

Meeting point: Event Room II, followed by a Smovey walk along the Lungomare.

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**Discover the Surroundings**  
10:30–13:00 Leisurely hike along the Carmen Sylva forest trail above Opatija with Barbara.  
If you want to wander through one of the most beautiful laurel forests in the Mediterranean, come along! Barbara will guide you and share the interesting and romantic story of how the trail came to be and why it is named after the first Romanian queen.  
For guests who prefer not to walk the approx. 20–30 minute uphill climb (about 140 m altitude gain), there is a hotel shuttle to the promenade. The meeting point is at 10:50 in the hotel lobby. You will be driven to Pobri (the starting point of the Carmen Sylva promenade), where Barbara will be waiting for you and the others. Those who want to walk with Barbara from the hotel to the promenade should meet at 10:30 in the hotel lobby. Registration at the reception is required.  
Price per person for the guided forest tour: €10, payable directly at registration at the reception.  
Please wear comfortable shoes and clothing. Nordic walking poles can be borrowed free of charge at the reception upon request.  
The hike is not very difficult — approximately 6 km — and slip-resistant footwear is recommended for the forest trail.

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**Fit & Vital**  
**11:00–11:30 AQUA Jogging** in the Sea  
(In case of bad weather, in the pool) Meeting point: Seawater pool for belt distribution. Participation is free of charge.

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**Culinary & Sea**  
**18:00 Croatian-Austrian evening in our restaurant:**  
Look forward to our cold and warm dessert buffet with Croatian and Austrian sweets!

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**Music & Entertainment**  
**Starting at 8:30 PM:** Music and dancing with the DELLBOYS. The Dellboys will entertain you at the Habsburg Bar with rock 'n' roll, evergreens, and dance music! This is an evening you won't want to miss...

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**Friday, 3. October 2025**

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**Fit & Vital**

**08:00–09:00 “Body-Startup” & Smovey with Gabriele Routil.**  
Gabriele offers various exercise sessions for all age groups and different levels of physical fitness, divided into two consecutive parts (total duration: 50–60 minutes).  
Meeting point: Event Room II, followed by a Smovey walk along the Lungomare.

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**Discover Opatija**  
10:00-12:00 City tour of Opatija with Barbara.  
Meeting point: Hotel lobby. Participation free of charge.  
Registration requested at reception.

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**Fit & Vital**  
11:00–11:30 AQUA Jogging in the Sea  
(In case of bad weather, in the pool) Meeting point: Seawater pool for belt distribution. Participation is free of charge.

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**KVARNER EVENING at Hotel Miramar**  
**Music & Entertainment**  
**Starting at 6:30 PM:** Kvarner Evening with the vocal group “Klapa Opatija,” who will enhance the evening in the restaurant with traditional Croatian songs.

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**Music & Entertainment**  
From around 8:30 PM, enjoy music, a great atmosphere, and good vibes with entertainer and guitarist **Marko** on the show stage at the **Habsburg Bar** or on the **Habsburg Bar terraces**.  
We wish you an enjoyable evening!

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**Saturday, 4. October 2025**

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**Music & Entertainment**  
From around 8:30 PM, enjoy music, a great atmosphere, and good vibes with entertainer and guitarist **Marko** on the show stage at the **Habsburg Bar** or on the **Habsburg Bar terraces**.  
We wish you an enjoyable evening!


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**Sunday, 5. October 2025**

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**Culture & Music**  
**21:00 Opera Concert in the Miramar Hotel Lobby**  
We are honored to welcome talented performers! Soprano Vanja Zelčić and tenor Marko Fortunato, accompanied by Igor Vlajnić, will perform well-known opera and operetta melodies.

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MIRAMAR  
DAS ADRIA-RELAX-RESORT IN ABBAZIA

## WEEKLY PROGRAM



Dear Guests!  
Welcome to Hotel Miramar.  
We are thrilled to welcome you back to hotel Miramar! As we mentioned last year during our welcome cocktails and in personal conversations, we are now proud to announce what we have renewed for our guests in a very short time.  
As you stroll through our garden, you will notice the new, beautiful path that not only livens up the atmosphere but also offers an inviting access to our facilities. In the evenings, you will also notice the new lighting, which creates a magical ambiance.  
Our seawater pool has not only undergone a technical renovation but also the entire surroundings have been improved. Both the pool and the whirlpool invite you to refresh yourself in our new environment and enjoy the amenities.  
All rooms have been equipped with new televisions that now offer even more German-language channels. After an exciting day, you can relax comfortably and watch your favorite shows. Our winter garden/orangery also shines in a new light and invites you to linger.  
However, one thing we have not changed: at the request of many, our trusted key system remains in place, as key cards simply don't match the charm of Miramar. We know how important this tradition is to you.  
A special highlight in 2025 will be our cultural and entertainment program. Hotel Miramar places great value on art and music, which is why, in close cooperation with our guests, we have put together a very special program for you. Look forward to unforgettable evenings full of inspiration and entertainment.  
We are confident that you will appreciate our improvements during your stay, and we wish you wonderful days with us at Hotel Miramar...  
Your Miramar Management!

## General information

Opening hours of MIRAMAR SPA and POOLS  
Wellness Reception: 09:00 – 18:00  
Therapies and Treatments: 09:00 – 18:00  
Sundays:  
Wellness Reception: 10:00 – 18:00  
Therapies and Treatments: 10:00 – 18:00  
SEAWATER POOL 07:00 – 19:00  
Sauna at the Seawater Pool: Please pay attention to the notices in the pool area!  
FRESHWATER INDOOR POOL and Relaxation Rooms (in Guest Villa 2)  
FRESHWATER INDOOR POOL: 07:00 – 20:00  
The panorama sauna at the freshwater pool in Building 2 operates on rainy afternoons. On other days, please inquire at the reception or wellness reception. The infrared cabin can be used at any time.  
Important Info:  
You can exchange your beach towels for fresh ones at the Wellness Reception between 08:30 and 18:00. Sauna towels are also available there.  
Cardio and Strength Training Room: 07:00 – 19:00

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## Breakfast 07:00-11:00

Free choice of table for breakfast in the restaurant and on the terraces!  
Our activities start early in the morning. Find out more in the morning post and join in - for the sake of your health! Whether it's a Smovey Walk on the Lungomare, a city tour or yoga: the exercise units are intended for everyone. Everyone trains according to their fitness and ability!

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## Dinner 6:00 p.m. - 9:00 p.m

**Please wait at the entrance to the restaurant. We will be happy to guide you to the table reserved for you! Take advantage of our long dinner times to end your vacation day in peace and quiet!**

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## OPENING HOURS

### Bar/Restaurant

Habsburg bar 10:00 a.m. – midnight  
À la carte restaurant 12:00 – 16:00  
Coffee/cake/ice cream/snacks 12:00 – 5:00 p.m

## RECEPTION & SISIS – SHOP

Reception 6:00 a.m. – 10:00 p.m  
Night porter 10:00 p.m. – 6:00 a.m  
**Internal extension from the room: 150 and 152**

Sisi’s farm shop 8:00 a.m. – 8:00 p.m

## Tips for planning your vacation

The Miramar is located right by the Lungomare - Opatija's famous seaside promenade! From our restaurant terrace, you can directly descend the steps to it and begin your walk along the sea. This seaside path, approximately 12 km long, connects the towns of Volosko, Opatija, Ika, Ičići, and Lovran. Built between 1889 and 1911, the path takes you past the magnificent villas from the founding period of the k.u.k. spa resorts of Opatija and Lovran!

A leisurely walk along the Lungomare "Kaiser-Franz-Joseph I." is a must for any vacation in Opatija!

### Fitness Activity Week with Gabriele Routil

*For a positive sense of well-being*

#### Training from 8:00 – 9:00 AM

Gabriele starts the day with a light, motivating, and dynamic **“Body-Startup”** – the first part lasts approx. 15–20 minutes and takes place in the fitness room. The second part continues with a **Smovey walk along the Lungomare**, including a stop for targeted strengthening exercises using **Smovey rings**, leaving you with a wonderful sense of well-being afterwards.

#### “Take your health into your own hands through physical fitness” –

this is the personal motto of **Gabriele Routil**, a certified nutrition and micronutrient consultant and movement coach. She invites you to experience this joyful fitness and movement program, which is also suitable for beginners.

#### Join in and let yourself be inspired by Gabriele’s enthusiasm!

The focus of the first part, which consists of gymnastics, is on mobilizing various joints as well as stretching and strengthening muscles and tendons. The program may vary slightly from day to day. The goal is to maintain or improve strength, endurance, balance, and coordination. After the **“Body-Startup”**, the session continues with a **Smovey walk** in the fresh air. We finish with a short relaxation phase. Depending on the intensity, each training session lasts around **50–60 minutes**.

**Smovey training** specifically supports improved coordination and better posture. It helps release tension, stimulates fat burning, and can aid in **weight**

**reduction**. In addition, it strengthens deep muscles, helping to **prevent osteoporosis** and **reduce the risk of falls**.

Gabriele’s mission is to help participants discover a *“new” sense of life* through regular physical activity – and to integrate it into daily routines to maintain health and vitality for as long as possible – all in line with her personal life philosophy.

#### So, do something good for yourself!

### Monday, 29. September 2025

#### Fit & Vital

##### 08:00–09:00 “Body-Startup” & Smovey with Gabriele Routil.

Gabriele offers various exercise sessions for all age groups and different levels of physical fitness, divided into two consecutive parts (total duration: 50–60 minutes). Meeting point: Event Room II, followed by a Smovey walk along the Lungomare.

#### Discover Opatija

##### 10:00-12:00 City tour of Opatija with Barbara.

Meeting point: Hotel lobby. Participation free of charge. Registration requested at reception.

#### Fit & Vital

##### 11:00–11:30 AQUA Jogging in the Sea

(In case of bad weather, in the pool) Meeting point: Seawater pool for belt distribution. Participation is free of charge.

#### Welcome

##### 17:45 Welcome Cocktail in the Hotel Lobby

The Miramar Management will introduce themselves and the Hotel Miramar. You will receive an overview of the hotel, events, and excursion opportunities in and around Opatija.

#### Culinary & Sea

**From 18:00 Dinner starts today with a fish appetizer buffet** featuring various delicacies from the sea, such as grilled shrimp, calamari, mussels à la Buzara and various fish dishes.

### Tuesday, 30. September 2025

#### Fit & Vital

##### 08:00–09:00 “Body-Startup” & Smovey with Gabriele Routil.

Gabriele offers various exercise sessions for all age groups and different levels of physical fitness, divided into two consecutive parts (total duration: 50–60 minutes). Meeting point: Event Room II, followed by a Smovey walk along the Lungomare.

#### Fit & Vital

##### 11:00–11:30 AQUA Jogging in the Sea

(In case of bad weather, in the pool) Meeting point: Seawater pool for belt distribution. Participation is free of charge.

#### Music & Entertainment

From 8:30 PM, *The TRIO Candy* will create a lively atmosphere and good vibes on the show stage at the Habsburg Bar or on the terraces by the sea.

#### Dancing is welcome!

### Wednesday, 1. October 2025

#### Fit & Vital

##### 08:00–09:00 “Body-Startup” & Smovey with Gabriele Routil.

Gabriele offers various exercise sessions for all age groups and different levels of physical fitness, divided into two consecutive parts (total duration: 50–60 minutes). Meeting point: Event Room II, followed by a Smovey walk along the Lungomare.

#### Discover the Surroundings

##### 10:30 AM – approx. 3:30 PM | Excursion with Barbara to Brseč – Mošćenice – Kastav

Enjoy a beautiful panoramic drive along the Kvarner coast to Brseč, Mošćenice, and Kastav, including guided sightseeing.

Cost: €70.00 per person (includes guide and bus ride).

Registration and payment at the reception.

Meeting point: Hotel lobby.

Minimum of 4 participants required.

Non-slip footwear is recommended.

Travel with Barbara along the approx. 30 km-long coastal road through Opatija – Lovran – Medveja – Mošćenice – Brseč, and visit the picturesque hilltop towns. The tour then continues to the unique town of Kastav, located 377 meters above sea level, offering a very special atmosphere and stunning panoramic views.

In Brseč, a small coastal town perched dramatically on a 160-meter-high cliff, you'll find narrow alleys, colorful old houses with wooden doors, grapevines hanging from ripening vines, and sweeping sea views. This medieval town was built around an ancient fortress, and you can still feel the spirit of the Middle Ages as you walk its old stone

stairways. Brseč is rich in cultural and historical landmarks. Just 500 meters outside the old town, the small Church of St. Mary Magdalene, located on a steep rock above the sea, offers breathtaking views of the Kvarner Bay. Wandering through Brseč’s narrow alleys, you’ll discover true hidden gems: a colorful house that used to be a local clinic and now houses the smallest theatre in the world, the Church of St. George with its mighty bell tower, the birthplace of renowned writer Eugen Kumičić, and the old town gate with a loggia offering beautiful viewpoints. It’s the perfect place to relax, breathe deeply, and soak in the Mediterranean atmosphere.

Next, the tour continues to Mošćenice, located 173 meters above sea level. Mošćenice (Italian: Moschiena) is a medieval fortress town on the eastern slopes of the Učka mountain range. It offers spectacular views over the Kvarner Bay and the islands of Krk and Cres. Known for its well-preserved medieval architecture and lush Mediterranean landscapes, Mošćenice is surrounded by vast slopes and hiking paths that lead all the way to the peaks of Učka. Upon arrival, we’ll take a short walk through the old town and enjoy the stunning vistas. After visiting Mošćenice, the trip continues back along the Opatija Riviera, heading up to the charming town of Kastav, situated on a 377-meter-high karst hill. Kastav still has a medieval city wall with nine towers. It’s a place where unspoiled nature, a rich history, and breathtaking views of the Kvarner Bay come together. The narrow streets of the old town are like an open-air gallery full of artistic spirit, as well as a “gateway” to the “green sea” — centuries-old forests that surround the town.

#### Fit & Vital

##### 11:00–11:30 AQUA Jogging in the Sea

(In case of bad weather, in the pool) Meeting point: Seawater pool for belt distribution. Participation is free of charge.

#### Music & Entertainment

From 8:30 PM, *The TRIO Candy* will create a lively atmosphere and good vibes on the show stage at the Habsburg Bar or on the terraces by the sea.

#### Dancing is welcome!

### Thursday, 2. October 2025

#### Fit & Vital

##### 08:00–09:00 “Body-Startup” & Smovey with Gabriele Routil.

Gabriele offers various exercise sessions for all age groups and different levels of physical fitness, divided into two consecutive parts (total duration: 50–60 minutes).