

Whether classic or creatively reimagined, there’s something to suit every taste. And don’t miss our autumn-inspired chestnut cocktail – a true insider tip for connoisseurs!

**Music & Entertainment**

From 9:00 PM: Dance music in the Habsburg Bar or on the seaside terraces with Trio Candy.  
Dancing is encouraged!

**Saturday, 11. October 2025**

**Fit & Vital**

**From 3:00 PM: Sauna infusions** with Daniele & Franz Klingbacher in the Finnish sauna by the seawater pool.

**Music & Entertainment**

**From 8:00 PM – TRIO “IN BETWEEN”**

Enjoy an evening of entertainment at the Habsburg Bar with rock 'n' roll, evergreens, and hits from the '80s and '90s!

This is one night you won’t want to miss...

**Sunday, 12. October 2025**

**Fit & Vital**

**From 3:00 PM: Sauna infusions** with Daniele & Franz Klingbacher in the Finnish sauna by the seawater pool.

**Culture & Music**

**From 8:00 PM: “TRIO ASI” – Dance music & great atmosphere**

on the show stage of the Habsburg Bar.

**As early as 1889, Opatija was officially recognized as a health resort with a healing climate.**

Largely free from allergenic particles, the unique microclimate here has a deeply positive and stimulating effect—especially for those suffering from asthma, bronchitis, or allergies. Many guests experience noticeable and lasting improvement: the body produces more feel-good hormones, the immune system is strengthened, blood pressure is regulated, and both concentration and overall performance are enhanced.

This stimulating climate also has a beneficial effect on the skin and promotes restful sleep—all of which is scientifically proven. Simply being present in our region has measurable health benefits, which are enhanced by physical activity and targeted therapeutic treatments. We

are truly grateful for this gift of nature!

Our **spa philosophy** is built around wellness as a lifestyle, supported by four pillars:

**Detox · Anti-Stress · Anti-Aging · Skincare**

**Spring Renewal with Our Detox Treatments**

**PHARMOS NATUR – ALOE VERA, THE QUEEN OF HEALING PLANTS**

While water can only deliver nutrients to the skin’s surface, the 100% *Aloe Vera BioActive Juice* used in Pharmos Natur products transports regenerating plant nutrients deep into the cell structure.

The highlight of our treatments is the use of a freshly cut Aloe Vera plant leaf—pure, powerful, and straight from nature.

**For the Body**

**PHARMOS NATUR – “Detox” Body Wrap**

30 min · € 55

Enjoy body styling based on exclusive herbal oils and organic Aloe Vera. This wrap’s active complex is quickly absorbed by the skin, activates lymphatic flow, firms the tissue, and visibly reduces cellulite. After the treatment, the skin feels nourished, smooth, and noticeably refreshed.

**For the Face**

**PHARMOS NATUR – “Detox” Facial – Superior**

60 min · € 98

In this intensive treatment, Aloe Vera works in synergy with European herbs to detoxify via the lymphatic system and strengthen connective tissue. The result: clear, well-toned skin, firmer contours, and visibly reduced redness and broken capillaries.

**It simply feels wonderful...**



**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

**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!

**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!**

**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 Rutil

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 Rutil**, 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, 6. October 2025

Fit & Vital

08:30–09:15 Pilates for Everyone with Una

Whether you're a beginner or advanced, a variety of exercises will be demonstrated to support your well-being. Everyone trains according to their own ability and level.

Participation is free of charge.

Wear light, comfortable clothing.

Meeting point: Event Room II

Discover Opatija

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

Meeting point: Hotel lobby. Participation free of charge.

Registration requested at reception.

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.

Music & Entertainment

From 9:00 PM: Dance music in the Habsburg Bar or on the seaside terraces with Duo Valušek.

Dancing is encouraged!

Tuesday, 7. October 2025

Fit & Vital

08:30–09:15 Pilates for Everyone with Una

Whether you're a beginner or advanced, a variety of exercises will be demonstrated to support your well-being. Everyone trains according to their own ability and level.

Participation is free of charge.

Wear light, comfortable clothing.

Meeting point: Event Room

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.

Music & Entertainment

From 8:30 PM: Live music during dinner with Domagoj Vičević (guitar).

Wednesday, 8. October 2025

Fit & Vital

08:30–09:15 Pilates for Everyone with Una

Whether you're a beginner or advanced, a variety of exercises will be demonstrated to support your well-being. Everyone trains according to their own ability and level.

Participation is free of charge.

Wear light, comfortable clothing.

Meeting point: Event Room II

Music & Entertainment

From around 8:30 PM onwards, enjoy music, great vibes, and good times with entertainer and guitarist Marko on the show stage of the Habsburg Bar or out on the terraces. We wish you a wonderful evening of entertainment!

Thursday, 9. October 2025

Fit & Vital

08:30–09:15 Pilates for Everyone with Una

Whether you're a beginner or advanced, a variety of exercises will be demonstrated to support your well-being. Everyone trains according to their own ability and level.

Participation is free of charge.

Wear light, comfortable clothing.

Meeting point: Event Room II

Discover the Surroundings

10:30 AM – approx. 4:00 PM

Vinodol – The Green Valley of Wine with Barbara

This excursion takes you into the lush green hinterland. You'll enjoy a guided tour through the narrow streets of Novi Vinodolski and visit local vineyards, where you'll sample typical wines of the "Vinodol" valley at a local winery.

**Includes:** bus transfer, tour guide, wine tasting, ham and cheese

**Vinodol Excursion:** €49 per person

Fit & Vital

From 3:00 PM: Sauna infusions with Daniele & Franz

Klingbacher in the Finnish sauna by the seawater pool.

Culinary & Sea

18:00 Croatian-Austrian evening in our restaurant:

Look forward to our cold and warm dessert buffet with Croatian and Austrian sweets!

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...

Friday, 10. October 2025

Fit & Vital

08:30–09:15 Pilates for Everyone with Una

Whether you're a beginner or advanced, a variety of exercises will be demonstrated to support your well-being. Everyone trains according to their own ability and level.

Participation is free of charge.

Wear light, comfortable clothing.

Meeting point: Event Room II

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

From 3:00 PM: Sauna infusions with Daniele & Franz

Klingbacher in the Finnish sauna by the seawater pool.

Autumn Delights with Chestnuts

Discover our exquisite dessert creations featuring chestnuts – delicate, aromatic, and perfect for the cooler season.