



Rivijera zdravlja

CRIKVENICA



The Healthy Riviera



Crikvenica  
Riviera



Otkrijte svoju mirnu oazu, opustite se u krilu prirode, osnažite duh i tijelo.  
Dobrodošli na našu riviju zdravlja!

Discover your own peaceful oasis, relax in the lap of nature, invigorate your body and mind.  
Welcome to our healthy riviera!

# Ljekovita priroda na Rivijeri Crikvenica



Blaga i povoljna mediteranska klima i mikroklima, čist zrak, toplina sunca, ljekovite kapljice morske soli i aromatično bilje darovi su kojima priroda nesobično obasipište Rivijeru Crikvenica. Rivijeru koja je, upravo zbog prirodnih blagodati, još u 19. stoljeću među prvima u Hrvatskoj započela njegovati tradiciju zdravstvenoga turizma. Prirodni ljekoviti činitelji u ovome kraju, poput klime, čistoće zraka, morske vode, sunčevog zračenja i biljnog pokrova, čuvaju naše zdravlje, pomažu u prevenciji, oporavku i rehabilitaciji raznih bolesti i poboljšavaju kvalitetu života. Krijepe i jačaju tijelo, duh i um.



# The healing nature of the Crikvenica Riviera



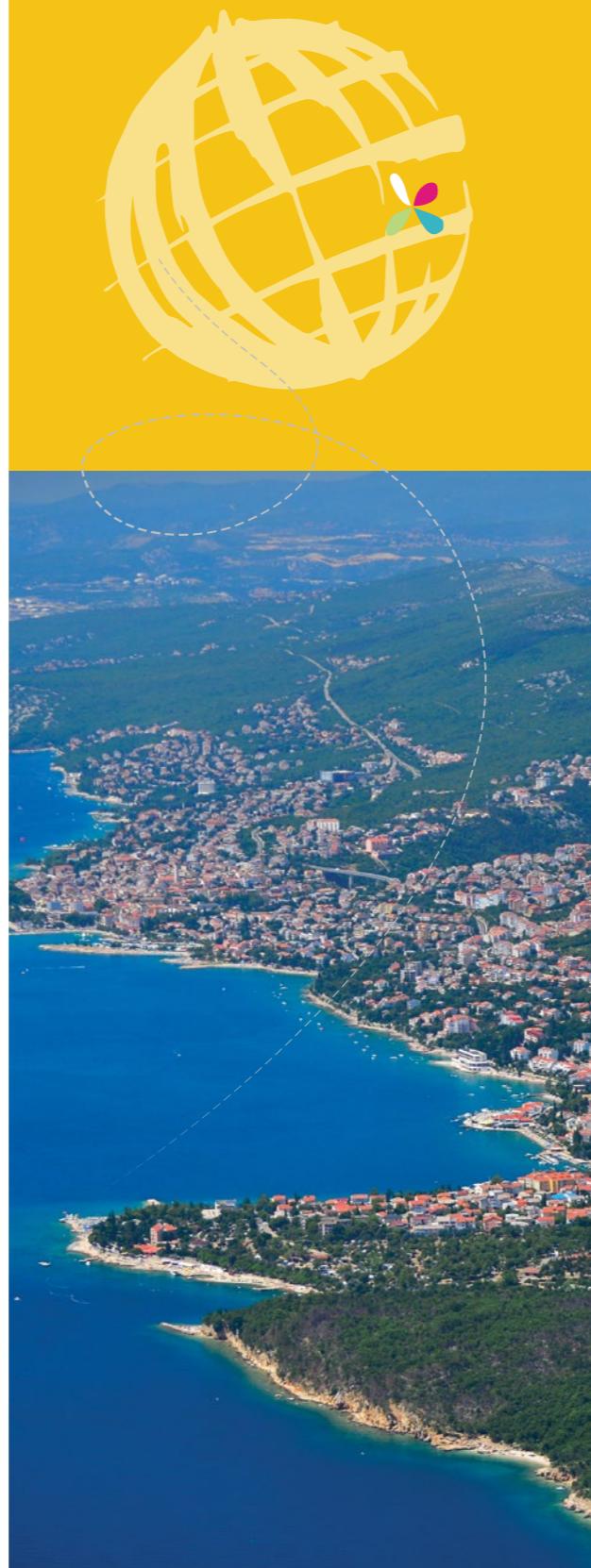
The mild and favourable Mediterranean climate and microclimate, clean air, warm sunshine, therapeutic drops of sea salt and aromatic herbs are the gifts that nature generously showers upon the Crikvenica Riviera. Due to its favourable natural features, this riviera was one of the first in Croatia that began to nurture a tradition of health tourism as early as the 19<sup>th</sup> century. The natural therapeutic factors in this region, such as the climate, air purity, sea water, sunlight, and vegetation, have a beneficial effect on our health, help in the prevention, recovery and rehabilitation of various illnesses, and improve the quality of our life. They revitalise and strengthen the body, spirit and mind.

## Geografski položaj

Rivijera Crikvenica se nalazi u u Kvarnerskome zaljevu Jadranskoga mora i pripada makroregiji Sjeverno hrvatsko primorje. Zaštitu od jakih sjevernih vjetrova pružaju brežuljci Obla i Drenin u zaledu, a zahvaljujući njima, u ovome se kraju izmjenjuju morske i kontinentalne klimatske značajke. Prevladava stabilna, zdrava i blaga sredozemna klima s istodobnom prisutnošću morskih i planinskih zračnih struja, ugodno toplim, vedrim i suhim ljetima te oblačnim, kišovitim i ne previše hladnim zimama. Veliki broj sunčanih sati, čistoća zraka i mora te povoljan geografski položaj u kojem se mijesaju morski i gorski zrak, rano su istaknuli Crikvenicu kao savršeno mjesto za liječenje dišnih organa.

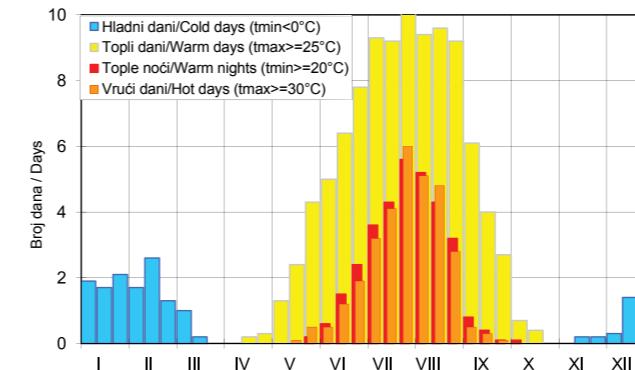
## Geographic position

The Crikvenica Riviera is located in the Kvarner Bay of the Adriatic Sea and belongs to the macro-region of the Northern Croatian Littoral. The hills of Obla and Drenin in the hinterland provide protection from the strong northerly winds, and thanks to them, the maritime and continental climatic characteristics in this region alternate. A stable, healthy and mild Mediterranean climate prevails with the simultaneous presence of sea and mountain air currents, characterised by pleasantly warm, clear and dry summers and cloudy, rainy yet cool winters. The many hours of sunshine, clean air and sea plus the favourable geographic position where the sea and mountain air mix, indicated early on that Crikvenica was the perfect place for the treatment of respiratory organs.



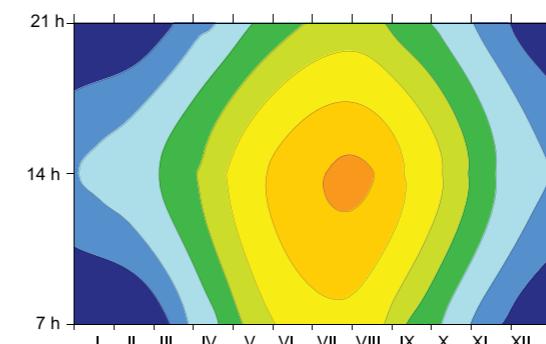
Crikvenica je ponosna vlasnica blage klime koja liječi, što je prepoznato i potvrđeno pred više od stotinu godina. Prema Köppenovoj klasifikaciji klime, Crikvenica ima umjereno toplu kišnu klimu s najtopljjim mjesecom srpnjem, koji ima srednju temperaturu  $24,5^{\circ}\text{C}$  i najhladnjim siječnjem sa  $6,2^{\circ}\text{C}$ . Srednje dnevne temperature više od  $20^{\circ}\text{C}$  mogu se očekivati od početka lipnja do sredine rujna. S ukupno više od 2300 sunčanih sati na godinu, Crikvenica se ubraja među vrlo sunčana područja u Hrvatskoj. Čak i u najhladnjim zimskim mjesecima u oko 20 % slučajeva bude ugodno svježe ili ugodno. Proljeće i jesen su vrlo povoljni za provođenje aktivnog odmora uz šetnje i sport, a povoljna karakteristika crikveničke bioklime je da se osjet vrlo vruće i u najtopljjim mjesecima javlja isključivo u popodnevnim satima pa su jutra i večeri pogodni za šetnje ili sportske aktivnosti.

Godišnji hod broja dana s različitim temperaturnim karakteristikama  
Annual distribution of days with different temperature characteristics



Crikvenica proudly boasts a mild, healing climate, which had been recognised and endorsed more than a hundred years ago. According to the Köppen Climate Classification System, Crikvenica has a moderately warm rainy climate with July being the warmest month, when the mean temperature is  $24.5^{\circ}\text{C}$  whilst the coldest month is January with a mean temperature of  $6.2^{\circ}\text{C}$ . The daily mean temperatures of over  $20^{\circ}\text{C}$  can be expected from the beginning of June to the middle of September. With a total of more than 2,300 hours of sunshine a year, Crikvenica counts itself as being amongst the sunniest areas of Croatia.

Prosječni osjet ugodne tijekom dana i godine  
Average thermal comfort during the day and year



Legenda osjeta ugodne  
Legend of thermal comfort

vrio hladno - very cold	ugodno svježe - pleasantly fresh	toplo - warm
hladno - cold	ugodno - pleasant	vrue - hot
svježe - fresh	ugodno toplo - pleasantly warm	vrlo vrue - very hot

## Klima koja liječi

Razdoblje povoljnih klimatskih prilika za razne aktivnosti na otvorenom, poput pješačenja, bicikлизma ili plovidbe brodicom, traje praktički tijekom cijele godine. Temperature mora su od sredine lipnja pa gotovo do kraja rujna više od  $20^{\circ}\text{C}$  pa je u tom razdoblju more ugodno za kupanje. Od svibnja do rujna je od 40 do 50 % dana s idealnim uvjetima za boravak na plaži.

(Izvor: dr. sc. Ksenija Zaninović,  
Državni hidrometeorološki zavod)

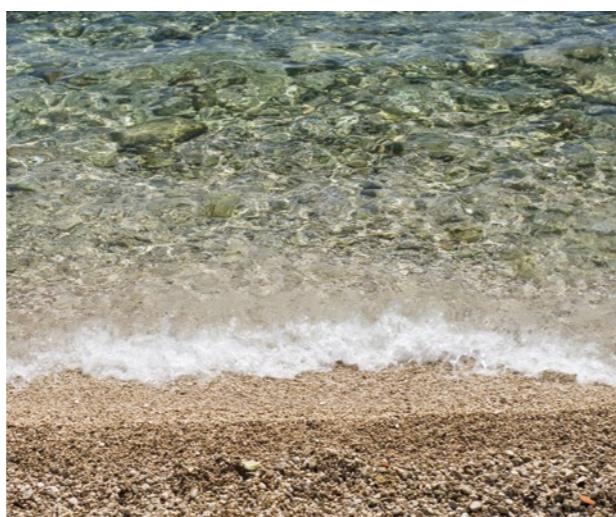
## Healing climate

Even in the coldest winter months in about 20% of the time it is pleasantly fresh and comfortable. Spring and autumn are very favourable for an active holiday, walking and playing sports. A particularly favourable characteristic of Crikvenica's bio-climate is that the sense of heat even in the warmest months is only felt in the afternoons, which means that the mornings and evenings are suitable for walking or sporting activities. The period of the best climatic conditions for various open air activities, such as walking, cycling and sailing, lasts almost all year round. The temperature of the sea from the middle of June to almost the end of September is above  $20^{\circ}\text{C}$ , which makes the sea comfortable for swimming in that period. From May to September 40 - 50% of the days have ideal conditions for a trip to the beach.

(Source: Ksenija Zaninović Ph.D.,  
Croatian Meteorological and Hydrological Service)

## More

Slanost mora od 4% i neprekidna strujanja od jugoistoka prema sjeverozapadu čine more na Rivijeri Crikvenica iznimno čistim i bistrim. Mjerenja od 2009. do 2014. godine na 27 lokacija pokazuju da je more izvrsne kakvoće (izvor: Institut za oceanografiju i ribarstvo, [www.izor.hr](http://www.izor.hr)). Maksimalne temperature se kreću od 23,2 °C u lipnju do najviše zabilježene ljetne vrijednosti od 27,1 °C. Sredozemne klimatske osobitosti utječu i na vegetaciju, tako da uz more prevladavaju mediteranske biljke (borovi, čempresi, ružmarin, lovor itd.).



## Pitka voda

Rivijera Crikvenica se opskrbljuje vodom iz Žrnovnice, prirodno vrlo kvalitetnog izvorišta, koje se nalazi u istoimenoj uvali. Vodaje vrhunske kvalitete i svakodnevno se analizira, a svrstava se u razred srednje mekanih pitkih voda. Zdrava je i bogata mineralnim sastojcima, a budući da dolazi iz podzemlja Gorskog kotara i porječja Gacke, zaštićena je od vanjskih zagađenja. Zanimljivo je da voda i po nekoliko desetljeća odleži u prostranim akumulacijama i hodnicima pod zemljom, a zatim se, oplemenjena sastojcima sedimentnih stijena kraškoga terena, slijeva u Žrnovnicu.

## The sea

The 4% salinity of the sea and the continuous currents from the south-east to the north-west make the sea of the Crikvenica Riviera exceptionally clean and clear. Measurements from 2009 to 2014 at 27 locations show that the sea was of excellent quality (source: Institute of Oceanography and Fisheries, [www.izor.hr](http://www.izor.hr)). The maximum temperatures range from 23.2 °C in June to the highest recorded summer value of 27.1 °C. The Mediterranean climatic characteristics also influence the vegetation, so alongside the sea Mediterranean plants (pines, cypress, rosemary, laurel etc.) prevail.

## Drinking water

The Crikvenica Riviera is supplied with water from Žrnovnica, a natural high-quality source of water, which is located in the bay of the same name. The water is of high quality and it is analysed every day, and it is ranked amongst medium soft drinking waters. It is healthy and rich in mineral elements, and since it arrives from the underground area of Gorski Kotar and the Gacka River basin it is protected from external pollution. It is interesting that the water sometimes rests in spacious underground reservoirs and corridors for several decades, and then, enriched with elements of sedimentary rocks of the karst terrain, it flows into Žrnovnica.

## Zrak

Zrak na Rivijeri Crikvenica odlikuje se iznimnom čistoćom i raspršenim zdravim oligomineralima, a njegovu ljekovitost povećava visok postotak ozona, klora, natrija i jodate optimalna vlažnost. U zraku su zabilježene tek minimalne koncentracije štetnih alergena, a eventualno blago alergijsko djelovanje peludi moguće je u rano proljeće. Savršena simbioza morskog i planinskog zraka s česticama morske soli i kapljicama eteričnih ulja ljekovitih mediteranskih biljaka pruža sjajne uvjete za liječenje, oporavak i čišćenje gornjih i donjih dišnih putova. Crikvenički zrak znatno olakšava disanje, poboljšava koncentraciju i raspoloženje i jača vitalnost.



## The air

The air on the Crikvenica Riviera is characterised by its exceptional purity and diffused healthy trace minerals, and its therapeutic property is increased by a high percentage of ozone, chlorine, sodium and iodine and optimum humidity. Only minimal concentrations of harmful allergens have been recorded in the air; possible mild allergic effects of pollen may occur in the early springtime. The perfect symbiosis of the sea and mountain air with particles of sea salt and drops of essential oils of therapeutic Mediterranean plants offer excellent conditions for the treatment, recovery and cleaning of the upper and lower respiratory tracts. Crikvenica's air considerably eases breathing, improves concentration and mood, and strengthens vitality.



## Mirisni mediteranski raj

Priroda je na Rivijeri Crikvenica skrojila pravi mirisni raj, u kojem rastu brojne autohtone i alohtone biljke. Svoje su mjesto ovdje pronašli borovi, čempresi, grab, smreka, palma, smokva, oleander, kaktus, mirta, ružmarin, lavanda i druge oku ugodne i mirišljave biljne vrste. Neke su od njih gotovo na svakome koraku, stanari većine vrtova i mnogih zelenih površina. Riječ je o lovoru, ružmarinu i kadulji, koji su od davnina poznati po svojim ljekovitim svojstvima i miljenici su tradicionalne gastronomije. Udahnite zdravlje, neka vam ova mirisna uspomena postane najdraži podsjetnik na našu rivjeru!



## A fragrant Mediterranean paradise

Nature has created a real fragrant paradise on the Crikvenica Riviera, where numerous indigenous and non-indigenous plants grow. Pines, cypress trees, hornbeam, juniper, palms, fig trees, oleander, cactus, myrtle, rosemary, lavender and other eye pleasing and fragrant plant species have found their home here. Some of them, such as laurel, rosemary and sage, can be found at almost every step and grow in many gardens and public green areas. They have been known for their medicinal properties since ancient times and are favourites in traditional cuisine. Breathe in healthily and let this fragrant memory become the best reminder of your visit to our riviera!

## Stoljetna priča o zdravlju

Korijeni lječilišne djelatnosti u Crikvenici sežu sve do 15. stoljeća, kada su redovnici pavlini proučavali medicinu i ljekarništvo, uzgajali ljekovito bilje i dio samostana prenamjenili u bolnicu. Povod prvim organiziranim dolascima gostiju na Rivijeru Crikvenica bio je povezan s ljekovitošću sunca, mora i zraka, a zahvaljujući utjecaju znanosti, prije svega talasoterapije i dokazane ljekovitosti morske vode, počeo se razvijati zdravstveni turizam. Već je 1. srpnja 1891. u parku ispred pošte u Crikvenici osnovana meteorološka postaja, a od tada se vodi redovito evidentiranje meteoroloških podataka u Državnom hidrometeorološkom zavodu u Zagrebu. Iste je godine prof. dr. Johannes Frischauf objavio prvi turistički vodič o Crikvenici i okolici Klimatischer Curort und Seebad Crikvenica. Crikvenica je 1906.

službeno proglašena klimatskim lječilištem i morskim kupalištem. Potkraj 19. i početkom 20. stoljeća su u sklopu velikih hotela (Nadvojvoda Josip, Miramare) djelovale prve hidropatske ustanove i provodile se najsuvremenije terapije liječenja, a otvarala su se i lječilišta za djecu i odrasle (Češka kolonija, Mojmir i dr.). U zgradama Češke kolonije se 1953. godine otvorilo dječje oporavilište Primorka, a 1960. u sklopu Hotela Therapia Zavod za talasoterapiju odraslih za prevenciju i rehabilitaciju gornjih i donjih dišnih putova. Godine 1967. su se te dvije ustanove spojile u jedinstvenu bolnicu, koja od 1995. godine djeluje kao Thalassotherapia Crikvenica. Tradicija kvalitetnih i vrhunskih zdravstvenih usluga održala se do danas, a njeguju je ugledne medicinske ustanove.



The roots of therapeutic activities in Crikvenica date back to the 15<sup>th</sup> century, when Pauline monks studied medicine and pharmacy, and grew medicinal plants and converted part of their monastery into a hospital. The reason for first arrivals of guests to the Crikvenica Riviera was connected to the therapeutic properties of the sun, sea and air, and thanks to the influence of science, most of all to thalassotherapy and the proven healing properties of the sea water, health tourism began to develop. In the park in front of the post office in Crikvenica a meteorological station was established as early as 1 July 1891, and since then the regular recording of meteorological data has been carried out in the Meteorological and Hydrological Service in Zagreb. In the same year Prof. Dr. Johannes Frischauf published the first tourist guide Klimatischer Curort und Seebad Crikvenica about Crikvenica and the

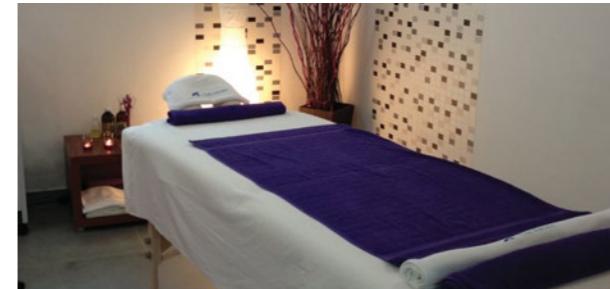
## Centuries-long tradition of health

surroundings. In 1906 Crikvenica was officially declared a health and seaside resort. At the end of the 19<sup>th</sup> and in the early 20<sup>th</sup> centuries the first hydropathic establishments were operating within large hotels (Archduke Josef, Miramare) and the latest therapeutic treatments were implemented. In that period sanatoriums for children and adults were also opened (Czech Colony, Mojmir and others). In the building of the Czech Colony the children's convalescent home Primorka was opened in 1953, and in 1960 the Institute for Adult Thalassotherapy for the prevention and rehabilitation of upper and lower respiratory tracts was opened within the Hotel Therapia. In 1967 these two establishments merged into a single hospital, which since 1995 has operated as Thalassotherapia Crikvenica. The tradition of quality and top health services has been maintained to this day and fostered by respected health facilities.



## Izlijječimo tijelo

Uz gostoljubive domaćine i prirodu, koji brinu o našem zdravlju, tu su i stručnjaci od povjerenja u uglednim zdravstvenim ustanovama, poput Thalassotherapije Crikvenica, Poliklinike Oxy, Terme Selce, Poliklinike Katunar i mnogih drugih manjih ordinacija. Njihove su osnove poslovanja stalno usavršavanje i ulaganje u nova znanja te oporavak pacijenta u što kraćem roku. U svakoj će vas od njih dočekati profesionalnost, temeljtitost, ljubaznost i susretljivost. Vješto i uspješno spajaju modernu medicinu i tradiciju, a briga o pacijentu im je uvijek na prvome mjestu. Nemojte čekati, već put pod noge, dođite na Rivijeru Crikvenica i riješite svoje tegobe!



Along with the friendly hosts and nature, who care about our health, there are also trusted experts in prestigious health establishments, such as Thalassotherapy Crikvenica, Polyclinic Oxy, Terme Selce, Polyclinic Katunar and many other smaller clinics. Their basic goals are the continuous improvement and investment in new skills and the recovery of patients in the shortest possible time. In each of them you will be welcomed with professionalism, thoroughness, kindness and helpfulness. They skilfully and successfully combine modern medicine and tradition, and patient care for them is always their main concern. So don't wait, head to the Crikvenica Riviera and solve your health issues!

## Thalassotherapia Crikvenica

Bogata tradicija liječenja od preko pola stoljeća, položaj na samoj obali, spoj mediteranskoga bilja, prekrasne šetnice i bistrog mora najlepša su pozivnica za dolazak na oporavak, liječenje i odmor u crikveničku Thalassotherapiju. Ova medicinska ustanova uspješno povezuje principe talasoterapijskog liječenja s dostignućima moderne medicine, čime se postižu izvrsni rezultati u liječenju bolesti organa za kretanje i dišnih organa u djece i odraslih. Medicinski dio Thalassotherapije čine četiri odjela: Dječji odjel, Odjel fizikalne medicine i rehabilitacije, Odjel otorinolaringije te Interno-pulmološki odjel. Dječji odjel ima smještaj prilagođen djeci različitog uzrasta, od dojenačke dobi do 18 godina, a iako je ustanova specifična po kvalitetnom liječenju bolesti dišnog sustava, u njoj se provodi i fizikalna terapija za djecu za liječenje bolesti lokomotornog sustava te stanja nakon trauma ili operativnih zahvata.

Osim specijalističkih pregleda, pretraga i konzultacija, provode se razni terapijski postupci, od inhalacija morskom vodom (vlažna i suha) i inhalacija eteričnim uljima, raznih masaža, vježbi disanja pa do bazena s grijanom morskom vodom za provođenje hidroterapije. Thalassotherapia nudi i smještaj u više od 300 kreveta raspoređenih po objektima, povezana je topлом vezom sa susjednim hotelom Mediteran te ima dvoranu za sastanke s multimedijalnom opremom, kapaciteta do 100 korisnika.

### **Thalassotherapia Crikvenica**

*Specijalna bolnica za medicinsku rehabilitaciju bolesti respiratornih organa i lokomotornog sustava  
Gajevo šetalište 21, Crikvenica  
Telefon: +385 51 407 666  
www.thalasso-ck.hr, e-mail: info@thalasso-ck.hr*



## Thalassotherapia Crikvenica

A long tradition of healthcare stretching back more than half a century, a location right by the sea, a combination of Mediterranean plants, a pleasant promenade and crystal-clear sea all make up the best invitation to come to Thalassotherapia Crikvenica for convalescence, medical treatment and rest. This health facility successfully combines the principles of thalassotherapy and climatotherapy with the achievements of modern medicine, which has yielded exceptional results in treating diseases of the musculoskeletal system and respiratory organs in children and adults. The medical part of the Thalassotherapia consists of four departments: the Children's Department, the Department of Physical Medicine and Rehabilitation, the Department of Otorhinolaryngology, and the Pulmonary-Internal Medicine Department. The Children's Department provides accommodation suitable for children from infancy up to 18 years of age. The Thalassotherapia is renowned for successful

treatments for respiratory system diseases, but also offers physical therapy for children as part of its treatment for locomotor system diseases and conditions after trauma or surgery.

In addition to specialist examinations and consultations, the Thalassotherapia also offers a variety of therapeutic procedures ranging from seawater and essential oil inhalations, various massages and breathing exercises, to a heated seawater pool for hydrotherapy. Accommodation is provided in more than 300 beds in several buildings. The Thalassotherapia is connected by a corridor with the neighbouring Hotel Mediteran and offers a conference room with multimedia equipment which can host up to 100 participants.

### **Thalassotherapia Crikvenica**

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## Terme Selce

Poliklinika Terme Selce već dva desetljeća ujedinjuje zdravlje i sport. Karakterizira je uspješan rad u prevenciji, diagnostici i rehabilitaciji svih dobnih skupina i vlastiti "know-how" protokoli u prevenciji i sanaciji ozljeda, koji omogućuju brz i kvalitetan oporavak te povratak svakodnevnom životu, a sportašima potpunoj sportskoj aktivnosti. Terme Selce su razvile 4 glavne grane djelatnosti, a to su: Poliklinika s dijagnostičkom djelatnošću (specijalistički pregledi, dijagnostičke mogućnosti itd.), Centar za fizikalnu medicinu i rehabilitaciju (sportske ozljede, preoperativna i postoperativna rehabilitacija itd.), Centar za sport i medicinu (sistemske pregled sportaša, prevencija sportskih povreda, fizikalna terapija bolnih stanja i sportskih povreda itd.) i Medicinski wellness (poboljšanje pokretljivosti i kondicije, regulacija tjelesne težine, tretmani za tijelo i

lice itd). Službeni su liječnici Hrvatske skijaške reprezentacije, članovi Zdravstvene komisije Međunarodne skijaške federacije, Hrvatskoga olimpijskog odbora i Europskoga olimpijskog odbora. Kvalitetu programa rehabilitacije i fizikalne terapije, kojima je poliklinika stekla iznimno ugled, prepoznala su i mnoga svjetski poznata imena iz svijeta sporta: Davor Šuker, Luka Modrić, Janica i Ivica Kostelić, Kalle Palander, Michaela Dorfmeister, Tanja Poutiainen, Niki Lehikoinen, Victor Malmstrom i mnogi drugi.

### **Poliklinika Terme Selce**

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For the last two decades, the Terme Selce Polyclinic has been dedicated to health and sports. It has a history of success in prevention, diagnostics and rehabilitation in all age groups and has developed its own know-how and protocols for the prevention and rehabilitation of injuries. These have proven to provide a quick and effective recovery and a successful return to sporting activities for athletes. The Terme Selce has developed four main fields of activity: the Polyclinic for diagnostic activities (specialist examinations, various diagnostic possibilities, etc.), the Centre for Physical Medicine and Rehabilitation (sports injuries, pre-operative and post-operative rehabilitation, etc.), the Centre for Sports and Medicine (medical check-ups for athletes, prevention of sports injuries, physical therapy for painful conditions and sports injuries, etc.) and Medical Wellness (improvement of mobility and fitness, body weight regulation, body and facial treatments,

etc.). Members of the Terme Selce staff are official doctors of the Croatian Ski Team and members of the Health Commission of the International Ski Federation, Croatian Olympic Committee and the European Olympic Committee. Thanks to its high-quality rehabilitation and physical therapy programme, the Polyclinic has gained an outstanding reputation and has been recognised by many top athletes such as Davor Šuker, Luka Modrić, Janica and Ivica Kostelić, Kalle Palander, Michaela Dorfmeister, Tanja Poutiainen, Niki Lehikoinen, Victor Malmstrom and many others.

### **Terme Selce Polyclinic**

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Ordinacija za uho, grlo i nos - prim. dr. sc. Eržebet Tomljenović, dr. med., specijalist otorinolaringologije

Pravo rješenje problema s grлом, govorom, sinusima, upalama uha ili alergijama može se pronaći u privatnoj ordinaciji dr. Eržebet Tomljenović. Dugogodišnje iskustvo u dijagnostici i terapiji otorinolaringoloških bolesti djece i odraslih jamči pronalazak optimalnog rješenja za svakoga pacijenta.

Mihovila Jeličića 14 (Hotel Varaždin), Selce  
Telefon: +385 51 764 016, mobitel: +385 98 398 770  
[www.ordinacija-tomljenovic.com](http://www.ordinacija-tomljenovic.com)  
e-mail: [ordinacijatomljenovic@yahoo.com](mailto:ordinacijatomljenovic@yahoo.com)

### Poliklinika za baromedicinu Oxy

U sklopu Thalassotherapije Crikvenica od 2009. pod stručnim vodstvom Poliklinike za baromedicinu i medicinu rada OXY iz Pule djeluje i odjel baromedicine. Hiperbarična oksigenacija se provodi udisanjem 100 % medicinskog kisika u uvjetima povišenog tlaka kod onih bolesti i stanja kod kojih nedostaje kisika u tkivima. Hiperbarični kisik se u kliničkoj medicini koristi za liječenje velikog broja bolesti, brže zacjeljivanje sportskih ozljeda, ubrzanje oporavka nakon teških fizičkih napora, poboljšanje fizičke kondicije sportaša, kao rekompresijska terapija za nastrandale ronioce. Osim toga, poboljšava cirkulaciju, usporava procese starenja stanica, poboljšava psihofizičku kondiciju i djeluje antistresno.

### Poliklinika za baromedicinu Oxy

Poslovna jedinica Crikvenica  
Gajevo šetalište 21, Crikvenica  
Telefon: +385 51 785 229  
[www.oxy.hr](http://www.oxy.hr)  
e-mail: [poliklinika.ck@oxy.hr](mailto:poliklinika.ck@oxy.hr)



Ear, nose and throat practice  
- Primarius Dr. Sc. Eržebet Tomljenović, MD, specialist in otorhinolaryngology

The private practice of Dr Eržebet Tomljenović offers solutions to problems with the throat, speech, sinuses, ear infections and allergies. Many years of experience in diagnosing and treating ear, nose and throat diseases in children and adults guarantees the best solution for each individual patient.

Mihovila Jeličića 14 (Hotel Varaždin), Selce  
Telephone: +385 51 764 016, mobitel: +385 98 398 770,  
[www.ordinacija-tomljenovic.com](http://www.ordinacija-tomljenovic.com)  
e-mail: [ordinacijatomljenovic@yahoo.com](mailto:ordinacijatomljenovic@yahoo.com)

### Oxy Polyclinic for Baromedicine

Since 2009, the Thalassotherapy Crikvenica has included a department of hyperbaric medicine, which is under the expert guidance of the OXY Polyclinic for Baromedicine and Occupational Medicine from Pula. Hyperbaric oxygenation consists of inhaling 100% medicinal oxygen under high pressure for diseases and conditions when patients lack oxygen in the tissue. In clinical medicine, hyperbaric oxygen is used for treating various types of disease, speeding up recovery from sports injuries or extreme physical exertion, improving physical fitness in athletes, and as recompression therapy for divers. It also improves blood circulation, slows the process of cell aging, improves the psycho-physical condition and reduces stress.

### Oxy Polyclinic for Baromedicine

Crikvenica clinic  
Gajevo šetalište 21, Crikvenica  
Telephone: +385 51 785 229  
[www.oxy.hr](http://www.oxy.hr)  
e-mail: [poliklinika.ck@oxy.hr](mailto:poliklinika.ck@oxy.hr)



### Poliklinika Katunar

Turistička ambulanta, kvalitetne specijalističke usluge u ugodnom i opuštenom okruženju i izvrsna suradnja s brojnim medicinskim ustanovama najznačajnije su odlike Poliklinike Katunar. Među ostalim, pruža sljedeće specijalističko-zdravstvene usluge: internističke preglede, laboratorijske hematološko-biohemikaljske pretrage krvi i urina, ultrazvučne preglede i dijagnostiku, ginekološke preglede, rendgenske preglede, urološke preglede, kirurške i ultrazvučne preglede dojki, dermatovenerološke preglede, kliničke i ultrazvučne preglede štitnjače, limfnih čvorova, krvnih žila i tumora regije vrata, ortopedske preglede te ostale specijalističko-konzilijarne preglede.

### Poliklinika Katunar

Dr. Ivana Kostrenčića 10, Crikvenica  
Telefon: +385 51 785 132  
[www.poliklinika-katunar.hr](http://www.poliklinika-katunar.hr)  
e-mail: [poliklinika.katunar@inet.hr](mailto:poliklinika.katunar@inet.hr)



### Katunar Polyclinic

A medical clinic for tourists, top-quality specialist services in a pleasant and relaxed atmosphere and excellent collaboration with a number of medical institutions are the most distinctive features of the Katunar Polyclinic. The list of specialist health services includes internal medical examinations, haematological-biochemical laboratory blood and urine tests, ultrasound examinations and diagnostics, gynaecological examinations, X-ray examinations, urological examinations, surgical and ultrasound breast examination, dermatology and venereology examinations, clinical and ultrasound examinations of the thyroid gland, lymph nodes, blood vessels and tumours in the neck area, orthopaedic examinations and other specialist and advisory examinations.

### Katunar Polyclinic

Dr. Ivana Kostrenčića 10, Crikvenica  
Telephone: +385 51 785 132  
[www.poliklinika-katunar.hr](http://www.poliklinika-katunar.hr)  
e-mail: [poliklinika.katunar@inet.hr](mailto:poliklinika.katunar@inet.hr)



## Dom zdravlja Crikvenica

Na području Rivijere Crikvenica djeluju ordinacije liječnika opće prakse i Dom zdravlja, koji pruža usluge primarne zdravstvene zaštite. U sklopu njega se nalazi i Hitna medicinska pomoć za područje Crikvenice, Novog Vinodolskog i Vinodola, a u ljetnim mjesecima i turistička ambulanta.

### **Dom zdravlja Crikvenica**

Kotorska bb, Crikvenica  
Telefon: 112

## Oftalmološka ordinacija

Daniela Dabeska-Novkovski, dr. med., specijalist oftalmolog  
Vinodolska 21, Crikvenica,  
Telefon: +385 51 781 635

## Optike

### **Ghetaldus**

Frankopanska 3, Crikvenica  
Telefon/faks: +385 51 242 471  
[www.ghetaldus-rijeka.hr](http://www.ghetaldus-rijeka.hr)  
e-mail: crikvenica@ghetaldus-rijeka.hr

### **Interoptika**

Frankopanska 4, Crikvenica  
Telefon: +385 51 242 523; +385 91 572 2126  
e-mail: dubravka.pakai@ri.t-com.hr

### **Lisette**

Strossmayerovo šetalište 53, Crikvenica  
Telefon: +385 51 785 570, +385 98 194 5537  
e-mail: duško.mihec@ri.t-com.hr

### **Optoteam optika**

Frankopanska bb, Crikvenica  
Telefon: +385 51 241 003  
e-mail: optotim.crikvenica@optotim.com



## Crikvenica Health Centre

In the area of the Crikvenica Riviera, there are general medical practices and also a Health Centre which provides primary health care. It also provides the emergency medical assistance service for the area of Crikvenica, Novi Vinodolski and Vinodol. In the summer months, there is also a medical clinic for tourists.

### **Crikvenica Health Centre**

Kotorska bb, Crikvenica  
Telephone: 112

## Ophthalmology practice

Daniela Dabeska-Novkovski, MD, eye specialist  
Vinodolska 21, Crikvenica  
Telephone: +385 51 781 635

## Opticians

### **Ghetaldus**

Frankopanska 3, Crikvenica  
Telephone/Fax: +385 51 242 471  
[www.ghetaldus-rijeka.hr](http://www.ghetaldus-rijeka.hr)  
e-mail: crikvenica@ghetaldus-rijeka.hr

### **Interoptika**

Frankopanska 4, Crikvenica  
Telephone: +385 51 242 523; +385 91 572 2126  
e-mail: dubravka.pakai@ri.t-com.hr

### **Lisette**

Strossmayerovo šetalište 53, Crikvenica  
Telephone: +385 51 785 570, +385 98 194 5537  
e-mail: duško.mihec@ri.t-com.hr

### **Optoteam optika**

Frankopanska bb, Crikvenica  
Telephone: +385 51 241 003  
e-mail: optotim.crikvenica@optotim.com

## Osmijeh, molim!

S pravom kažu da je smijeh lijek. No, što učiniti kada sramežljivo skrivamo osmijeh ili kad ne spavamo zbog zubobolje? Ne brinite, u jednoj od dentalnih ordinacija na Rivijeri Crikvenica će se pobrinuti za vas i pružiti vam baš to što tražite, bilo da je riječ o manjoj korekciji ili zahtjevnijem zahvatu. Među ostalim, nude i usluge dijagnostike, protetike, dentalne implantologije, estetske dentalne medicine, oralne kirurgije, ortodoncije, parodontologije, fiksne i mobilne protetike te dječje i preventivne dentalne medicine.

Spremni su na sve izazove, a dočekat će vas, naravno, s osmijehom na licu.

### **Privatna stomatološka ordinacija**

#### **Dunderović Knez**

Drage Gervaisa 4, Crikvenica  
Telefon: +385 51 785 013  
[www.ordinacijaknez.com](http://www.ordinacijaknez.com)  
e-mail: dr.knez@hi.t-com.hr

### **Stomatološka ordinacija Kalmar**

J. T. Košuljandića 22, Dramalj  
Telefon: +385 51 786 713  
[www.kalmar.hr](http://www.kalmar.hr)  
e-mail: kalmar@kalmardent.com

### **Privatna stomatološka ordinacija**

#### **dr. Branko Mužević**

Braće Brožićević 2/1, Crikvenica  
Telefon: +385 51 243 163  
[www.muzevic-dental.com](http://www.muzevic-dental.com)  
e-mail: branko.muzevic@gmail.com

### **Privatna ordinacija dentalne medicine**

#### **Florijan Pavličević**

Preradovićeva 4, Crikvenica  
Telefon: +385 51 242 422  
[www.ecrikvenica.info/pavlicevic](http://www.ecrikvenica.info/pavlicevic)  
e-mail: florijan@pavlicevicdental.hr

### **Stomatološka ordinacija Pavličević - Kustić**

Preradovićeva 4, Crikvenica  
Telefon: +385 51 241 522  
[www.pavlicevic-kustic.hr](http://www.pavlicevic-kustic.hr)  
e-mail: info@pavlicevic-kustic.hr

### **Ordinacija dentalne medicine**

#### **dr. Theo Sambunjak**

Klanfari 40a, Dramalj  
Telefon: +385 51 786 498,  
[www.dental-sambunjak.hr](http://www.dental-sambunjak.hr)  
e-mail: tsambunjak@gmail.com

### **Ordinacija dentalne medicine Zoran Šućurović**

Zidarska 45a, Crikvenica  
Telefon: +385 51 242 666  
e-mail: zoran.sucurovic@gmail.com



It has long been known that laughter is the best medicine. But what can you do if you have to conceal your smile or even when you cannot sleep because of toothache? Don't worry! You will definitely find the treatment that you are looking for in one of the dental clinics on the Crikvenica Riviera, irrespective of whether it is a small correction or a more demanding intervention. The range of services on offer includes diagnostics, prosthetics, dental implantology, aesthetic dental medicine, oral surgery, orthodontics, periodontology, fixed and removable prosthetics, and children's and preventive dental medicine.

Our experts are ready for all challenges, and naturally will welcome you with a smile on their face.

### **Private dental practice**

#### **Dunderović Knez**

Drage Gervaisa 4, Crikvenica  
Telephone: +385 51 785 013  
[www.ordinacijaknez.com](http://www.ordinacijaknez.com)  
e-mail: dr.knez@hi.t-com.hr

### **Dental clinic Kalmar**

J. T. Košuljandića 22, Dramalj  
Telephone: +385 51 786 713  
[www.kalmar.hr](http://www.kalmar.hr)  
e-mail: kalmar@kalmardent.com

### **Private dental practice Dr Branko Mužević**

Braće Brožićević 2/1, Crikvenica  
Telephone: +385 51 243 163  
[www.muzevic-dental.com](http://www.muzevic-dental.com)  
e-mail: branko.muzevic@gmail.com

### **Private dental clinic Florijan Pavličević**

Preradovićeva 4, Crikvenica  
Telephone: +385 51 242 422  
[www.ecrikvenica.info/pavlicevic](http://www.ecrikvenica.info/pavlicevic)  
e-mail: florijan@pavlicevicdental.hr

## Smile, please!

### **Dental clinic Pavličević - Kustić**

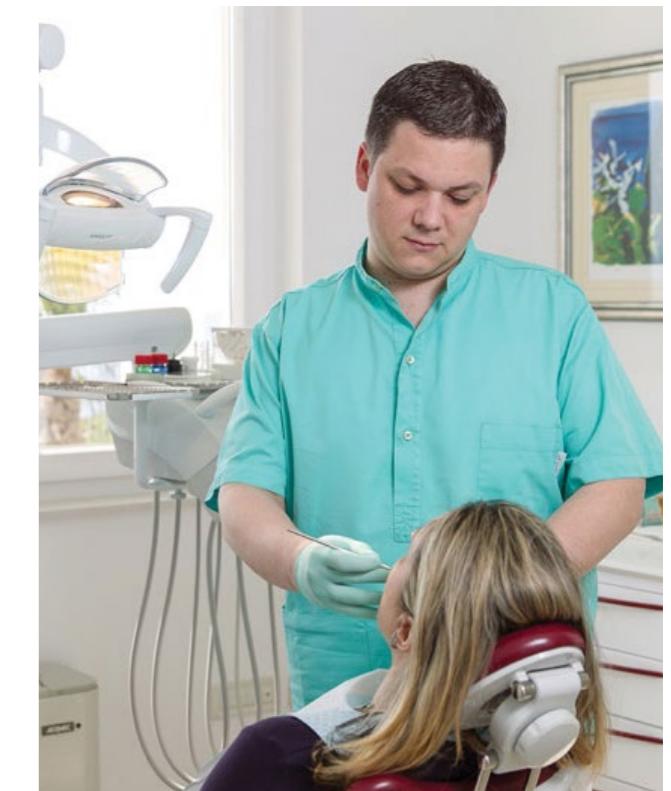
Preradovićeva 4, Crikvenica  
Telephone: +385 51 241 522  
[www.pavlicevic-kustic.hr](http://www.pavlicevic-kustic.hr)  
e-mail: info@pavlicevic-kustic.hr

### **Dental clinic Dr Theo Sambunjak**

Klanfari 40a, Dramalj  
Telephone: +385 51 786 498  
[www.dental-sambunjak.hr](http://www.dental-sambunjak.hr)  
e-mail: tsambunjak@gmail.com

### **Dental clinic Zoran Šućurović**

Zidarska 45a, Crikvenica  
Telephone: +385 51 242 666  
e-mail: zoran.sucurovic@gmail.com





## Ljepota u službi zdravlja

Raznovrsna wellness i spa ponuda i kozmetički tretmani donose relaksaciju i užitak te blistavu ljepotu tijela i duše. Osjećajte se poput kraljeva, najprije se počastite zasluženim odmorom, a potom pustite da vas razmaze vrhunskim tretmanima po vašoj mjeri. Dan započnite dugom, ugodnom i opuštajućom masažom, saunom, vježbanjem u dvorani ili plivanjem u bazenu s morskom vodom. Razmazite se i živite svoj san na Rivijeri Crikvenica!

### **Hotel Amabilis**

Emila Antića 68, Selce  
Telefon: +385 51 406 490  
[www.hotelamabilis.com](http://www.hotelamabilis.com)  
e-mail: [info@hotelamabilis.com](mailto:info@hotelamabilis.com)

- personalizirani medicinski wellness centar - u skladu s modernim zdravstvenim trendovima i inovacijama, visokovrijedni tretmani i usluge zdravstvenog i wellness savjetovanja
- personalizirani medicinski wellness programi za održavanje zdravlja, zdravstvenu prevenciju te pružanje učinkovite pomoći u rješavanju zdravstvenih problema (kardiovaskularne i cerebrovaskularne tegobe, prekomjerna debljina, metaboličke i endokrinološke tegobe, tegobe nastale uslijed oksidativnog stresa)
- spa & beauty centar (bazen, gym, saune, sobe za masažu i tretmane, vrhunska kozmetika)

### **Grand Hotel Dramalj**

Braće Car 6, Dramalj  
Telefon: +385 51 690 - 100, [www.grand-hotel.hr](http://www.grand-hotel.hr),  
e-mail: [info@grand-hotel.hr](mailto:info@grand-hotel.hr)

- bazen sa slatkom vodom (uređaji za masažu, protustrujno plivanje)
- fitness dvorana, finska sauna, ručna masaža, jacuzzi

### **Hotel Kvarner Palace**

Braće Buchoffer 12, Crikvenica  
Telefon: +385 51 380 000  
[www.holleis-hotels.com](http://www.holleis-hotels.com)  
[www.kvarnerpalace.info](http://www.kvarnerpalace.info)  
e-mail: [hotel@kvarnerpalace.info](mailto:hotel@kvarnerpalace.info)

- wellness & spa centar
- bazen (unutarnji i vanjski)
- masaže (klasične i medicinske, LomiLomiNui)
- havajska tradicionalna masaža, Ayurveda, Abhyanga, masaža medom)
- tretmani za tijelo (peeling, antiselulit)
- tretmani za lice (svi tipovi kože)
- luksuzni tretmani za lice na bazi kavijara i zlata
- autohtona njega za lice Esensa Mediterana
- dnevni i večernji make-up
- manikura, pedikura



### **Hotel Marina**

Emila Antića 78, Selce  
Telefon: +385 51 768 140,  
[www.hotel-marina.net](http://www.hotel-marina.net)  
e-mail: [info@hotel-marina.net](mailto:info@hotel-marina.net)

- bazen s grijanom vodom, trim kabinet, sauna, shiatsu masaže

### **Apart Hotel Club Vala**

Jasenova bb, Selce  
Telefon: +385 51 764 624  
[www.club-adriatic.hr](http://www.club-adriatic.hr)  
e-mail: [kamp.uvalaslana@club-adriatic.hr](mailto:kamp.uvalaslana@club-adriatic.hr)

- wellness, fitness, soba za masažu i njegu tijela, bazen za djecu

### **Kozmetički salon Oaza**

Vinodolska 17 a, Crikvenica  
Telefon: +385 51 781 410  
e-mail : [ivonavuki81@gmail.com](mailto:ivonavuki81@gmail.com)

- tretmani i njega lica (klasični, revitalizirajući, hijarulonom i kisikom)
- wine therapy
- gold tretmani (s 24 ka)

- masaža vrata, lica i dekoltea
- tretmani za mršavljenje (ručne masaže, s aparatom Oxyfat)
- body wrapping
- maske za tijelo (čoko-mint, antiselulitne ručne masaže, aromaterapija tijela)
- masaže cijelog tijela (klasična, terapijska, relax masaža, aroma masaža, parcijalna)
- epilacija i depilacija (vosak, šećerna pasta)
- pedikura, manikura (medicinska, estetska)
- wellness pedikura i manikura
- trajni lak
- parafinska kupka (rukvi i nogu)
- bojenje obrva i trepavica
- šminkanje

### **Kozmetički salon Visage**

Ivana Skomerže 1, Crikvenica  
Telefon: +385 51 242 424

- mikrodermoabrazija - najmoderniji način pilinga kože
- mezoterapija - homeopatski način rješavanja celulita, za mršavljenje, za face lifting.

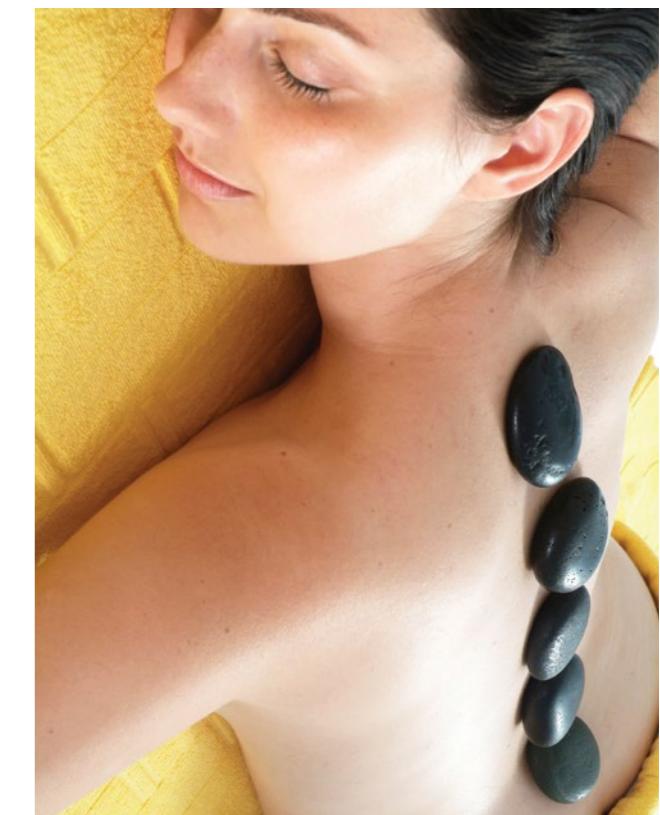


- program antiselulitnih tretmana i mršavljenja
- tretmani za lice
- masaže
- depilacija
- elektroepilacija
- šminkanje
- manikura, umjetni nokti, nail design
- parafinske kupke
- pedikura, masaža stopala
- solarij, speed bronzer

### **Kozmetički salon Vita**

Frankopanska 1, Crikvenica  
Telefon: +385 51 781 300

- solarij, depilacija, pedikura, manikura, aparat za uklanjanje celulita i mršavljenje
- masaže (relax, sportska, antistresna, limfna drenaža, medicinska, antiselulitna, lice, vrat i dekolte, kozmetička, refleksna masaža stopala, akupresura, shiatsu, hot-stone masaža vulkanskim kamenjem)
- njega tijela (body wrap, piling tijela, morske alge, aromaterapija, antiselulitni tretmani)





## Beauty in the service of health

A wide range of wellness and spa services and beauty treatments provide you with relaxation and pleasure and a radiant sense of beauty of body and soul. We want you to feel truly special: treat yourself to a well-deserved holiday, and then indulge in superb treatments that will perfectly suit your needs. Begin your day with a long, pleasant and relaxing massage, a visit to a sauna, exercising in a gym, or swimming in a seawater pool. Pamper yourself and live your dream on the Crikvenica Riviera!

### **Hotel Amabilis**

Emila Antića 68, Selce  
Telephone: +385 51 406 490  
[www.hotelamabilis.com](http://www.hotelamabilis.com)  
e-mail: [info@hotelamabilis.com](mailto:info@hotelamabilis.com)

- a personalised medical wellness centre which follows modern health trends and innovations, and offers high-quality treatments and services including health and wellness counselling
- personalised medical wellness programmes for maintaining health, medical prevention and providing effective aid in solving health issues (cardiovascular and cerebrovascular problems, being overweight, metabolic and endocrine problems, problems caused by oxidative stress)
- spa & beauty centre (pool, gym, saunas, rooms for massages and treatments, high-quality cosmetics)

### **Grand Hotel Dramalj**

Braće Car 6, Dramalj  
Telephone: +385 51 690 - 100,  
[www.grand-hotel.hr](http://www.grand-hotel.hr), e-mail: [info@grand-hotel.hr](mailto:info@grand-hotel.hr)

- freshwater pool (massage devices, counter-current swimming)
- fitness hall, Finnish sauna, manual massage, Jacuzzi

### **Hotel Kvarner Palace**

Braće Buchoffer 12, Crikvenica  
Telephone: +385 51 380 000  
[www.holleis-hotels.com](http://www.holleis-hotels.com)  
[www.kvarnerpalace.info](http://www.kvarnerpalace.info)  
e-mail: [hotel@kvarnerpalace.info](mailto:hotel@kvarnerpalace.info)

- wellness & spa centre
- pool (indoor and outdoor)
- massages (classical and medical, Lomi Lomi Nui – traditional Hawaiian massage, Ayurveda, Abhyanga, honey massage)
- body treatments (exfoliation, anti-cellulite)
- facial treatments (all skin types)
- luxury facial treatments with caviar and gold
- original face care Esensa Mediterana
- makeup for the day and evening
- manicure, pedicure

### **Hotel Marina**

Emila Antića 78, Selce  
Telephone: +385 51 768 140  
[www.hotel-marina.net](http://www.hotel-marina.net)  
e-mail: [info@hotel-marina.net](mailto:info@hotel-marina.net)

- pool with heated water, fitness room, sauna, shiatsu massages



### **Apart Hotel Club Vala**

Jasenova bb, Selce  
Telephone: +385 51 764 624  
[www.club-adriatic.hr](http://www.club-adriatic.hr)  
e-mail: [kamp.uvalaslana@club-adriatic.hr](mailto:kamp.uvalaslana@club-adriatic.hr)

- wellness, fitness, room for massages and body treatments, children's pool

### **Oaza beauty salon**

Vinodolska 17 a, Crikvenica  
Telephone: +385 51 781 410  
e-mail : [ivonavuki81@gmail.com](mailto:ivonavuki81@gmail.com)

- facial treatments and care (classical, revitalising, with hyaluronan and oxygen)
- wine therapy
- wold treatments (24 carat)

- neck, face and décolletage massage
- weight loss treatments (manual massages, with Oxyfat device)
- body wrapping
- body masks (choco-mint, anti-cellulite manual massages, body aromatherapy)
- full body massages (classical, therapeutic, relax, aroma, partial)
- epilation and depilation (wax, sugar paste)
- pedicure, manicure (medical, aesthetic)
- wellness pedicure and manicure
- permanent nail polish
- paraffin bath (hands and feet)
- eyebrow and eyelash tinting
- make-up

### **Visage beauty salon**

Ivana Skomerža 1, Crikvenica  
Telephone: +385 51 242 424

- microdermabrasion – the latest skin exfoliation method
- mesotherapy – a homeopathic method for reducing cellulite, weight loss and face lifting.

- anti-cellulite treatments and weight loss programme
- facial treatments
- massages
- depilation
- electrical epilation
- makeup
- manicure, artificial nails, nail design
- paraffin baths
- pedicure, foot massage
- solarium, speed bronzer

### **Vita beauty salon**

Frankopanska 1, Crikvenica  
Telephone: +385 51 781 300

- solarium, depilation, pedicure, manicure, cellulite removal and slimming device
- massages (relax, sports, anti-stress, lymph drainage, medical, anti-cellulite, facial, neck and décolletage, cosmetic, foot reflexology, acupressure, shiatsu, hot stone)
- body care (body wrap, exfoliation, sea algae, aromatherapy, anti-cellulite treatments)



## Neodoljni zov prirode

Postoje trenuci čija je vrijednost nemjerljiva. Kad vrijeme postaje nevažno, a na scenu stupaju osjećaji zadovoljstva i tijelom struji ugodna toplina izazvana srećom. Među najljepšima su oni u kojima čovjek i priroda postaju jedno. Crikveničko-vinodolsko područje ima ukupno čak 300 km kilometara pješačkih i planinarskih šetnica i staza i 300 km biciklističkih staza. Dio njih prolazi uz romantičnu morskou obalu, a druge nas vode u raskošno šumsko zelenilo ili na vrh brežuljaka i vidikovaca, s kojih seže veličanstven pogled. Dok se pluća pune čistim morskim ili gorskim zrakom, čarobne slike pred nama oduzimaju dah. Za šetnju i rekreaciju ne treba odmaknuti daleko, dovoljno je zakoračiti na ljubavnu cesticu nedaleko od centra

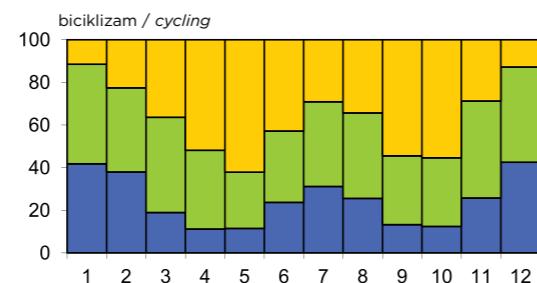


## The irresistible call of nature

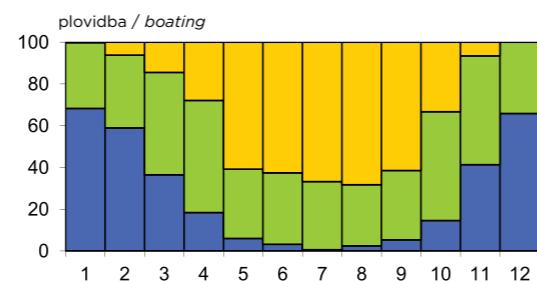
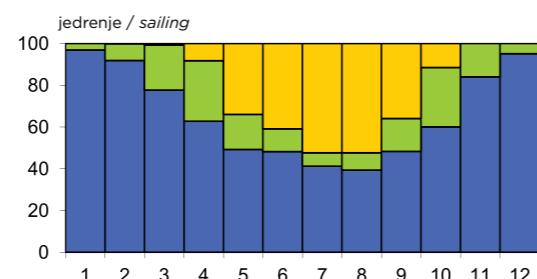
There are moments in life which are priceless. When time becomes unimportant, the feelings of joy step onto the scene and a warmth induced by happiness flows through the body. Amongst the most beautiful are those in which man and nature become one. The Crikvenica-Vinodol region has a total of no less than 300 km of footpaths and hiking trails and 300 km of cycling trails. Some of them pass along the coastline, whilst others lead through lushly forested greenery or to the top of hills and vantage points, from where magnificent views extend. As our lungs fill with clean mountain or sea air, the magical images before us take our breath away. For walking and recreation you do not need to go far, you only need to step onto the

idealno - ideal  
prihvatljivo - acceptable  
neprihvatljivo - unacceptable

Crikvenice. Biciklisti i rekreativci će jednako uživati na zelenim i plavim stazama, paraglajderi u obližnjemu Vinodolu, a jedriličari i ronioci u osvajanju morskih prostranstava. Priroda je u ovome kraju zaista miljenica božanstava, a u njenom će krilu svatko pronaći mjesto po vlastitoj mjeri.



Love Path not far from the centre of Crikvenica. Cyclists and recreationists will equally enjoy the green and blue trails, paragliders will have fun in nearby Vinodol, whilst sailing enthusiasts and divers will love conquering the sea's expanses. In this region nature has created a real paradise on earth and in its embrace everyone will find a place that suits them.



Ljekovita svojstva prirodnih sastojaka i primamljivi mirisi i okusi primorske kuhinje već stoljećima caruju na crikveničkim trpezama. Tradicionalna gastronomija odiše Mediteranom, a obiluje ribom, plodovima mora, povrćem, maslinovim uljem, prirodnim mirisnim začinima i drugim zdravim sastojcima. Izvorni specijaliteti, poput Crkveničkih rupica ili Batude, koje su pripremale naše bake, samo su dio bogate gastro ponude brojnih restorana. Tradicionalni recepti izvorne crikveničke kuhinje zapisani su u otisnutoj Kuharici našeh non, koja čitatelju i kuharu predstavlja nekadašnje karakteristične slatke, slane i kisele okuse. Vrijedna ribarska prošlost i činjenica da je plava riba nekad bila najzastupljenija u prehrani



## Zdravlje na mome stolu

stanovnika Rivijere Crikvenica inspirirali su 2012. godine TZG Crikvenice da osmisli i pokrene projekt Cesta plave ribe. Plava je riba vrijedan izvor bjelančevina, vitamina, minerala i omega 3 kiselina, a dvadesetak restorana s označom Cesta plave ribe u svojoj ponudi ima posebno istaknuta ukusna jela od plave ribe. Projekt se posebno promovira za vrijeme Tjedna plave ribe i Ribarskoga tjedna, kada posjetitelji mogu kušati i naučiti pripremati zdrave riblje specijalitete te na zanimljivim radionicama osjetiti vrijednost kulturno-povijesne baštine ovoga kraja.



## Health on my table

The tradition of fishing, and the fact that oily fish were once the most representative part of the diet of the inhabitants of the Crikvenica Riviera, inspired the Crikvenica Tourist Board to create the Oily Fish Route project in 2012. Oily fish are a valuable source of protein, vitamins, minerals and omega 3 acids, and twenty or so restaurants marked The Oily Fish Route offer specially prepared tasty dishes of blue fish on their menus. The project is especially promoted during the Week of Oily Fish and Fisherman's Week, when visitors can taste and learn how to prepare healthy fish specialities and to sense the value of the cultural-historical heritage of this region at interesting workshops.

The healing properties of natural ingredients and enticing aromas and flavours of littoral cuisine have been served on the tables of Crikvenica for centuries. The traditional gastronomy exudes the Mediterranean, and is rich in fish, seafood, vegetables, olive oil, natural aromatic herbs and other healthy ingredients. Original specialities, such as Crikvenica's Rupice or Batuda, which our grandmothers used to make, are only one part of the culinary selection offered in numerous restaurants. The traditional recipes of original Crikvenica cuisine were collected and printed in Our Grandmothers' Cookbook, which presents typical sweet, savoury and sour flavours of times gone by.



## Nova snaga i energija

U novije su vrijeme svoje mjesto ovdje našli i alternativni izvori i metode iscjeljivanja, koji jačaju harmoniju tijela i duše i obnavljaju životnu energiju. Što je to Tesla metamorfoza, Refleksologija, Atlas profilax, Theta healing ili Komunikacija duše možete naučiti na Danima besplatnog iscjeljivanja ili jednoj od brojnih radionica i predavanja. Za početak, dovoljno je i samo prošetati miomirisnim Mediteranskim labirintom ljubavi, koji je smješten u idiličnom okruženju uz potočić Dubračinu u Crikvenici. Njegova je specifičnost u tome što je napravljen od 400 grmova lovora, što nije slučajnost, već se vezuje uz povijesnu činjenicu da je još 1926. u Crikvenici podignut lovovor gaj. Pokraj labirinta je izgrađena i energetska kamenka spirala. Kažu da spirala privlači ljubav, mir i radost, a da labirint ostvaruje želje, pomlađuje, proljepljava, poboljšava ljubav, potiče stvaralaštvo i život u obilju. Vrijedi pokušati, zar ne?

### **Udruga Kušac**

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e-mail adresa: [udruga.kusac@gmail.com](mailto:udruga.kusac@gmail.com)



Rivijera  
Crikvenica

Crikvenica

## New strength and energy

In recent times alternative sources and methods of healing, which strengthen the harmony of body and mind and restore vital energy, have found their place here. Those such as Tesla Metamorphosis, Reflexology, Atlas Profilax, Theta Healing or Soul Communication are some which you are able to learn at the Days of Free Healing event or at one of the many workshops and presentations. To start with you can simply take a walk through the fragrant Mediterranean Labyrinth of Love, which is located in the idyllic surroundings of the Dubračina stream in Crikvenica. It is specific in that it is made up of 400 laurel shrubs, which is no accident because it is connected with the historical fact that back in 1926 a laurel grove was established in Crikvenica. Next to the labyrinth an energy-filled stone spiral has been built. They say that the spiral attracts love, peace and joy and that the labyrinth makes dreams come true, rejuvenates, brings beauty, enhances love, encourages creativity and an abundance of life. Worth a try, isn't it?

### **Kušac association**

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## Smještaj

Na Rivijeri Crikvenica možete pronaći smještaj baš po vašoj mjeri. Čekaju vas ljudski maleni hoteli i veliki hotelski kompleksi, u tradicionalnom ili modernom ruhu, zatim ugodna toplina obiteljskoga smještaja, kampovi u Dramlju i Selcu, pansioni ili ruralne kamene kuće u zaleđu rivijere. Smjestiti se možete u više od 4200 kreveta u hotelima, 14400 u obiteljskome smještaju, 2160 u kampovima, 810 u hostelima i 1200 u ostalim vrstama smještaja, a detaljnije informacije o smještaju pronađite na [www.rivieracrikvenica.com](http://www.rivieracrikvenica.com).

## Accommodation

On the Crikvenica Riviera you can find accommodation tailor made to your exact needs. Waiting for you are charming little hotels and large hotel complexes, with traditional or modern designs. There are also pleasant warm, friendly private accommodation choices, the campsites in Dramalj and Selce, and guesthouses or rural stone houses in the riviera's hinterland. There is accommodation available in more than 4,200 beds in hotels, 14,400 in private accommodation, 2,160 in campsites, 810 in hostels and 1,200 in other types of accommodation. Detailed information about accommodation can be found at [www.rivieracrikvenica.com](http://www.rivieracrikvenica.com).



Crikvenica  
Riviera

Dramalj

Jadranovo

Selce

**Turistička zajednica Grada Crikvenice  
Crikvenica Tourist Board**

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