



**Beautiful things
are in small packages ,
Meet Macedonia**



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MACEDONIA, where the sun eternally shines!

In the heart of South East Europe is situated Republic of Macedonia, a country of nature, the cradle of culture, the homeland of Mother Teresa, a crossroads of civilizations. Biblical Macedonia is the place from where St. Paul the Apostle spread Christianity in to Europe.

Macedonia offers a unique blend of natural wonders, traditions and cultures-as well as a long tradition of unrivaled hospitality.

From their savory cuisine to their love of music, dance and general merrymaking, Macedonians know how to make their guests feel at home. Combining these qualities with the country's dramatic mountains and canyons, its deep lakes and rivers, Macedonia has something for everyone. Macedonia - that unforgettable name evoking images of ancient, great civilizations and exotic adventure.

Ancient lakes and rapid rivers follow the life that moves with a different rhythm between magnificent historical remains and idyllic villages. Throughout the country there are places with untouched nature that offer sound of wind and bird's crickets, where you can try organic food specialties and traditional Macedonian cuisine



and at the same time to meet with Macedonian traditional customs that are still nurtured and witnessed centuries of existence.

Macedonia welcomes people and allows to each visitor to discover it in its own way: research caving, hiking, biking, horse riding, paragliding, canoeing, kayaking, sailing, mountain biking, swimming, fishing, skiing, rock climbing etc.. With more than 60 thermo mineral springs, mountain slopes, land of grapes and wine, traditional food, a lot of monuments, ethnographic tourism with rich material, spiritual and cultural values, cultural events all over the country you can touch and fill different parts of Macedonia over the year.

We invite you to feel the honest welcome under the hot sun in the south, smiling people, smells and tastes that are remembered, the spirit and tradition that cause respect. If you take off the veil of night, you will see Macedonia in the glistening light.

Macedonia is the bride of mythology! It opens its vaults for anyone who wants to look. You are welcome in the country where the sun eternally shines, Macedonia!



GENERAL INFO

**Capital town – Skopje, *National flag - yellow sun with 8 rays on red background, *Surface 25.715 km², *Population - June 30, 2010 estimate 2.100.000, *Country calling code +389.*

Official language is Macedonian language, Cyrillic alphabet, with 31 letters and its part of the group of South Slavic languages.

Religion: Mainly the people are of Orthodox affiliation, followed by the members of Islam, then Catholicism etc..

The official monetary unit is denar(den) and 1 euro = 61,5 den.

Established: 2nd of August 1944 (As a federal republic in Yugoslavia).

Independence: September 8th 1991 (Yugoslavia's fall apart).

National Anthem: "Today over Macedonia - Денес над Македонија" composed by Todor Skalovski and the lyrics by Vlado Maleski in 1943.

Time zones: The standard time zone is UTC/GMT + 1 hour the time zone abbreviation is CET - Central European Time.



GEOGRAPHY

Macedonia is an ancient biblical country, geographically situated in the central part of the Balkan Peninsula. Macedonia is mountainous country, stretched along the Vardar River and controls the shortest traffic linking from central Europe to the southeastern periphery of the continent, or for trade to the Middle East.

It's a landlocked country that is geographically defined by a central valley formed by the Vardar river and framed along its borders by mountain ranges, located between Šara and Osogovo mountains.

The total territory of Republic of Macedonia comes to 25,713 sq. km, of which 25,236 sq. km are land, while 477 sq. km are water surface.

Macedonia borders to the north with Serbia, northwest with Kosovo, east with Bulgaria, to the south with Greece and west with Albania.

Macedonia has a transitional climate from Mediterranean to continental. The summers are hot and dry and the winters are moderately cold.



HISTORY

Even though Macedonia is a young state which became independent in 1991, its roots run deep in the history. The name "Macedonia" is in fact the oldest surviving name of a country in the continent of Europe. Archaeological evidence shows that old European civilization flourished in Macedonia between 7000 and 3500 BC. The ancient Macedonians were a distinct nation, ethnically, linguistically, and culturally different from their neighbors. The origins of the Macedonians are in the ancient Brygian substratum which occupied the whole of Macedonian territory and in Indo-European superstratum, which settled here at the end of the 2nd millennium. From the dawn of history, various races have inhabited Macedonia, and ancient civilizations have flourished on these lands. Macedonia through the centuries has ups and downs but the Second Balkan War of 1913 was defeated for the country and the people when Macedonia lost much of its territory divided among Serbia, Greece and Bulgaria. Present-day Macedonia is the part that belonged to Serbia and which was returned in 1946 like an autonomous Yugoslavian republic. On Sept. 8, 1991, Macedonia declared its independence from Yugoslavia



LIFESTYLE

Macedonian nation is traditional but in other hand is getting close to modern culture. There are still habits of respecting the tradition, holidays when people have the opportunity to spend more time with their family. Macedonians have very rich social life. In every city you will find café-bars for day and night entertainment where you can spend many enjoyable moments with your friends. Starting from cafes, bars and restaurants to the most attractive clubs and discotheques during the whole week.

You can walk through old bazaars and the most popular to visit are in Ohrid, Struga, Skopje, where you can buy the best fruit and vegetables in the country, 100% natural, and touristic shops where you can buy traditional silversmiths and pottery stuff. The Shirok Sokak in Bitola is also a place that is good to be visited. Through the country, also, you can find big malls, supermarkets, where the time and money are spending very easily.

As a summary Macedonians are very polite, warm and positive people, which are really happy to have and to welcome guests in their homes, in their country.



MOUNTAINS

Approximately 50% of the territory of Macedonia represents a typical mountainous area, which consist hills and mountains.

Mountains are divided into two basic groups: Shar Mountains mountain range that continues to West Vardar/Pelagonia mountain range and Osogovo-Belasica mountain chain.

By their shape, mountains in Macedonia are very different, ranging from mild round shape in the eastern part, to fully Alpine in the western. Such diversity offers great possibilities for developing sports as alpinism, sport climbing, speleological, cannoning, paragliding, skiing, ski-climbing etc. On the slopes of some of the mountains, there are ski-centers such as Popova Shapka on Shar Planina, Mavrovo (Bistra), Begova Cheshma (Baba), Krushevo (Mountain Krushevo), Oteshevo (Galichica) and other smaller centers, constantly developing.

Mountains are suitable for Mountain walking, climbing, Mountain biking, off roads etc.



LAKES AND RIVERS

Macedonia possesses hydrographic objects for touristic purpose, such as sources, springs, rivers, lakes and spas. There are tectonic lakes: Ohrid, Prespa and Dojran and artificial lakes in almost all parts of Macedonia but the oldest is Lake Matka, the biggest is Tikvesh Lake and the most famous tourist resort is Mavrovo Lake. Most of all lakes are characterized with clean water suitable for summer tourism, sports-recreation, congress and other type of tourism.

Rivers in Macedonia with their compositional valleys, picturesque ravines, open fields, create favorable touristic, scenic and ambient values. Here we can mentioned the rivers: Vardar, Treska, Radika, Babuna, Crna, Bregalnica, Kriva Reka, Strumica and Crni Drim.

Macedonia has over 60 thermo-mineral springs and a lot of spas. Thermal waters are the hottest ones with 75°C. The most famous are: Katlanovo spa, Negorski spa, Bansko spa, Kochani spa, Kezovica spa, Kosovrasti spa, Banjishte spa.

There are several famous waterfalls in Macedonia, characterized by their size and extraordinary nature that surrounds them. Most famous waterfalls are Koleshinol, Smolare and Korab.



NATIONAL PARKS

In Macedonia there are three National parks and 74 protected natural areas, covering 7,30% of the national territory, which are characterized and specific by itself with unique flora and fauna. Some of them are: National Park Mavrovo, National Park Pelister, National Park Galichica, Ezerani - protected area, Yassen - protected area, The Dinaric Parks Chain

FLORA AND FAUNA

Macedonia has a rich and diverse flora and fauna. With about 3500 species of higher plants, 55 known fish species, 78 mammal species and 330 bird species make up the country with many diverse ecosystems.

The flora of the Macedonia is represented with around 210 families, 920 genera, and around 3,700 plant species. Most famous plants in Macedonia: Molika - characteristic pine from Pelister, Pine Juniper - characteristic of Shara Mountain, White pine - characteristic of Kozhuf and Maleshevo Mountains, Dwarf mountain pine - Mokra Mountain, Oak macedonium - Galichica Mountain, Holm oak - Valle of Gevgelija and Valandovo.



Other groups of plants that are characteristic for Macedonia: the Marchantiophyta, Hornworts, Mosses, Division Lycopodiophyta, Equisetopsida or Sphenopsida, Pteridophyta, Ferns

The fauna of Macedonian forests is abundant and includes bears, wild boars, wolves, foxes, squirrels, chamois, and deer. The lynx is found, although very rarely, in the mountains of western Macedonia, particularly on Mt. Sar, while deer can be found in the region of Demir Kapija. Forest birds include the blackcap, the grouse, the black grouse, the imperial eagle, and the forest owl. Canyon Matka offer an incredible opportunity where you can meet 119 species daily and 140 species nightly butterflies, 77 species little endemic butterflies and 23 species new for the science. Lake Ohrid, Lake Prespa, and Lake Dojran represent a separate fauna zone, an indication of long-lasting territorial and temporal isolation. The fauna of Lake Ohrid is a relic of an earlier era and the lake is widely known for its letnica trout, lake whitefish, gudgeon, roach, podust, and pior, as well as for certain species of snails of a genus older than 30 million years. Lake Ohrid is also noted in zoology texts for the European eel and its baffling



reproductive cycle. Macedonian's freshwater fish include crap, bream, catfish, barbell and perch. Dojran bleak, Strumica bleak and Maceonian dace are some that are peculiar to Macedonia, as it the Dojran roach, Ohrid trout. The latter are now endangered and fishing for them is illegal.

One of the small fish in Lake Ohrid, the Plashica is the most famous, for its scales are used to make Ohrid pearls, using a painstakingly intricate technique the secret of which is fiercely guarded by the artisans of Ohrid.

Of Macedonia's native birds, 56 are protected, among them are vultures and eagles. Pelicans and cormorants are quite common and fishermen use cormorants to catch fish on Lake Prespa.

The shepherd dog of Mt. Sar is known worldwide as the sarplaninec (Yugoslav shepherd). The sarplaninec originates from the shepherd's dog of the ancient Epirotes, the molossus, but the sarplaninec was recognized as its own species in 1939 under the name of "Illyrian shepherd" and since 1956 has been known as sarplaninec.



CAVES

Macedonia is probably most well known outside the country for its speleological or caving. The karsts formations of so much of Macedonian's ground structure make it ideal for caves. There are 346 registered caves in the country, although the total of actual caves is probably somewhere between 400 and 500. Only four are protected: Peshna, Ubavica, Mlechnik and Gorna Slatinska. This number does not, however, reflect the number of spectacular caves.

Some of the caves have underwater rivers, lakes, multiple caverns and of course stalagmites and stalactites. Many are home to rare underground life forms as well as prehistoric fossils. Most caves have not been made tourist friendly, and the only cave open to tourist is Vrelo at Lake Matka, which is Macedonia's nomination for the New Seven Wonders of Nature.

WATER ACTIVITIES

Macedonia possesses hydrographic objects such as sources, springs, rivers, lakes, spas with possibilities for sports and leisure activities.

You can enjoy swimming at summer time. Each year, in the second half of August, the swimming elite throughout the world gathers in



Ohrid for the swimming marathon with approximately a 30-km route. Since 1998 the Ohrid Swimming Marathon has entered in the World Swimming Club of the 12 worldwide held marathons under the patronage of FINA-The World Swimming Association.

Fishing as a sport is very popular in Macedonia. You can do fishing on Mavrovo Lake, Tikves Lake and the Radika River, where you can have great catches.

Scuba diving is very popular into the Lake Ohrid because of the dramatic drop-off at its tectonic shelf, which is worth exploring, and there is also a Neolithic stilt village which can be accessed with special permission. In Lake Ohrid, also known as a fresh-water sea, attractive with endemic forms of life,(the Ohrid round sponge living at the depth of 35 meters, the number of underwater pre-historical settlements and the fish in the rocky parts from Gradiste to Trpejca.

Sailing/Gliding as a recreational activity and relaxing water sport is also very popular in Macedonia. The local gliding clubs give you opportunity for sailing on the most beautiful places in Macedonia, the Ohrid Lake and the Prespa Lake. The fans of this sport can get



enormous amusement by sailing through the Macedonian lakes, enjoying both pleasures, of the sport and of the nature.

Kayaking & canoeing as a sport is very popular in Macedonia especially on the Canyon Matka as a whitewater kayaking, and at the famous Macedonian lakes: Ohrid Lake and Prespa Lake, where you can do kayaking on backwater.

LAND ACTIVITIES

Skiing/Snowboarding in Macedonia is popular sport that is enjoyed by the local people as well as the foreign tourists. Macedonia offers great climatic condition for the sport. Skiing Alpine and Nordic is a major event held to promote the beauty of the Macedonian mountains. There are two traditional events that are organized by the Macedonian ski workers: Mavrovo Memorial Tournament and the International Alpine Skiing Tournament also have known as the Shara Mountain Cup. Skiing and snowboarding are sports that are very popular in Macedonia and you can do it in: Mavrovo, Mountain Shara, Kozuf, Pelister and Krusevo.



Horse riding in Macedonia is a journey on horseback and beautiful landscapes which are waiting to be seen in the National Park Mavrovo, breathtaking Galicnik and the capital city Skopje, where you can find hyppodromes with professional horse riders.

Hunting as a sport is very popular on the mountains. The best hunting time in Macedonia is from September 1 through November 20 with the rut taking place the end of October to the middle of November. You can haunting on Pelister, Jasen, Kozuf, Lakvica, Jakupica, Karadzica.

Hiking is also very developed sport in Macedonia with numerous hiking clubs all over the country. The most attractive for the hikers are the mountains Jakupica, Shar Planina and Korab.

Mountain Biking is a growing sport in Macedonia, where there are literally thousands of off-road and dirt tracks. Each mountain club rents out bicycles and organizes regional mountain-bike tour and smaller local tours. Road Biking for now is developed only around Mavrovo Lake in Ski Resort Mavrovo and National park in Macedonia which is 33km of easy Biking.



Motorcycle rally – Touring Macedonia on a motorcycle will give you a feeling of true adventure, knowing that very few people have done it. Because it is off the beaten tourist paths of Europe, riding Macedonia means traffic-free roads for long distances. Roads are generally in very good condition. Signs can be sparse, especially over long open roads, but a GPS provides excellent information. In honor of the Macedonian Independence Day, every year there is an organized 3-day motorcycle rally throughout Macedonia.

The skaters find attractive to skate on smooth surfaces and anything that can fulfill their skateboard-trick imagination. In Macedonia this sport is developed in the capital city Skopje which has many interesting spots to skate on. In 1999 was opened the first skate park in Macedonia, where the fans of this sport can enjoy.

Skopje running Marathon is one of the biggest sporting events in Macedonia after 2010 when was attended by more than 3.000 runners, from more than 20 countries around the world. First marathon race in Skopje was organized in 1997, and the second was held in 1998, but after that there was a break of 9 years. Skopje



Marathon is one of the best organized marathons in the region. There are 3 races, marathon half marathon and 5 km. race.

Off Road routes – round trip through Macedonia, Macedonia has plenty to offer for the outdoor adventure. Few of these lies for the taking, a 4x4 is the ultimate way to explore the geographically diverse terrain. This country is a real Mecca for your 4x4 driving where the roads quickly go from simple to the real off-roading. Off-road trails incorporate: lakes, reservoirs, shallow crossings, rocks, and if the weather does not cooperate, mud on the lower roads.

Caving in Macedonia is probably most well known outside the country for speleologists. There are 346 registered caves, some of the caves have underground rivers, lakes, multiple caverns and of course stalagmites and stalactites.

Sport Rock Climbing in Macedonia started in 1990 (trad climbing much earlier) with the first sport route being bolted, named Jumbo Jet graded 7a. Since then the total number of routes already exceeds 200 and it is absolutely sure that in the upcoming years this number will increase. For the rock climbers there are numerous places to visit, but



most attractive according to the climbers are Demir Kapija and Matka.

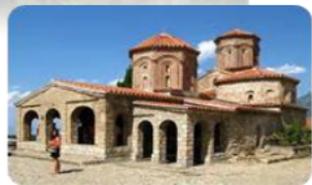
Paragliding as a recreational and competitive adventure sport of flying paragliders is widespread all over the country. Visiting the paraglide clubs in Skopje, Prilep, Mavrovo and Krusevo, you will get full equipment and professional guides for this sport. These regions have amazing landscapes that are certainly worth to be seen.

RELIGIOUS HERITAGE

Explore Macedonia's churches and monasteries, a total of 992, featuring 150,000sq.m of fresco paintings, 23,000 icons, 240 iconostases, and other church items carved in wood.

Macedonia's churches and monasteries are among the country's most precious treasures, where the spiritual and artistic heritage of the Byzantine Orthodox tradition is magnificently preserved.

While Macedonian churches share the essential characteristics of all Byzantine churches across the Balkans, in terms of construction, design and artwork, they also have very unique elements. First among these are the incredibly detailed and precise wood carvings found in many churches, especially in western Macedonia, created by the well-

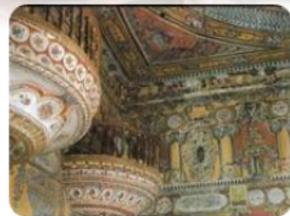


trained masters of the centuries-old Macedonian School of ecclesiastical art.

The singularity of Macedonia's churches is also attested in the many frescoes and icons unusual for either their subject matter or style. Macedonian icons, acknowledged as being among the most important in the world, were recently displayed at a comprehensive exhibit by the Metropolitan Museum of Art in New York.

Macedonia's myriad churches bear witness to the country's rich and varied past with reveal the influence of Serbian, Greek or Latin founders, and in a few Oriental and even Evangelical touches.

The people managed to preserve most of these Macedonian treasures regardless of the different emperors and different religions that passed through. It is believed that Ohrid holds most of this treasure because once it had 365 churches - one for each day of the year. Some of the most famous churches and monasteries: Monastery of St.Jovan Bigorski - near Debar, Monastery St. Naum of Ohrid - near Ohrid, Leshok Monastery – Tetovo, Monastery St. Jovan Bogoslov Kaneo –



Ohrid, Monastery of St. Joachim of Osogovo - near Kriva Palanka, etc.. In Macedonia there also mosques and other Islamic buildings: Mustapha Pasha Mosque – Skopje, Sultan-muratova Mosque – Skopje, Jahja - Pasha mosque – Skopje, Daut Pasha Hamam – Skopje, Chifte Hamam–Skopje, the most beautiful Painted Mosque–Tetovo...

ARCHAEOLOGICAL HERITAGE

Till now are recorded over 5,000 archeological sites in Macedonia, but just a few are open to visitors, while the others have only been identified. More significant are: from Old Neolithic period- Govrlevo and Madzari Tumba near Skopje and Amzabegovo near Sveti Nikole; Hellenic period- Trebeniste, Prentov Most (Ohrid area); Roman period- Heraklea and Stibera (Bitola area), Stobi (Veles area), Astibo (Stip), Skupi (Skopje); Roman roads-Via Egnatia, Via Axia (Via Militaris), Via Diagonalis.

Archaeological sites that are open for public are: The Megalithic Observatory Kokino which by the American Space Agency NASA, in 2005 was ranked in the 4th place on the World's Ancient Observatories list, The Municipium Stobensium-Stobi, The ancient



town of Heraclea Lynkestis, Vinica Fortress - Vinica Terracotta Icons from the 4th and 6th century, King Marko's Towers – Prilep, Ohrid, the ancient Lychnidus, Bargala – Stip, Skopje fortress - Skopsko kale, Bay of Bones - Museum on water – Ohrid, Isar Fortress – Stip, Tumba Madzari-Skopje valley, Samuel's fortress- Ohrid, Stibera ancient city, Bylazora –Sveti Nikole etc..

MUSEUMS AND MONUMENTS

Republic of Macedonia has an old and new museums and monuments which are presenting the history and cultural heritage of its territory from 6 000 BC till today. The most popular museums in Macedonia are: Museum Of Macedonia, Museum of City of Skopje, Museum Of Contemporary Art, Museum Of Macedonian Fight For Independence, The Holocaust Museum all in Skopje, The Smallest Ethno Museum –Tetovo, Museum Of Bitola-Bitola, Tobacco Museum in Prilep, Bear's Rock (Mechkin Kamen) Monument-Krusevo, Millennium Cross Monument and Mother Theresa Memorial House Monument in Skopje, Shancheva House, Kratovo etc..



FOLKLORE

Always closely linked to their native land, the Macedonian people have mostly lived through centuries of tradition transmitting it from one generation to another and thus creating an unusually rare material and spiritual culture which bears some patriarchal characteristics. True folklore cannot be bought or sold, but has to be learned through toil, sweat, tears, and sometimes, even blood. It should, as with all true art, stimulate, educate, irritate and, hopefully, lead all who are touched by it to a new level of insight. It will take all of your concentration, creativity, and passionate effort to capture its essence, to add to its richness, and to transmit it undiluted to the next generation. Most of Macedonia's colorful folklore consists of folktales and aphorisms. The Macedonian folk embroidery, mostly made of wool and silk, impresses with its polychrome where all the shades of red dominate but in some parts has also black molded embroidery which reminds us with its stylish composition of the early Christian textile decor. Particular attention Macedonian had paid to the design and decoration of their clothes, so that national costumes and



jewellery are the most expressive and the most numerous examples of the traditional creativity of the Macedonians. Decorative Macedonian embroidery, characteristic in the forms, technically complex and of picturesque colors give special expression and distinction to the national costumes. Embroidery is not only an artistic expression and the essential element but the most characteristic of the costumes of different regions Macedonia's traditional, intricately embroidered folk costumes include garments made of coarse, tightly woven wool yarn. Men wear vests, white linen shirts, pants and a pojas—a wide cloth belt. Women wear ankle-length dresses, a wide apron, a white linen shirt, a pojas, and a head scarf. Men's traditional attire is predominantly black, while women's is red and white. For footwear, both genders wear opinci—leather slippers with a curved tip.

The ethnic Macedonian traditional music, which can be rural or urban (starogradska muzika), includes: lyric, epic, labor, ritual, humorous songs, circle dance ("oro"), the old urban style called Čalgija, etc. Often referenced oro dances are Teškoto from the village of Galičnik, Kalajdžiskoto, Komitskoto and many others.



Macedonia's musical instruments have mixed origins brought here by various invaders passing through over the centuries or home grown. Most traditional and famous are: Kaval - a shepherd's instrument, similar to a flute but made of wood and produce a lovely warm sound, almost melancholic; Gajda - Macedonian's version of the bagpie with origins from the mountain villages; Zurla-is a wooden two-part wind instrument, typically played at weddings, social occasions and Turkish wrestling matches and has a distinct piercing sound; Shupelka - a shepherd's instrument that looks and sounds like a recorder; Duduk - a blocked-end flute that can be found in two lengths: 70cm like the kaval and 25cm. Tambura - brought to Macedonia in the 14th and 15th centuries via the Turks from the Middle East, and is a long-necked string instrument with a pear-shaped body, made of walnut producing a metallic, tingling sound; Tapan - this is a good-size drum which musicians of Macedonia play it with two specially designed drumsticks; Dajre-essentially a tambourine; Tarabuka-an hourglass-shaped drum, medium size, made of wood and animal skin. Its origins are uncertain.



Macedonian folk dances (ora), folklore bursts with rhythms, fast dancing steps, colorful costumes, vigorousness, and beautiful songs and is always quite striking. Macedonians danced and created folk dances (ora) both in sorrow and in joy, in suffering and in pleasure. So, the magnificent folk dances (ora) are a valuable heritage to Macedonian folklore. The dances just like the costumes are colorful and vary from area to area. The list of dances from the region of Macedonia is endless.

Macedonian pottery developed and perfected through many centuries until recently can be found in the pottery centers in Resen, Veles, Struga, Skopje, Debar, Besovo and in the village Vranestica, in the Kicevo district. Macedonian pottery is characterized by the ancient forms which reflect the impressions of monumentality, heavy and massive dishes. The pottery from Resen that belong to the Vlasi people looks very impressive with its long and knightly forms. The pottery dishes are made of clay mostly on a foot-worked potter's wheel and decorated by rather primitive means, color, graphite, and applications of relief motifs.



EVENTS

Macedonia is a real ethnological land. There are numerous events which are happening during the year, like: Tikveski grozdober – Kavadarci, Vevcani carnival – Vevcani, May Opera Evenings – Skopje, Prochka Carnival – Prilep, Basker Fest – Skopje, Strumica carnival – Strumica, Galichnik Wedding Festival - village of Galichnik near Debar, Struga Poetry Evenings- Struga, Ohrid Summer Festival – Ohrid, Ethno city- Krusevo, Film Festival Manaki Brothers – Bitola, Pivo Fest Prilep – Prilep, Racin meetings – Veles, International Festival of Antique Drama “Stobi” in Stobi near Negotino, Balkan Music Square, Vinoskop – Skopje, Drama Amateur Festival in Kocani, Interfest – Festival of Classical Music, Bitola, Smokvijada Fig Day – Gevgelija, International folk festival Todorica – Sveti Nikole, and many other events that you can visit in Macedonia through the year.

MACEDONIAN CUISINE AND RECIPES

The land of sun is the land of the tastes. Macedonia is the land of the gourmands and true fans of a good meal. From appetizers, main dishes, salads to desserts, Macedonian cuisine can offer numerous



traditional dishes for every taste. The traditional Macedonian cuisine combines Balkan and Mediterranean characteristics, inherited largely from Turkish tastes that prevailed during long centuries of Ottoman rule, then our neighboring Greece, and to some extent Italian and Austrian cuisines, which makes it a heterogeneous. It is noted for the diversity and quality of its dairy products, wines and alcoholic beverages such as rakija. The primary food on the Macedonian menu that stews is mixture of meat and vegetables cooked by simmering. Stews are prepared spicy, combined with roux and always eaten with bread. Other main staples are feta cheese; roasted banana peppers; and zelnik, a flat pastry with cheese, leek, or spinach filling. Supper is the most important meal of the day, often eaten less than an hour before retiring for the night.

Here, every good meal starts with fresh salad, call it “meze” and it means a perfect mix of fresh vegetable, sometimes combined with white cheese. Also, different variations of eggplant, zucchinis, brine and cream are served. Rakija and mastika are the most popular drinks



that are usually consumed with this kind of appetizer and are made of grape, or plum, or pear etc.

Macedonian cuisine is full of tasty specialties which are mixture of meat, vegetable and spices, and traditionally they are served in pottery dishes. The basic food products that are used in Macedonian cuisine are: beans, milk, yogurt, cheese, tomatoes, potatoes, carrots, peas, onion, apples, grapes etc. Macedonians eat also pork, beef, lamb, chicken and fish. National specialties include: kajmak, smoked ham, beef and sausage, beans, jam, jelly, main dishes as combination of meat and vegetables, sarma, corn bread, proja, dumplings, filled with chicken or goose liver, various pickled food, notably pickled cabbage -kisela zelka, ajvar (Macedonian ajvar is a traditional recipe made of peppers, mostly from the red ones)

The main characteristic dishes from meat and vegetables in Macedonian cuisine: Tavce gravce, Peppers stuffed with minced meat, Musaka from potatoes, Musaka from eggplant tomato, Peas, Barbecue (with additional like cheese, mushrooms, cream, bacon etc.), Sarma (with brine cabbage, fresh cabbage, vine leaves, sorrel), Turli Tava



Dough dishes: Gomleze, Komad, Mekici, Pogaca, Pie pastrmajlija.

Meat dishes: Roasted lamb, Roasted pork, Chofte, Kebap.

Salads: Shopska, Makedonska, Pindzur, Turshija, Zhetvarska, Ovcharska.

Deserts - Baklava, Tulumbi, Sekerpare, Vanilici, Chocolate cake, Ekleri, Alva. Traditional drinks: Macedonian Wine, Rakija, Warm rakija, Warm wine, Macedonian coffee.

MACEDONIAN WINE REGIONS

Three Macedonian wine regions are divided into 16 vineyard and main production is in the Vardar Valley (central part - Povardarie). Wines that are producing on each part of Macedonia are wines that are made of growing up of the best quality grape.

Producing of Macedonian wines is split in three main wine regions: Povardarje – Vardar valley (central region), Pcinja - Osogovo (east region) and Pelagonisko - Poloski (west region). Povardarje - Vardar valley and Tikvesh Vineyard as a part of it, is the center of acedonian wine production, producing the wine for more than 120 years.



The brochure "Beautiful things are in small packages - Meet Macedonia" is the result of the same project which was realized by Organization of women of municipality of Sveti Nikole, R.Macedonia and financial supported by General Secretary in the Government of R.Macedonia. The brochure contains objects from the Macedonian natural, historic and cultural heritage and will be used for promotion of Macedonia.

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