreational content in the frames of active tourism.

- The catchment area of Klisurska River covers an area of 100 h. The river is a right tributary of Vardar. Various plant communities are found at this site. The most significant occurrences are located near the river and on the Krastovec hill. This area has been proposed as a scientific research nature reserve and has a scientific and educational purpose. The recreational opportunities are in accordance with the natural walking conditions in this area.

- The Iberliska River is characterized by rare vegetation on its banks. It is extended to 30 ha. This reserve is a pure plantation of indigenous plane trees and is well preserved. The reserve is protected under the Law on Nature and has dendrological significance. Hiking through such a forest is a special experience.

- Pashin Most is proposed for protection as a monument of nature on an area of 50 ha. Located on the left valley side of the Topolka River, above the eponymous bridge the site is suitable for instructional-educational purpose in the area of structural geology. As an attractive landscape complex, it is a special beauty and recreational site for active tourism.

- Drenochka Gorge is located on the Skopje-Prilep road. It is a protected monument of nature with an area of 0.26 ha. It is a relict community of many important species of flora and

fauna. It is a scientific-research botanical facility-refuge. In addition to its ecological attractions and convenience for educational and scientific research, rock climbing is a content for active tourism.

- Salandzak is proposed for protection as a special nature reserve. It has ecological significance, opportunity for educational visits and recreational tourism activities such as sightseeing and walking through beautiful nature.

- Mesnik is located in the gorge of the Black River between the river Blasnica and the bend of the Black River. It is proposed for a scientific-research nature reserve. The reserve contains limestone and marbles on which black pine forest grows. In its composition and along the rocky slopes towards Blasnica (Chatena) there is a very interesting flora. For the tourists involved in active tourism, steep cliffs are a challenge to climb and conquer.

- Golem Kozjak is located in the spring area of Bistrichka Reka under Golem Kozjak. This reserve covers an area of 4ha. It contains certain plant and animal species. The forest vegetation area with the trees has the quality that is rare in RN Macedonia. It is a reserve of white pine. In terms of tourism it has ecological significance, opportunity for educational visits and recreation, and opportunity for sightseeing

- The fortress Banjichko is located above the village Banica, Veles about 3 km west of the village. It covers an area of 97 ha. In the limestone plates a rich marine fauna is represented by shells, ammonites and snails. It opens up opportunities for educational and recreational visits.

- Dabje are located on the right side of the road Sveti Nikole-Juriste, in the village of Trstenik. They are proposed for protection as a monument of nature. The stems are tall, between 4 and 20 m. In tourist terms they have environmental significance, opportunity for educational visits and sightseeing activities. The impressive height of the trunks allow for climbing within the framework of active hiking.

- The site of Nemanjci is located near the village of the same name. It extends over an area of 2 ha and is rich in fossil flora and fauna indicating the former existence of tropical climates. This means that there are educational and scientific research opportunities to visit and view the space as a recreational activity.

- Orlovo Brdo is located near the municipality of Negotino and is in the category of nature monument. The site is rich in floristic, endemic plant species and rare Macedonian endemics. It is therefore a monument of nature. It speaks of curiosity and educational and scientific values. Sightseeing and hiking are activities that serve this type of tourism.

- Ovche Pole is proposed for a nature monument site. It is rich in terrain oriented soils, which is a rare value. The walks through this rare occurrence are part of the active attitude towards nature.

- Bogodlovec is a site rich in rare plants that have environmental significance. It is also an opportunity for educational visits to sightseeing activities within the framework of active tourism.

The development of active tourism in correlation with protected areas and sites also occurs in the already mentioned paleontological centers such as Karaslar, Prevalec, Korica ,, Tumba, Kalnica and Zmiarnik, caves Izvor, Damjanica, St. Marko, Crkviste, Galishka cave and Aramiska, Bela Voda Makaroc and Cetiri Vrati (Four Doors), Gorges Pesti and Demir Kapija and Lake Tikves. Their tourism values in this context have already been elaborated and presented in the corresponding systematized sections of the Substrategy.

The vegetation in VAPR is diverse and widespread. It enables to be used for location of adrenaline parks, hiking and sightseeing, climbing trees, developing herbal tourism activities and educational and research visits. There are 1,121 horses registered in the region. It is a solid base for activating horse riding in conditions of natural ambience.

Hunting as a recognizable form of active tourism is closely linked to its organization and representation of hunting specimens. With numerous mountainous areas and forests with diverse vegetation there are opportunities for developing hunting tourism and using gastronomic specialties, animal watching and photography. The VPR has 42 hunting grounds with a total area of over 350,000 hectares. In this region there are 17% of the total number of hunting grounds in the country, 11 of which are big game and 31 are small. The largest hunting ground in VPR is Rozden with 14.228 ha in the municipality of Kavadarci.

Fishing has similar characteristics. The most favorable conditions are on the rivers Babuna, Topolka, Vardar and the lakes Tikves, Podlosko and Mladost. It is an opportunity for the development of fishing tourism and the basis for the use of gastronomic specialties.

Active tourism is closely linked to cycling and hiking trails. - The following are known: Mountain Trail (v. Bogomila-v. Nezilovo-Pl. Dom Cheples at the foot of Jakupica Plateau, S. Gorni Disan (v. Negotino), Reon Mokreni (5 trails), Nova Makedonija v. Golosinci-Lisice-Gorno Vranovci), Trails of Jakupica (Grenn power ecological group), Trails on Bisa mountain, Bicycle trail in the vicinity of Veles (Veles-Monastery St. Petka-Sopot) and Winery Sopotsko-Bashino-Veles.

The development of active tourism also has manifestation contents. The following sport events take place in the region: Vardar Regatta (Veles), Volleyball Tournament (Veles), Moto Beach Party (Veles), Small Football Tournament (Demir Kapija), Pelivan Fighting - Traditional Matches (Lozovo), Night Tournament in soccer, S. Vine, Memorial Basketball Tournament Goran Trajchev Shlem (Sveti Nikole), Small Football Tournament (Sveti Nikole), Chess Tournament (Sveti Nikole), International Fishing Tournament (Sveti Nikole), Paragliding Cup (Caska) International outdoor festival (outdoor sports) –Demir Kapija, street ball tournament (Negotino), - Cycling event AZOT MTB Challenge (v. Bogomila) (mountain biking), Inter-ethnic small football tournament (v. Caska, municipality of Caska), International Scout Meetings (v. Golosinci, Caska) and Mountain Marche Cheples-Solunska Glava.

5.2.4.7 Analysis of the Situation and Opportunities for Development of Active Tourism in Skopje Planning Region (SKPR)

Skopje Planning Region (SKPR) covers an area of 1,812 km² extending to 7% of the territory of the RN Macedonia. This region is characterized by its good transit position and traffic connectivity internationally and nationally as it crosses International Corridor 10, E75 Road and International Corridor 8, E-65 Road, and both Skopje International Airport and Stenkovec Airport are conveniently located. private spacecraft.

The tourist values of the mountains in the Skopje region are the basis for an enriched offer in the function of developing active tourism. In this context, the following should be listed: Vodno, Jakupica, Karadzica, Osoj, Kitka, Zheden and Skopska Crna Gora. They have favorable conditions for skiing, picnic-recreational, sports and combined tours that can be created as accommodation contents within active tourism. The following high peaks are attractive for mountaineering and climbing: Krstovar - 1066 m (Vodno), Solunska Glava - 2540 m (Jakupica), Melnikov Kamen - 2217 m (Karadzica), Krstec - 1401 m (Osoj), Flat - 1651 m (Skopska Crna Gora) and Golem Sheden-1264 m (Sheden). The peaks provide opportunities for a combination of alpine activities with landscaped viewing areas and tourist rest.

The potentials for the formation of ski slopes are impressive. The total denivelation of Skopska Crna Gora is 500 m .; Jakupica 8960 m. and Kitka - 500m. The composition of the valleys in the region is the reason for the presence of valleys and gorges. The following gorges are important for active tourism: Kachanichka Gorge: located on the border with Kosovo, Badaerska Gorge is an epigenetic gorge at the bottom of the 9.5 km Pcinja River, Dervenska Gorge on Vardar River extends from the Belovishka River estuary to village of Rasce 21.5 km long, Taorska Gorge is located between Taor in Skopje and Bashino Selo in Veles 31 km., Sishevska Gorge extends from village Devich in Makedonski Brod municipality to village Sishevo, municipality of Saraj, in the valley of the river Treska with a length of 66.2 km anjon Canyon River Fever, belongs to the group of most attractive canyons in the world. Gorges are attractions with opportunities to explore such ambient whales and climb their sides.

The region has opportunities for speleological tourism development. Particularly important are the Vrelo cave, which is arranged and most visited in RN Macedonia, Donna Duka, Podvrello, Ubava, Drachevska and Krstalna.

This area has developed hydrography, with multifunctional meaning. The springs appear as cold and thermo-mineral. Most suitable for visit are: Pepeljak, source of Markova River on Karadzica, Jurukka Rock on Kadina River on Jakupica, source near vil. Brdjarci and spring near the village Kuchovo. The riverside springs are suitable places for organizing walks and picnics. Their location has alpine values. The thermal springs of Katlanovo Spa are in function of spa tourism activities.

The development of river tourism as part of the tourist offer of active tourism uses the capacities of the following rivers: Vardar, Treska, Markova River, Kadina River, Pcinja, Lepenec and Patiska River. As particular importance are the possibilities for Vardar regattas and wild water sports in the regulated riverbed of Treska.

As basis for development of lakes activities are the following lakes: Matka, Treska, and Big and Small Salakovsko Lake - in the area of the springs of Salakovska Reka under the beautiful peak of Karadzica mountain massif, situated at an altitude of 2,178 m.

The protected areas are recognizable in Skopje the region from the point of view of ecology. They are Matka, Jasen, site Rucica which is curved reserve on the Jakupica Mountain under Solunska Glava, Island, near Trubarevo which is a monument of nature and ornithological station and forest park Vodno, Gazi Baba, Skopska Crna Gora. The registration of these components shows that there are tourism potentials for active tourism that can be used as a basis for future development approaches in this field.

Hunting is present in hunting grounds for large and small game. Large game hunting grounds are: Hunting ground no. 1 "Kadina River", hunting ground no. 2 "Elovo", hunting ground no. 3 „Kljuchka River“, hunting ground no. 4 "Brodec", hunting ground "Jasen").

Hunting grounds for small game are: Hunting ground no. 5 "Mirkovci", hunting ground no. 6 "Creshevo", hunting ground no. 7 "Bunardzik", hunting ground no. 8 "Miladinovci", hunting ground no. 9 "Gradmanci", hunting ground no. 10 "Jazaneria", hunting ground no. 11 "Trubarevo", hunting ground no. 12 "Zelenikovo", hunting ground no. 13 Batinci, hunting ground no. 14 "Govrlevo", hunting ground no. 15 "Ramniste", hunting ground no. 16 "Thirsty", hunting ground no. 17 "Kuchovo").

The rivers and lakes in the region are generally rich in fish stock. Fishing as activity is present on the rivers Vardar, Pcinja, Treska, Lepenec and Lake Matka.

The region is also recognizable for its horse riding associations and clubs. The following clubs and associations are represented in the region: Hippodrome Horse Club - Madzari, Horse Club "Process" - Skopje, Horse Club "Donna" - H. Sandevo, Horse Club "Animals" - Skopje, Horse Club "Ilinden" - Skopje, Horse Club "Bistra Galichnik" - Skopje and Citizens' Association "Ilinden March 1978" - Gorno Lisice, Aerodrom.

The active tourism has the following facilities as development capacities:

Multipurpose gyms in Aerodrom - 2, Gazi Baba - 1, Gjorce Petrov - 1, Karposh - 5, Kisela Voda - 1, Saraj - 1, Center - 3, Chair - 1 and H. Sandevo - 6; Multipurpose playgrounds at Airport - 16, Gjorce Petrov - 1, Karposh - 3, Kisela Voda - 2, Saraj - 2, Center - 3;

Football stadiums: in Gazi Baba - 1, Gjorce Petrov - 1, Karposh - 1, Centar - 1 and Chair - 1; Auxiliary football fields: Airport - 6, Gjorce Petrov - 1, Karposh - 2, Saraj - 2, Center - 2 and Chair - 1; Tennis courts: at Airport - 5 Saraj - 1 and Center - 6; Athletic track in Centar - 1; Hippodrome in Petrovec - 1; Sports Airports: Gazi Baba - 1 and Cucer Sandevo - 1 Downtown Shooting Range - 2; Bowling alley: in Karposh - 1 and Center - 1; Artificial rock for

mountaineering: in Karposh - 3; Natural rock for mountaineering: Saraj - 1; Mountain biking trails: Airport - 1, Saraj - 1 and Centar - 1; Paragliding Point at Centar - 1; Fishing Locations at Aerodrom - 1 and Saraj - 1; Sailing Trails: Saraj - 1; Diving sites in Saraj - 1 and wildwater Kayak Trail in Saraj - 1.

The sporting events are numerous in the Skopje Planning Region. This stems from the fact that Skopje is the largest sports center in the country. But active tourism is developing taking into account manifestations such as the Skopje Marathon; March to the top Ljuboten; March to Livadicko Lake (Jegunovce municipality and events similar to the memorial tournament in honor of footballer Ljubomir Rajcevski-Rajce (J. Sandevo).

5.2.4.8 Analysis of the Situation and Opportunities for Development of Active Tourism in the South-East Planning Region (SEPR)

The South-East Planning Region covers an area of 3,304 km². It borders Bulgaria and Greece for which the natural boundaries can be of mutual benefit in the development of active tourism. Also, this contact position allows for neighborhood visits as well as transit opportunities. Transit movements should be offered for active tourism content. Active tourism in this region incorporates the values that are part of the region's environment. In this context the mountains are used as opportunities for hiking, sightseeing, snow sports, pleasant mountain stay and mountaineering. The most important mountains are the following: Ograzden, Kozuf, Plachkovica, Belasica, Gradeshka, Plavush, Marjanska, Serta-Konecka, Elenica, Smrdesh, and part of the Maleshevo Mountains. The highest mountain peaks are possibility for locating viewpoints and mountaineering. The highest peak in the region is Zelen Breg (2,165 m). But also are the other peaks: The highest peak Radomir (2,029 m) at Belasica, Lisec (1,752 m) at Plachkovica, Ograzdenec (1,744 m) at Ograzden, Serta (1159 m) at Serta-Konecka, and Vrshnik peak (1031 m). on Gradeshka Mountain. These values are good opportunity for mountaineering, as well as for locating viewpoints.

Gorges and canyons are also in function of alpinism, ie rock climbing. This region includes the Kljuka Gorge between the Ograzden and Belasica Mountains, and the canyons of the Madenska River, the Plavaj River, the Trkanja River and the Konjska River on Kozuf.

Volcanic phenomena such as Pilav Tepe within the active tourism are attractive as a rare opportunity to climb extinct pines. They also have educational epithets so they can serve in outdoor schools and excursions.

The presence of springs and wells is an opportunity to locate picnics and camping sites. They include mineral and thermo-mineral springs. The abundance of spring water represents the potential for spa tourism activities. The most important sources in the region are: Radoviska River, Madenska River in Damjansko Pole, Gjavato in Dojran, Radoviska, Oravicka and Plavaja

River on Plachkovica Mountain, Toploc spring in Dojran, Mokrinski springs, Bansko springs, hot water source Raklis, mineral and thermal springs at the tourist site In Smrd, water in the village of Smokvica, the springs of Negorska Banja Vrela Banja and Cold Bath, the source of the acidic water of Serta. In the region there are Bansko and Negorski Spas.

Active tourism is about visits to rivers and their banks. The region has developed river network which includes the following rivers: River Vardar, Strumica, Cironska River, River Lebnica, River Vodocha, River Turija, Radoviska River, Medenska River, Podareska River, Luda Mara, Vodochnica, Trkajana, Sushica, Pirava, Sira, Oravichka River, Lomij River, Plavaj River, Stara River, Kriva Lakavica, Selemliska River and Anska River. River Vardar is suitable for organizing regattas and the rest for cooling, walks and hiking along their shores, ie for picnicking and camping.

Waterfalls are of particular importance for active tourism. They are an opportunity for exotic experiences, recreational visits and extreme alpinism by climbing the slopes. The following waterfalls are listed in the Register of the SEPR: Smolare waterfall with a height of 39.5 meters (Novo Selo), Kolesino waterfall with 15 meters high (Novo Selo), Gabrovo Waterfalls (Strumica), Devil's Falls which is formed on the southwest side of Belasica Mountain, in the upper part of the Basiboska River with the height of 17 meters vertical section (Valandovo), the first is Prsteni Falls 16.5 meters, the second one being the height of the vertical section of 16 meters while the third waterfall is 9.2 meters high (Valandovo), Radichevski waterfall Medenski waterfall, Plavaja river waterfall and Kozuf waterfall.

Water sports, fishing and a pleasant stay on their shores are activities of lake tourism. The Dojran Lake has a dominant position in this regard. The appearance of artificial lakes is also noticeable. The register contains the following: "Mantovo" (Konce), "Turija" (Vasilevo), "Vodocha" (Strumica), "Paljurci" (Bogdanci), Accumulation "Chinarli" (Dojran), Dam "Ilovica", Dam "Markova River 1 "And" Markova River 2 ", " Novo Selo ", Accumulation" Selemliska "(Bogdanci)," Toplik "Dam (Gevgelija) and" Konce 1 "and" Konce 3 ".

The region is rich in forests and has total forest area 133,964 h. They can be used in active tourism for staying, hiking and walking, sightseeing, adrenaline parks, tree climbing, educational and recreational activities. The deciduous forests are the oak and beech forests, and the conifers are black and white pine and fir.

Hunting as one of the forms of active tourism is represented by organized hunting grounds. The most notable are Milisin on Kozuf near the Greek border, which has inn and restaurant. In Valandovo there are hunting grounds: "Festovo" and "Pirava" for small game and "Gradec" and "Bashiboz" for big game.

In Gevgelija: "Mrzenci", "Pogana" and "Stojakovo" hunting grounds are for small game and the aforementioned "Milisin", "Visoka Chuka", "Old River", "Crnichani", "Karabaliya" and "Kovanci" for big game.

Hunting grounds in Strumica are: "Trakania", "Vasilevo," Bosilovo ", " Novo Selo "for small game and" Vodочаа ", " Barbarica ", " Nivicino ", " Ograzden 1, "Ograzden 2", "Belasica 1", and "Belasica 2" for big game.

In Radovish small game hunting grounds are: "Gabrevci", "Inevo", "Prnalja" and "Podares", and large game hunts are "Plachkovica", "Smiljanci", "Lipovic".

The Registry encompasses also the private hunting ground Serta and "Studeneč" in Konce and 4 hunting grounds in the municipality of Bogdanci.

The region is characterized by protected areas. The following sites and facilities are under protection: Cham Chiflik Nature Park, Kolesino and Smolare Waterfalls, Visoka Chuka and Lake Dojran Nature Monuments, and the following are proposed: Lomija River, Zrnovska River, Kartali, Lom River, Plachkovica, Salandzjak – the peaks of Gradeshka mountain

Active tourism can also be developed with inclusion of existing sporting events. The following are represented in the area: Street Bol - Radovish, Pelivan Wrestling-S.Topolnica, Radovish, Gjurgjovden Horse Racing (Municipality of Vasilevo), Mountaineering march "On the slopes of Miss Stone" (Municipality of Vasilevo), Planinski Marat , "Easy Basketball" v. Vlavecici (Municipality of Vasilevo), "Easter Little Football Tournament" s. Vasilevo (Municipality of Vasilevo), "New Year's-Christmas small football tournament" v.Vasilevo (Municipality of Vasilevo) "Towing logs with horses" S. Vasilevo (Municipality of Vasilevo), "Small football tournament" v. Gradosorci (Municipality of Vasilevo), On the occasion of September 8th ,, International Tournament on Clay Targets "(Municipality of Vasilevo) Vasilevo), March to Barbarica, May races in Stojakovo, International Grand Prix Tournament in Flying Tennis, Bull Fight in the Village of Drvos, Small Football Tournament Radichevo, Small Tournament in Konche pigeons Radovis, Sport fishing tournament Konce, Injevo small football tournament, Oraovica small football tournament, Small football tournament.

5.2.5 Analysis of the demand for active tourism

Tourism supply and demand are important indicators for determining the situation on the tourist market. It provides a scientific and realistic look at the needs for creating new and attractive tourist content. Such content should meet the requirements of both the tourist supply and the tourist demand. It is also aimed at creating competitive advantages on the tourist market.

For the purposes of performing the analysis of demand for active tourism, field research findings from part of the expert team were used. In the conducted survey a questionnaire of a relatively large research sample of 1165 respondents was used as part of the

study "Study on the Provision of Data for the Model of Future Indicators" - Ministry of Economy of the Republic of North Macedonia, Faculty of Tourism and Hospitality - Ohrid. The sample consisted of domestic and foreign tourists during their visit to the different planning regions of RN Macedonia in 2017, thus drawing relevant conclusions from this research.

For the purposes of the survey, respondents were selected by planning regions in order to investigate possible differences in attitudes regarding the reasons for the visit. The planning regions were considered as separate tourist destinations.

The first table refers to the respondents who visited the Vardar Planning Region. The results of the study for this region.

Chart no. 3 – What is the main reason for visiting the Vardar Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	50	48.1	48.1	48.1
	Recreation and relaxation	27	26.0	26.0	74.0
	Business reasons	14	13.5	13.5	87.5
	Conference, congress, seminar	13	12.5	12.5	100.0
	Total	104	100.0	100.0	

From the results presented in the chart, it can be concluded that more than 48 % of the respondents cited the reason "Rest, visit of cultural heritage" as the main reason for visiting the Vardar Region. In second place come the recreational needs with 26 % of the respondents. This means that such content related to cultural tourism should be further improved in the future.

The following chart provides the results of the analysis of the reasons for visiting the East Planning Region. This region has the lowest number of respondents, which is a logical conclusion if we analyze the realized tourist turnover compared to the other planning regions.

Chart no. 4 - What is the main reason for visiting the East Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	7	15.6	15.6	15.6
	Recreation and relaxation	1	2.2	2.2	17.8
	Business reasons	20	44.4	44.4	62.2
	Conference, congress, seminar	17	37.8	37.8	100.0
	Total	45	100.0	100.0	

Of the total number of respondents, 44.4 % opted for the answer "Business reasons", while in second place is the participation in congresses, seminars and conferences. The Rest and visit of cultural heritage is on third place with only 15.6 % of the total number of responses received. It can be said that for this planning region only a small number of respondents decided to visit it for tourist reasons. This means that this negative situation should be improved in the coming period, not only in the direction of the development of cultural tourism, but also in the development of tourism in general.

The following chart provides the results of the survey of the reasons for visiting the South-west Planning Region. The South-west and Skopje Planning Region have the largest number of respondents, since most of the registered tourists visit these two planning regions, which can also be determined from the analysis of the realized tourist turnover in them.

Chart no. 5 - What is the main reason for visiting the South-west Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	190	54.3	54.3	54.3
	Recreation and relaxation	123	35.1	35.1	89.4
	Business reasons	21	6.0	6.0	95.4
	Conference, congress, seminar	16	4.6	4.6	100.0
	Total	350	100.0	100.0	

Of the total number of respondents, more than half (54 %) opted for the first answer, i.e. the reason for their visit to the region was "Rest, visit of cultural heritage". This is logical to expect due to the availability of numerous active and cultural and tourist contents that are actively offered in the planning region. After all, this region is recognized as a cultural - tourist destination. In second place came the answer "Recreation and relaxation", for which 35 % of the respondents decided themselves. This points to the fact that the existing tourism offer in the SWPR should be promoted and diversified, especially in terms of intensifying active tourism. Namely, within the planning region there are great opportunities for creation and development of different types of content and activities of this selective type of tourism.

The next region in this analysis is the South-east Planning Region. The results of this analysis are provided in the chart below.

Chart no. 6 - What is the main reason for visiting the South-east Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	85	84.2	84.2	84.2
	Recreation and relaxation	13	12.9	12.9	97.0
	Business reasons	1	1.0	1.0	98.0
	Conference, congress, seminar	2	2.0	2.0	100.0
	Total	101	100.0	100.0	

From the chart it can be concluded that a very high proportion of the respondents visited the region due to cultural - tourist reasons. In this sense, out of the total number of respondents even more than 84 % chose the answer "Holiday, visit of cultural heritage". Just under 13 % gave the answer "Recreation and relaxation" as the reason for visiting. This difference is huge and worrying. In the future, the structures that create tourism development policy in the planning region should work on finding solutions to increase the supply of active tourism, both in quantity and quality.

The following chart presents the results of the respondents who visited the Pelagonija Region regarding their reason for visiting.

Chart no. 7 What is the main reason for visiting the Pelagonija Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	18	34.6	34.6	34.6
	Recreation and relaxation	21	40.4	40.4	75.0
	Business reasons	8	15.4	15.4	90.4
	Conference, congress, seminar	5	9.6	9.6	100.0
	Total	52	100.0	100.0	

According to the provided answers, the reason of recreation and relaxation is in the first place with a share of just over 40 %, while the cultural heritage visit is in the second place with just over 34 % of the answers of the respondents. These results are somewhat surprising given the fact that the Pelagonija Planning Region has an abundance of unique cultural values. It is a fact, however, that the existing tourism resources and potentials of the planning region are used to create tourism content within active tourism.

The next region that is analyzed in terms of determining the reasons for visiting is the Polog Region. The results of the analysis are presented in the following chart below.

Chart no. 8 - What is the main reason for visiting the Polog Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	60	59.4	59.4	59.4
	Recreation and relaxation	16	15.8	15.8	75.2
	Business reasons	13	12.9	12.9	88.1
	Conference, congress, seminar	12	11.9	11.9	100.0
	Total	101	100.0	100.0	

The majority of the respondents with a share of about 60 % chose the answer "Rest, visit of cultural heritage" as the main reason for travelling to this destination. The other reasons have roughly the same values, but their share is very low. Thus, in second place after the number of answers received by the respondents, is the reason for recreation and relaxation as the main motive for visiting the destination. From this it can be concluded that cultural tourism in this planning region is a very important part of the realized tourist turnover and should be promoted in the future, not excluding other types of tourism that can also be developed, as active tourism.

What follows is an analysis of the reasons for visiting the North-east Planning Region. The results of this analysis are presented as a chart below.

Chart no. 9 - What is the main reason for visiting the North-east Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	19	30.6	30.6	30.6
	Recreation and relaxation	21	33.9	33.9	64.5
	Business reasons	8	12.9	12.9	77.4
	Conference, congress, seminar	14	22.6	22.6	100.0
	Total	62	100.0	100.0	

The largest percentage of the respondents chose "Recreation and relaxation" as an answer with a total of 33.9 %, while in second place with 30.6 % was "Holiday, visit of cultural heritage ". These two reasons for this planning region are almost the same for 2/3 of the respondents who provided these answers. This shows the developmental directions of tourism and the determination in the future to address the improvement of the state of active as well

as cultural tourism. This is especially important as this region is at a relatively low level of tourist development in RN Macedonia.

The final region to analyze in relation to the reasons for the visit is the Skopje Planning Region whose results are given below as a chart.

Chart no. 10 - What is the main reason for visiting the Skopje Planning Region

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rest, visit of cultural heritage	234	66.9	66.9	66.9
	Recreation and relaxation	56	16.0	16.0	82.9
	Business reasons	32	9.1	9.1	92.0
	Conference, congress, seminar	28	8.0	8.0	100.0
	Total	350	100.0	100.0	

According to the results in the chart above, about 70 % of the respondents opted for the answer "Rest, visit of cultural heritage". This points to the enormous importance that cultural heritage has for this planning region. This is a logical conclusion since it is a planning region with a relatively large urban area where the possibilities for creating different types of tourism are limited. In the second place after the received answers is the reason "Recreation and relaxation" as a basic component of active tourism, but with only 16% of the respondents' answers. Within this planning region there are conditions for active tourist contents, such as different types of sports - recreational activities, but which in relation to other selective forms are not sufficiently developed.

A cross-tabulation analysis can be performed on the provided answers from the questionnaire about the structure of the tourists (domestic and foreign) in the given tourist destination (planning region) and their motives for visiting. Thus, for the needs of this Sub-Strategy, the South-west and Skopje Planning Region were analyzed because most of the responses from the survey were collected (more than 300 respondents in each of the two regions). Furthermore, the reason for visiting cultural heritage was the response of many of the respondents. The relevance of the analysis of these two planning regions also derives from the high level of tourism development which can be determined from the analysis of the realized tourist turnover conducted previously in this document.

The following table gives a cross-tabulation analysis of the origin of tourists (domestic or foreign) and the reasons they provided for visiting the Skopje Planning Region.

Chart no. 11 – Cross-tabulation analysis of the reasons for visiting the Skopje Planning Region

d_s * What are the main reasons for your visit to this tourist destination Crosstabulation

Count

		What is the main reason for visiting the region				Total
		Rest, visit of cultural heritage	Recreation and relaxation	Business reasons	Conference, congress, seminar	
d_s	Domestic	17	7	19	17	60
	Foreign	217	49	13	11	290
	Total	234	56	32	28	350

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	94.529 ^a	3	.000
Likelihood Ratio	75.867	3	.000
Linear-by-Linear Association	82.455	1	.000
N of Valid Cases	350		

a. 1 cells (12.5%) have expected count less than 5. The minimum expected count is 4.80.

Based on the results, a significant difference in the attitudes of different types of tourists can be concluded. Domestic tourists visited the Skopje Planning Region mainly for “business reasons” and for attending “conferences, congresses and seminars”, while the foreign tourists the main reason for visiting was “holiday, visit of cultural heritage”. This can be seen from the value of the Pearson chi-square distribution as well as from the p-value of this test whose value is very low, which indicates significant differences in the respondents' views.

In continuation is a cross-tabulation analysis of the different types of tourists according to their origin and the reasons they provided as answers, for visiting the South-west Planning Region.

Chart no. 12 - Cross-tabulation analysis of the reasons for visiting the South-west Planning Region

d_s * What are the main reasons for your visit to this tourist destination Crosstabulation

			What is the main reason for visiting the region				Total
			Rest, visit of cultural heritage	Recreation and relaxation	Business reasons	Conference, congress, seminar	
d_s	Domestic	Count	55	12	8	7	82
		Expected Count	44.5	28.8	4.9	3.7	82.0
	Foreign	Count	135	111	13	9	268
		Expected Count	145.5	94.2	16.1	12.3	268.0
Total		Count	190	123	21	16	350
		Expected Count	190.0	123.0	21.0	16.0	350.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	22.244 ^a	3	.000
Likelihood Ratio	23.960	3	.000
Linear-by-Linear Association	.020	1	.886
N of Valid Cases	350		

a. 2 cells (25.0%) have expected count less than 5. The minimum expected count is 3.75.

Also from the obtained results of the analysis on the South-west Planning Region, given in the chart above, it can be concluded that there are significant differences in the views of the different types of tourists. Although the dominant reason for both groups for visiting the region is the visit of the cultural heritage, the distribution of responses is different. While more than 41 % of foreign tourists opted for “recreation and relaxation”, but only slightly less than 15 % of domestic tourists opted for the same answer. Similarly as to the previous chart, also here the Pearson's statistics indicate the existence of significant differences in the views of different types of tourists.

Relevant for active tourism is the intersection between the age groups of the respondents and the desire to visit the destination for the reason of sport and recreation as the main motive. It is shown in the table below.

Chart no. 13 - Cross-sectional analysis of age groups and the reason for visiting sports and recreation

Select the range of your age * Sport or recreation (walking, hiking,biking, swimming) Crosstabulation

		Sport or recreation (walking, hiking,biking, swimming)					Total
		Very weak	weak	Good	Very good	Excellent	
Choose the age group	to 30 y.. Count	3	3	21	114	96	237
	Expected Count	2.0	7.8	25.8	122.5	78.9	237.0
31-55 y.	Count	3	14	28	152	98	295
	Expected Count	2.5	9.8	32.1	152.5	98.1	295.0
over 55 y.	Count	3	18	66	281	158	526
	Expected Count	4.5	17.4	57.2	271.9	175.0	526.0
Total	Count	9	35	115	547	352	1058
	Expected Count	9.0	35.0	115.0	547.0	352.0	1058.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	14.951 ^a	8	.060
Likelihood Ratio	15.494	8	.050
Linear-by-Linear Association	6.060	1	.014
N of Valid Cases	1058		

a. 3 cells (20.0%) have expected count less than 5. The minimum expected count is 2.02.

At this intersection, although a larger difference in the attitudes of the different groups of respondents was expected, it may be noted that they are not as large as they were. Pearson's test is on the verge of rejecting the null hypothesis. The p-value is 6% and the limit is 5%. The reason is that in the field of sports and recreation are also included swimming, hiking, cycling activities that are acceptable activities for different age groups. However, as the age increases, it can be observed that the desire for sport and recreation is diminishing. This finding should be aimed at targeting the future promotion of active tourism supply to lower age groups that have more pronounced affinities for such activities.

6. Mapping of zones and centers for active tourism

The mapping process allows for the delineation of zones and locations for active tourism development. Based on the comparative values of each site, activities are identified. The following tables present existing sites, suggest new locations for active tourism development and existing centers with potential for expansion.

6.1 List of existing locations

VAPR	From Gorno Vranovci to Kale - location "Beavers of Viruses" (2112 asl)	Hiking and mountaineering
	Peshinovo - St. Nicole Red shores - Negotino and Rosoman - commercial aviation rovers	Parachute jumping, gliding, flying and flying with ultra-light aircraft
	Demir Kapija	Rock climbing, speleological activities, alpine training
	Waterfalls on Mominska River and Koprishnica The Babuna River waterfalls on the Solunska Glava	Climbing the waterfalls
	From Veles-Azot to Jakupica, Karadzica, Dautica	Motocross and four-wheel drive
	Babuna-Pesti	Mountaineering, eco-tourism, speleological tourism, speleological activities
	Kavadarci - Tikves Lake	Water skiing, sailing, fishing rowing, diving, bathing

EAPR	Ponikva	Zip-lining, Skiing & Snowboarding, Sleighing, Snow activities , hiking
	Sport Airport Sushevo-Stip	Parachute jumping, gliding, and ultra-light aircraft flying
	From Pehchevo and Negrevo to Kadiica (1932 asl)	Hiking and mountaineering
	From Radovish, Stip and Vinica to Plachkovica-Lisec (1754 asl)	Hiking and mountaineering, Motocross and four-wheel drive
	Spirkovi Waterfalls of Bregalnica	Rock climbing and waterfall crossing, educational activities, picnics and picnics
	Plocha 23 km from Stip	Rock climbing
	Berovo-Berovo Lake	Mountain biking, water skiing, diving and snorkeling, water scooter riding, rowing, fishing, bathing, water jumping

SWPR	Ohrid	Bungee jumping
	Rock Stonog, Trpejca Ohrid, Kaneo, rock St. Nicholas	Rock climbing
	Ohrid shore on Lake Ohrid - hiking trail	Hiking
	Baba - Galicica	Paragliding and hang-gliding
	Prevoj	Tandem paragliding flights
	Airport St. The Apostle Paul Galichica	Parachute Jumping, Base Jumping
	Galicica: Bay Bunar-Velestovo-Krstec-Dafa-Jaffa-Velgosti; Beibunar-Krstec-Jaffa-Dzibica-Two Jawora-Koritski Rid-Korita-Elshani-SHipokno-Raca-Ohrid	Mountain biking Mountaineering and mountaineering
	Hiking Trail from Pestani to Magaro (2254 asl)	Mountaineering and mountaineering
	Foot of Magaro	Skiing and snowboarding
	Samotska Dupka	Speleological activities
	Ohrid Lake	Water skiing, sailing, water scooter riding, bathing, water jumping
	Gradishte (Underwater Museum of Mikov City)	Diving and snorkeling
	Lopushnik - Izvor Kicevo - Stog (1754) asl. Jablanica-Strizhak-Podgorci-Labunista Krchin and Desat Big Krchin (2341 asl) and Velivar (2373 asl) from Rostushe and Bitushe Ilinska Mountain Liska (1908 asl) from Spartan (Kichevo) and Demir Hisar from Greater and Lesser Ilino	Hiking and mountaineering
	Jablanica Black Stone (2257 asl) from Gorna Belica, Vevcani, Podgorci and Labunista	Paragliding and Hang-gliding
	Kicevo, Drugovo, Vevcani, Tashmarunista Makedonski Brod,	Hiking, mountaineering and mountaineering Speleological activities
	from Gari to Stogovo Babin srt (2242) asl. from Iron River and from Samokov to Good Water (2062 asl)	Hiking and mountaineering, mountaineering
	Lake Kozjak; Debar Lake; Lake Globochica	Water skiing, sailing, diving and snorkeling, water scooter riding, canoeing, fishing

SEPR	from Smolare to Belasica, Tromejja (1881 asl) from Smrdliva Voda to Kozuf Zelen Breg (2166 asl) and Dudica (2132 asl)	Hiking and mountaineering
	Kozuf ski resort	Snowmobile, skiing and snowboarding
	The Smolare Waterfall; Kolesino Waterfall and Belasica Gabrovo Falls	Rock climbing - alpinism, camping and picnics and educational activities
	Dojran Lake	Water skiing, sailing, diving and snorkeling, water scooter riding, canoeing, fishing

PEPR	Pelister	Skiing & Snowboarding, Snowmobile Ride, Zip Line
	From the mountain house Neolica through Big Lake, from the village. Nizopole over Big Lake and from Sq. home Kopanki. to Pelister (2601 asl)	Mountaineering and mountaineering
	Krushevo	Zip-line, paragliding and hang-gliding, Tandem Paragliding, Balloon Flying, Skiing & Snowboarding, Paintball, Skiing & Snowboarding, Hiking, Mountain Biking, Rock Climbing Training Center
	Sports airport "Bitola", village Logovardi Sports airport "Malo Konjari" in Prilep	Parachute jumping, gliding, wingsuit flying, and ultra-light flying
	From Oreovec to Prilep Kozjak (1747 asl) From Skochivir to Nidze Kajmakchalan (2521 asl)	Hiking and mountaineering
	Skochivir Gorge	Rock climbing - alpinism, camping and picnics and educational activities
	Vitolishte	Mountain biking; Speleological activities
	Demir Hisar	Hiking, sightseeing, cycling

POPR	Mavrovi Anovi to Peak Golem Korab (2754 asl) Popova Shapka and Jelak to Titov Vrv (2747 asl) Novo Selo to Bristavec (2675 asl) from Shipkovica and Brodec to Crn Vrv (2585 asl) and Kobilica (2528 asl), from Shipkovica, Brodec and Vesla to Vrtop (2555 asl) and Karanikolicki Lakes from Brezno and 26 Brezov from Vesala and Bozovce to Maja (2492 asl)	Mountaineering, hiking and hiking
	Vratnica to Ljuboten (2468 asl) Vratnica, Staro Selo and Rogachevo	Motocross and four-wheel drive
	Popova Shapka	Skiing, Snow Activities, Snowmobile Ride, Snowboarding, BASE Jumping, Zip-Line, Paragliding and Hang-gliding, Tandem Paragliding
	Leshnica	Rock climbing

<p>Popova Shapka – mount.hot Jelak - Leshnica and back. Gostivar - D. Shalovce - Bogovinska River - Popova Shapka, Popova Shapka - Lake Bogovin - Jutman - source of river Radika -Azina river - s. Strezimir - Mavrovo</p>	Mountain biking
Mavrovo	Skiing, Snow Activities, Snowmobile Ride, Snowboarding, BASE Jumping, Zip-Line
<p>Mavrovo - circuit path of the village. Mavrovo, Nikiforovo to the top of Sandaktus, Mavrovo - s. Vrben - s. Bogdevo - s. Brodec - s. Strezimir - s. Trnica - Mavrovo; Mavrovo - Tons of water - s. Galichnik and back. Mavrovo - Tons of water - s. Galichnik and back; Mavrovo - Tons of water - Solomunica sheepfold - Mascaravec sheepfold - Koritnik - Lazaropole - Hellenic Leap Bridge - Mavrovo; trail around Mavrovo Lake Nikiforovo-Leunovo and Vrben Dam; Climbing to Red Water - Galichnik – Sharkova Dupka - Galichnik</p>	Cycling and hiking
<p>from Bitushe to Golem Krcin, From Jance to Galichnik, From Skudrinje to Kale, From Skudrinje to Golem Krchin, From Skudrinje to Adzievci, From Skudrinje to Bituse</p>	Hiking and mountaineering
<p>From Galichnik to Medenica, from Galichnik to Govedarnik, from Galichnik through Suvo Pole to Selce From Galichnik to Jance</p>	Hiking and mountaineering
Sharkova Dupka	Speleological activities
<p>Galichnik – Srdilivi Virovi Chausica - Galichnik, Medenica (2 163). Galichnik - Saltanica Causica - Shrinking Viruses - Galichnik - Tropeshka Rupa - Chausica - Galichnik, circle around the peak Medenica Galichnik - Selce - Tresonce - Lazaropole Lazaropole - Maskaravec - Kirilevec - Mavrovo Mavrovo - Saltanica - Dry Field - Galichnik</p>	Horseback riding
Mavrovo to Galichnik	Snowmobile Ride
Duff waterfall, Korabski waterfall, Rostuse	Climbing the waterfalls and rocks, educational activities and speleological activities

	Mavrovo Lake	Water skiing, sailing, diving and snorkeling, water scooter riding, rowing
	Canyon on river Tresonche The waterfalls of the River Cenovica municipality of Mavrovo Rostuse	Rock climbing; alpinism
	Lower Banica Genovica	Speleological activities
	Radika	Canoeing and rafting, Rock climbing

NEPR	Osogovo Mountains Carev Vrv (2085m asl)	Mountaineering
	from Osogovo Monastery and from Kocani to Carev Vrv (2085)	Hiking and mountaineering
	from Carev Vrv (2085) to Ruen (2252 asl)	Hiking and mountaineering, Motocross and four-wheel drive
	Sport airport "Adjitepe-Rezanovce, Kumanovo,	Parachute jumping, gliding, and flying with ultra-light aircraft

SKPR	From Gorno Kolicani to Jakupica-Solunska Glava (2540 asl)	Hiking and Mountaineering
	Solunska glava	BASE jumping
	Skopje - Preslap - s. Aldinci - approx. Karadzica House - Begovo Field - Solunska Glava (2540 asl) Skopje Skopje Dracevo	Mountain biking Balloon flying Raintball
	Vodno-Millennium Cross	BASE jumping, paragliding and drugging (Tandem paragliding, skiing and snowboarding, zip-lining)
	Skopje - Vodno	Hiking and mountaineering, mountain biking
	Skopje - Saraj - Krusopek) (Skopje - Saraj - Krusopek - Pantelejmon) Skopje - Saraj - Grec - Krusopek - Pantelejmon Skopje - Saraj - Krusopek - Pantelejmon - Millennium Cross)	Horseback riding
	Matka	Abseiling / Rappelling Rowing, Diving & Snorkeling, Water Scooter Riding, Fishing
	Treska	Canoeing in wild waters
	Vrelo	Speleological tourism, cave visits, underwater speleology

	Skopje-sport airport Stenkovec village Brazda	Parachute jumping, gliding, flying and flying with ultra-light aircraft
	Skopska Crna Gora Ramno (1653 asl)	Paragliding and tandem paragliding flights
	from Pobožje to Black Stone (1585 asl), and Przar (1626 asl) from Patiska River through Ostri Peak, and "Beautiful" to Karadzica (2472 asl) from Gorno Kolicani Kitka Crn Kamen (1568 asl)	Hiking and mountaineering
	Karadzica	Rock climbing
	Sopiste	Speleological tourism
	Jasen	Eco-tourism; bird watching, hunting, speleological activities

6.2 List of new locations with potential for active tourism development

Planning region	Locations	Activities
VAPR	Peshti	Transit tourism activities, rock climbing on Babuna's side, educational activities, bungee jumping in Vardar BASE jumping, hiking and hiking - panoramic views Speleological activities, eco-tourism, cultural tourism activities (Paleolithic) Early Christian church in the cave, bird watching, photo-shooting, Zorbing, Paintball, Zip-line
EAPR	Pehchevo	Climbing, camping, picnics, hiking and hiking, educational activities.
SWPR	Jablanica	Hiking, mountain biking, snow activities, hiking, mountaineering, paragliding, skiing, camping, educational activities, cold water bathing, eco-tourism
SEPR	Belasica	Rock climbing - alpinism, camping and picnics and educational activities
PEPR	Vitolishte	Mountain biking Speleological activity
POPR	Belovishte	Rock climbing, exotic experiences, walks around the waterfall, staying in forested areas, educational activities, picnics and camping, mountaineering to Piribeg
NEPR	Kalin Kamen	Hiking, rock climbing, mountaineering, mountain biking, skiing and snowboarding, paragliding, walks and sightseeing
SKPR	Taor	Rock climbing, ornithological activities, cultural and educational activities

6.3 List of existing centers with potential for expansion and re-equipment

Planning region	Locations	Activities
VAPR	Demir Kapija	Rock climbing and training activities for alpinism, fishing activities, climbing the Koprishnichki Falls, speleological activities, eco tours, ornithological observations, climbing high trees
EAPR	Berovo	Mountain biking, water skiing, diving and snorkeling, water scooter riding, rowing, fishing, bathing, water jumping
SWPR	Kozjak	Water skiing, sailing, diving and snorkeling, water scooter riding, canoeing, fishing
SEPR	Kozuf	Snowmobile driving, skiing and snowboarding, animal photography, herbal activities, eco tours, Thessaloniki Front Line trips, picnics and weekend tours, educational activities
PEPR	Krushevo	Zip-line, paragliding and hang-gliding, Tandem Paragliding, Balloon Flying, Skiing & Snowboarding, Paintball, Skiing & Snowboarding, Hiking, Mountain Biking, Rock Climbing Training Center
POPR	Rostuse	Mountain biking, walks along the banks of the Rostuska River, visiting Duf, climbing the waterfall as well as the sides of the river gorge, hiking and mountaineering on Deshat
NEPR	Kokino	Educational and scientific activities, climbing of Tatikev Kamen (1,012 m), visiting the springs of Dragomanska Reka, walks, cultural tourism activities,
SKPR	Katlanovo	Spa activities in Katlanovo Spa, visit to fumaroles with educational activities, visit to Pchinja epigens, fishing activities, ornithological sightseeing, swamp tours in the Katlanovo Swamp, cultural tours

6.4 Determining places and locations for marking the centers and setting up signposts and info boards

The places and locations for marking are determined by the location approach applied in the systematization of zones, sites and facilities, depending on the activities that may be part of the content of this type of tourism development. Such setting is in the function of greater visibility and awareness of the users of this type of tourism services and the local population.

We determined the locations as follows. The marking will be carried out with appropriate symbols and standards accepted by the international federations for different content within active tourism. The sites and zones have a dispersive signaling character and may be outside these spatial units (along the main national and regional roads). The location itself is marked at the entrance of the spatial unit, and the activity is precisely at the place where it is performed. Hiking trails, hiking and cycling paths, as well as horse riding paths are marked at the beginning of the trail and across the trail itself to the end point of the designated destination with a defined spatial distance that ensures the visibility of the trail. The weight category of the tracks should be marked with appropriate boards and colors.

The other activities are marked according to the category and representation of the site (water skiing, sailing, canoeing, etc.). Dangers and risks that may arise are also identified prior to the location being performed.

The info boards are based on the identified developmental opportunities in the sites and activities and provide information to all the values that are available in the area and on the site.

Opportunities for attracting domestic and foreign investment have character of public information and they are in relation to insufficiently used opportunities in the structuring of new sites and locations that should be re-equipped. Accessibility in this regard is to both government authorities and local self-governments in the planning region

7. Mission and vision for active tourism development

MISSION

The mission for active tourism development in the RN Macedonia is to represent a respectable development type. It implies an optimal use of the resources and to provide conditions for long-term development of stakeholders that promote recreation as a recognizable tourism value. Active tourism as a form of selective development approach implies creation of tourism products that combine the satisfaction of the needs of the body and spirit united in the physical culture of the tourists and the local.

Active tourism has a mission to affirm the values of RN Macedonia and to improve its reputation as destination for active tourism in global terms.

The developmental principles for active tourism should be seen in:

- networking and partnerships of stakeholders in the treatment of active tourism;
- active tourism should be a factor for improving the recreational and tourism infrastructure;
- to enable to unite regional and local values in creating authenticity and creativity of the specific tourism offer, preserving and promoting protected areas in function of recreational activities;
- promotion and diversification of the catering offer in the area of specialized services related to active tourism and
- подигнување на квалитетот на услугите во понудата преку примена на
- increasing the quality of services in the offer through the application of the latest norms and standards for active tourism as a factor in meeting the needs of the specific tourist markets.

VISION

The vision for active tourism in RN Macedonia is consisted in the following views:

- in the future, active tourism is a factor for the development of tourism and the overall socio-economic and spatial development; active tourism expands the network of participants and the scope and quality of resources included in the tourism offer of the country;
- on tourism market, the active tourism offer is acceptable and the specific products are competitive;
- active tourism is a factor of sustainable use of space and stability of ecosystems;

- management processes enable active tourism to be an accelerator of economic and social progress and to improve the quality of life in local environments, which implies optimal use of the resources available and a human approach to spatial values.

8. SWOT Analysis of active tourism in RN Macedonia

SWOT analysis enables the identification of factors and functional components in the development of active tourism. Based on these results, the overall goal of active tourism development and the need to take measures and activities for its realization are determined. It points to concrete steps to improve the situation.

Strengths	Weaknesses	Opportunities	Treats
<ul style="list-style-type: none"> - Existence of strategic documents in the field of tourism, catering -Registers for planning regions -Subsidizing of foreign tourist visits -Subsidizing sports and recreation events - Exceptional composition of the relief - Exceptional relief, climatic, biogeographical and hydrographic attractiveness for active tourism development - Accommodation facilities - Equipping of active tourism centers - Dispersed sports infrastructure - Events with sport and recreational character - Investment policy 	<ul style="list-style-type: none"> - Out-dated and non-compliance of strategic documents from local to national level - Insufficient update of the registers - Partial subsidizing for foreign tourist visits - Insufficient interest in subsidies for active tourism events - Insufficient use of the relief configuration - Insufficient utilization of the attractions and insufficient construction, arrangement and equipment of the sites, cases of devastation and degradation - Surplus of living quarters re underutilized; low concentration of facilities and beds in other accommodation facilities 	<ul style="list-style-type: none"> - Following the world experience in standardizing and creating strategic documents for active tourism - Visiting foreign websites with registries and introducing new content and organizing lectures by foreign experts on the importance of registries - Using experiences and best practices from countries with developed active tourism - Launching campaigns and promotions using world-wide experiences on the meaning of subsidies, the existence of a strategic trend to subsidize active tourism events - Creation of centers upon the good practices from 	<ul style="list-style-type: none"> - Implementation of planned policies - Slow process of stakeholders' networking - Non-compliance of the subsidy sectors - Urbanization of attractive spaces - Existence of prejudice among the local population for renting accommodation facilities - Resolving of the property and legal relations - Inconsistence of the participation on the fairs - Limitation of investment funds - Existence of stereotypes about ownership - Insufficient training for creation of tourist arrangements - Low interest for training

<ul style="list-style-type: none"> - Public Private Partnership - Tourism and sports education - Intermediary factors - Rescue, safety and guidance service - Existence of interest for active tourism - Budget for tourism support - Promotional activities 	<p>(hostels, camps, resorts)</p> <ul style="list-style-type: none"> - Insufficient construction, arrangement and equipment of the sites - Weak connectivity to road infrastructure and poor connectivity of active tourism facilities with accommodation facilities - Weak promotion of events - Low interest on loans and investment activities - Low awareness for public-private partnerships in active tourism - Low level of tourism arrangements for active tourism - Partial representation - Poor representation of active tourism trainings - Low level of information on budget support - Low inclusion of active tourism 	<p>internationall examples</p> <ul style="list-style-type: none"> - Using experiences from competing countries and centers - Existence of European standards for the use of private and concentrated accommodation, use of international standards and categorization of catering capacities - Using experiences in arranging and equipping active tourism centers - Adoption of planning documentation and establishing communications upon the examples of the competitive environments - Attendance at international fairs and events - International credit lines for improving the communication infrastructure - Using grants to improve local roads - Using international experiences to use public-private partnerships - Establish cooperation with international tour operators who practice active tourism - Rescue training, and mountain guides with international participation 	<ul style="list-style-type: none"> - Weak interest from foreign partners
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9. Creating a network of hospitality facilities

The network of hospitality facilities is based on the registered capacities, types and forms and on the basis of their accessibility and possibility for inclusion in the tourist products. Based on the research activities we can offer the networking model that is designated as a tool. The following table gives the components that can be used for the networking, and that will use the factors of tourist supply and demand.

Data is filled in by the hospitality facility.

Type of catering object (name and category)	Services that the object offers	Zone	Location	Planning region	Activities in the zone

This data should be available to state institutions, centers development of planning regions, business associations and chambers, travel agencies, travel guides, the NGO sector. More detailed data on inclusive networking will be used from the narrative and table overviews presented within the Substrategy, as well as the registries by planning regions.

10. Action plan for implementation of the Sub-Strategy for Active Tourism Development

The definition of the Action Plan is derived from the mission and vision for active tourism development. It is determined on the basis of the situation in the planning regions and differentiated localities, mission and vision, as well as the SWOT analysis performed on all relevant components that make active tourism in RN Macedonia. The main strategic goal is to make active tourism a recognizable developmental commitment.

Main Strategic Goal: Active tourism as a recognizable developmental commitment

Measure 1 Raising the level of planning	Measure 2 Providing sustainable development	Measure 3 Improvement of human resources	Measure 4 Creation of tourist products	Measure 5 Improvement of promotion
ACTIVITIES				
1.Adjustment of the strategies for active tourism development on different levels and other types of tourism, and tourism generally	1.Improvement and equipment of the area for each content separately	1.Trainings for improving the standards for active tourism	1.Adoption of programs for creation of tourist products	1.Adoption of programs for promotional activities
2. Adoption of spatial and urban plans	2. Undertaking measures to deflect the recent pollutants in centers and locations	2. Applying incentives for employment in active tourism facilities	2. Organizing events and adopting a calendar of events	2. Researching the tourism market and identifying market segments
3. Adoption of legal acts on the use of contents in active tourism	3. Equipping the site with facilities for hygiene	3. Train the population on possible active tourism activities and use of good practices in active tourism	3. Networking of intermediate service providers with travel agencies and other stakeholders and tourists	3. Branding the tourism products and services
4. Adopt programs and schedule of use of contents in active tourism	4. Applying for Sustainable Development funds to domestic and foreign donors	4. Established DMO on the sites and active tourism zones	4. Systematization of data for tourist products of this kind	4. Use of international experiences in the marketing of tourism products
5. Marking locations for active tourism	5. Organizing debates on the importance of active tourism and environmental conditions	5. Provide stakeholders' training and training with national and international tourism valorisation experts	5. Organizing seminars for creating tourist products	5. Establishment of a network and distribution channels for tourism product presentation
6.Designing and architectural modeling of the sites	6 Using the model of public-private partnership in active tourism	6. Organizing workshops for implementation of active tourism activities	6. Organizing competitions	6. Selection of promotional activities
	7. Creating eco-friendly tourist products	7. Organizing educational activities and organized outdoor schools	7. Making web portals	7. Adoption of annual programs for promotional activities

	8. Establishment of an environmental standardization system in and out of accommodation facilities	8. Training for rescuers, toy companions and guides	8. Creation of souvenirs	8. Promotion of centers, zones and regions for rural tourism, special tourism products, and individual content elements
			9. Establishing cooperation between travel agencies and specialized tour operators	
			10. Monitoring the satisfaction with the implementation of the arrangements' activities	

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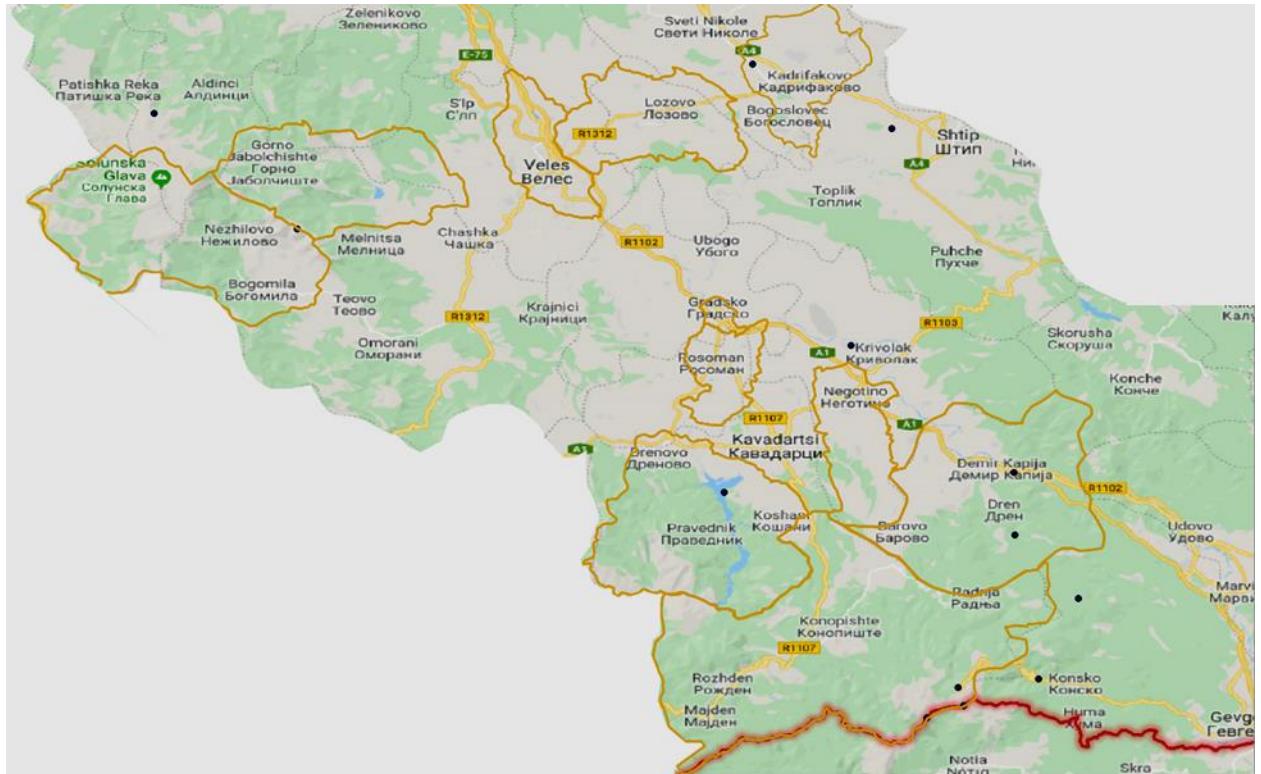
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ANNEX

Mapping of zones for development of active tourism by regions

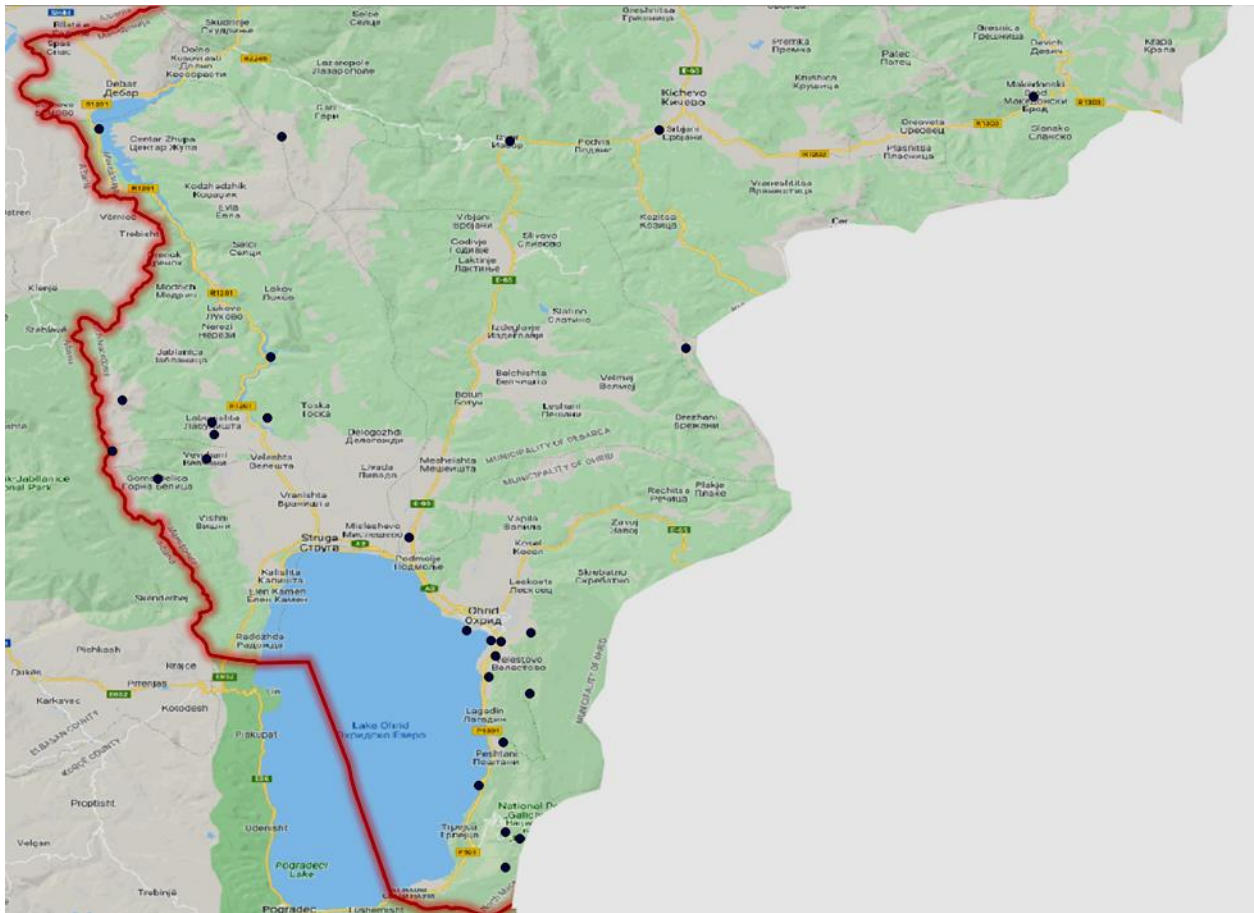
GIS marking of the zones for development of active tourism in VAPR



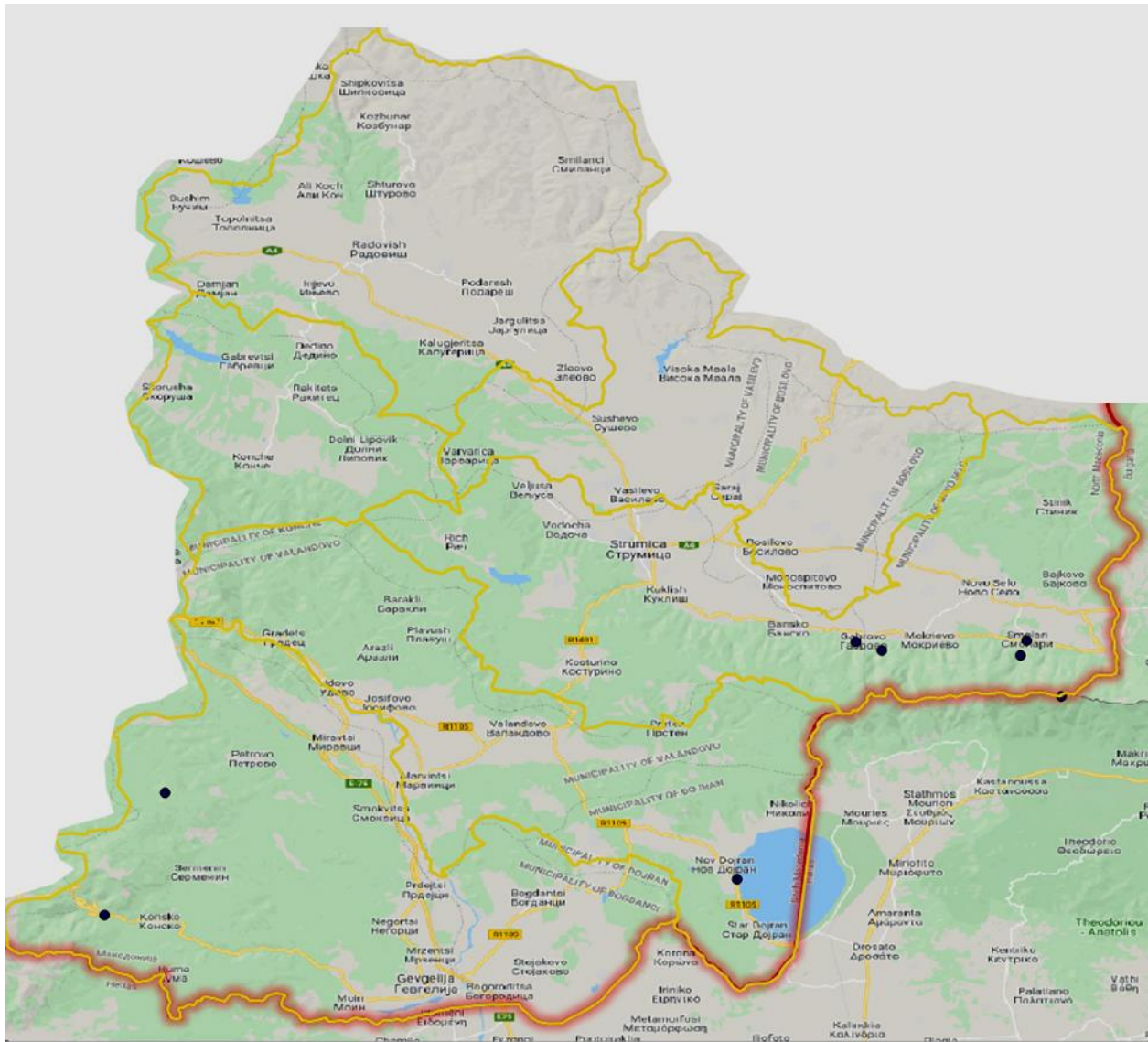
GIS marking of the zones for development of active tourism in EAPR



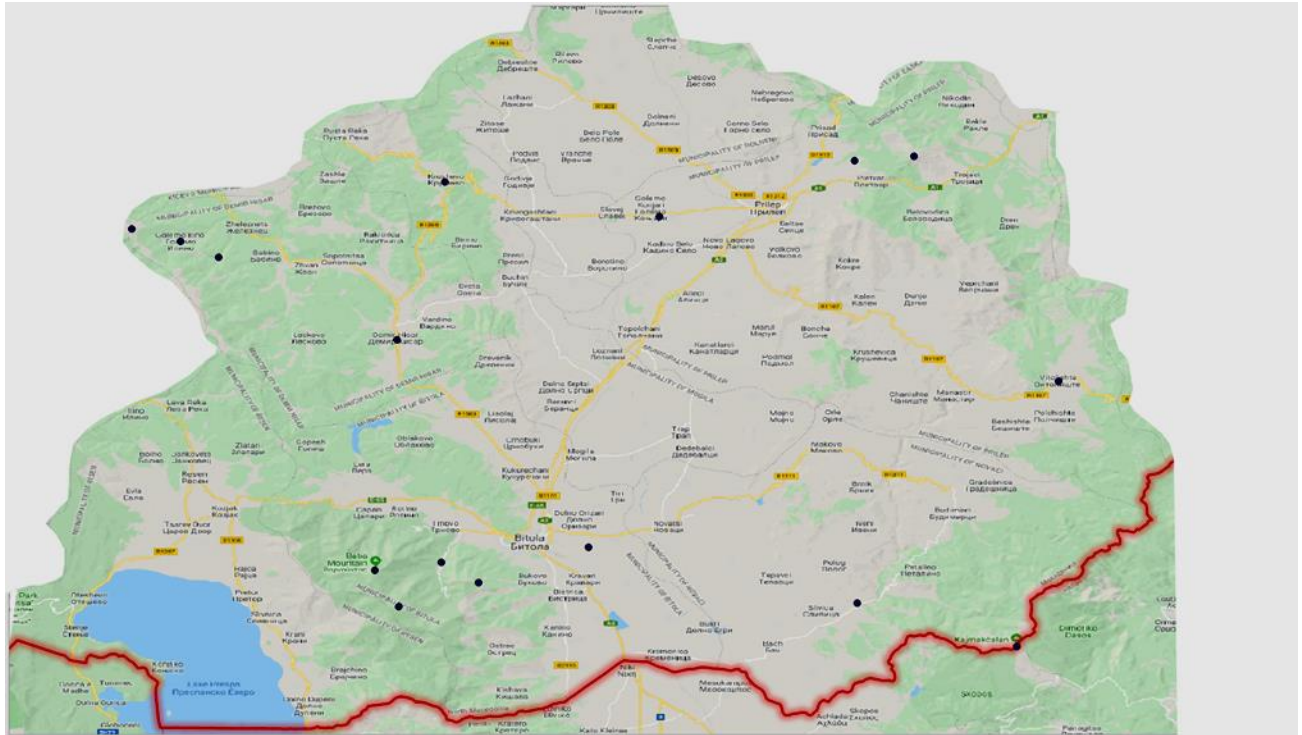
GIS marking of the zones for development of active tourism in SWPR



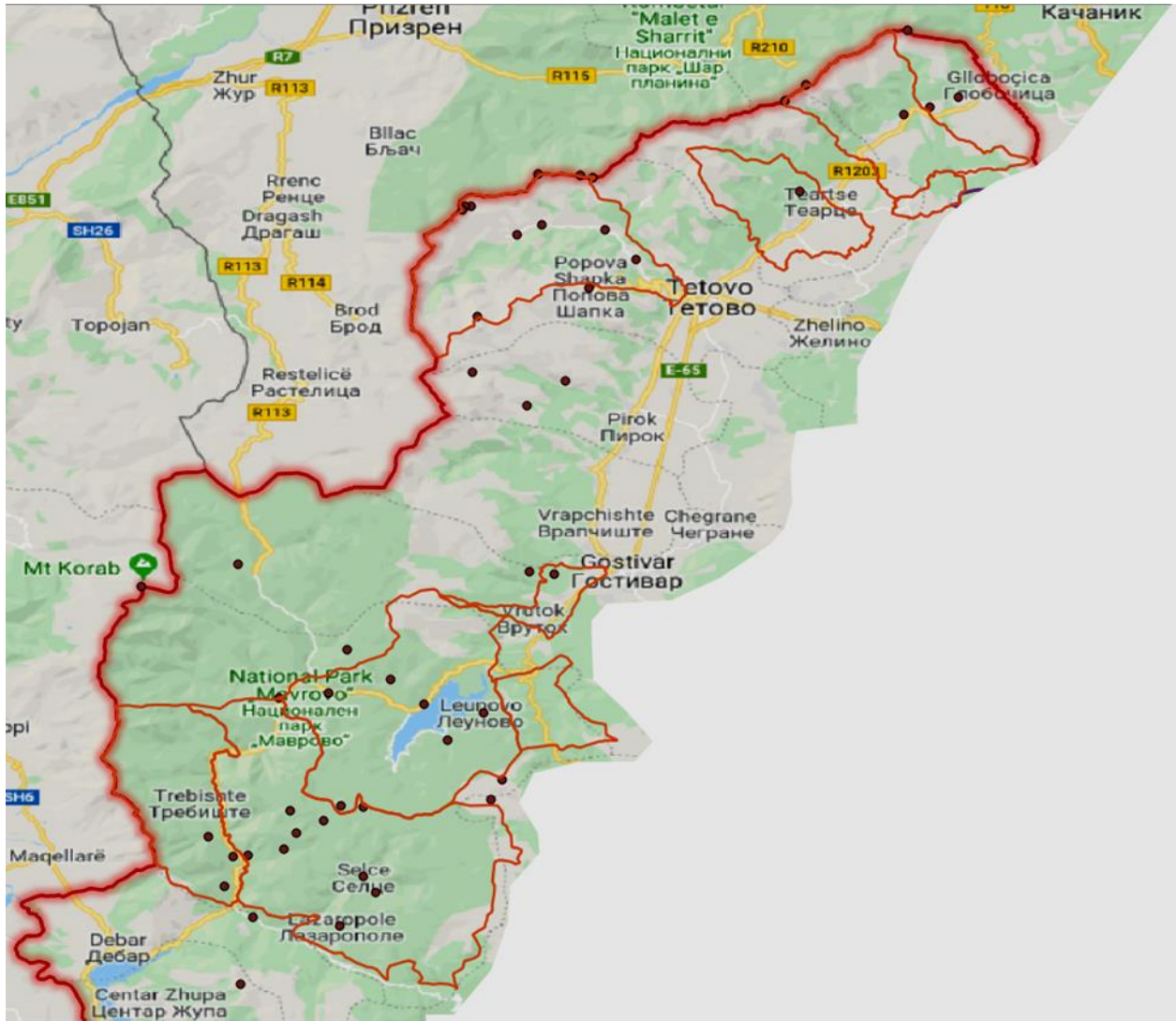
GIS marking of the zones for development of active tourism in SEPR



GIS marking of the zones for development of active tourism in PEPR



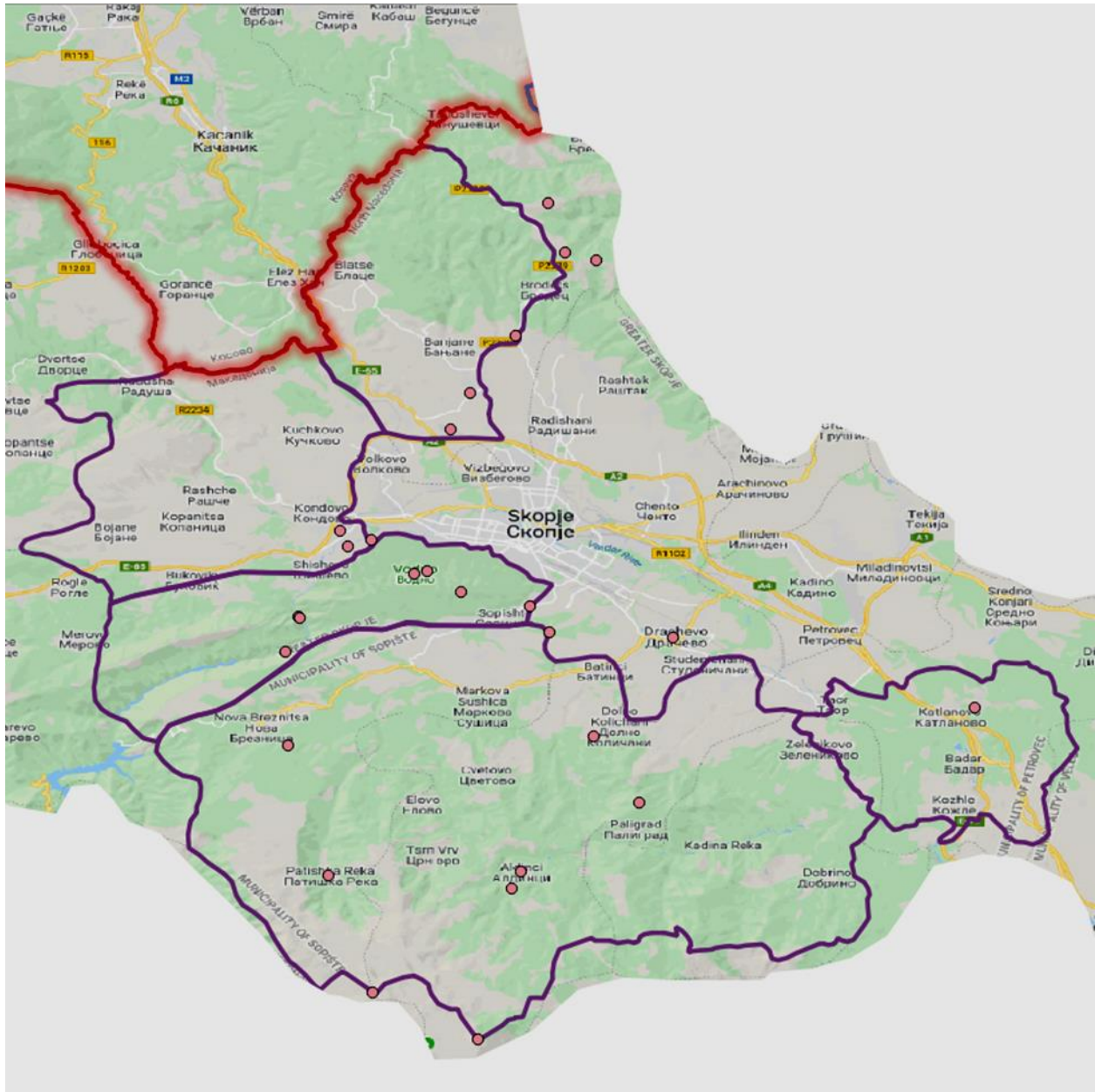
GIS marking of the zones for development of active tourism in POPR



GIS marking of the zones for development of active tourism in NEPR



GIS marking of the zones for development of active tourism in SKPR



Photographs for active tourism



Demir Kapija
Source: factor.mk



Bicycle show – Berovo
Source: mia.mk



Lake Kozjak
Source: <https://www.tourguide.mk/>



Kozuf – Ski slopes

Source: <http://www.pskscg.mk/>



Krushevo
Source: sdk.mk



Waterfal Duf - Rostushe
Source: <https://npmavrovo.mk/>



Megalithic opservatory Kokino
Source: <http://www.kultura.mk/>



Katlanovo Spa

Source: <https://www.igeografija.mk/>