



Weekly program

Monday, July 6, 2026 - Sunday, July 12, 2026

Dear Guests,

A warm welcome to Hotel Miramar!

We are delighted to have you with us and hope you enjoy a relaxing and memorable stay. To make your holiday even more enjoyable, we have prepared a varied weekly program filled with inspiring activities, entertaining evenings, and special experiences for you to discover throughout the week. Take a moment to explore the program and join us for some of the events, we would be very happy to welcome you. We wish you a wonderful stay and many beautiful moments here at Hotel Miramar.

Your Miramar Team



Useful Information

☎ Reception: dial 150 from your room phone

🍴 Restaurant: Breakfast 07-11h, Dinner 18-21h

🧘 Wellness & Spa: Monday-Saturday 09-18h, Sunday 10-18h



Important Information:

For your comfort, you can exchange your beach towels for fresh ones daily between **08:30** and **18:00** at the **Wellness reception**.

Please be informed that a marketing photo shoot for the hotel will take place from July 9 to July 12, 2026.

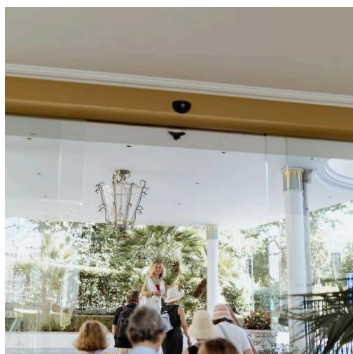
We appreciate your understanding and cooperation.

Read more in our Digital Guest Directory!

Simply scan the QR code or download the Guestfriend app.



MONDAY JULY 6, 2026



Guided Tour of Opatija

Jul 6, 2026 9:00 AM

Anyone who hasn't yet explored Opatija should not miss our city walk! During this approximately 1,5 to 2-hour stroll, you will get to know the historic town and its hidden corners. With around 12,000 inhabitants, Opatija is rich in historic architecture. It is considered the most important example of a sophisticated seaside resort from the era of the former "Austrian Riviera," featuring the architectural charm of the Austro-Hungarian monarchy.

Meeting point: Hotel lobby

Registration: At the reception desk

Participation: Free of charge

Entertainment with Duo Valušek

Jul 6, 2026 7:30 PM

Habsburg Bar

Dance music in the Habsburg Bar with Duo Valušek. Dancing is allowed!

PROGRAMS WITH DR. GABRIELE DANNINGER

Yoga sessions Tuesday - Friday 08:15-09:00 h

Meditative yoga combines gentle movement, conscious breathing and deep relaxation into a holistic experience. This mindful practice helps reduce stress, find inner calm and restore energy. Through selected asanas, breathing exercises and meditation, space is created for inner balance. Alternating tension and relaxation calms the nervous system, strengthens the immune system and enhances vitality and concentration. A mindful approach can also help relieve physical discomfort.

Contents:

- Learning yoga postures (asanas)
- Improving body awareness
- Proper breathing - breathing exercises (pranayama)
- Deep relaxation
- Increased concentration

All courses are suitable for beginners and advanced participants seeking deep relaxation and improved well-being.

Meeting point: Meeting Room II

Holistic Back Training

Tuesday and Friday 09:30-10:30 h

The back is our support and foundation. In this workshop, you will learn simple exercises for loosening, stretching and strengthening the back muscles for everyday life. You will also explore psychosomatic causes of discomfort and their impact on health.

You will develop your personal back training routine and discover new sources of strength. In addition, you will receive valuable tips for maintaining a back-friendly lifestyle at home.

Contents:

- My daily back training routine
- Releasing muscular tension and blockages
- Relaxation exercises to enhance well-being
- Understanding health patterns
- Finding inner balance and sources of strength

Meeting point: Meeting Room II

5 Pillars of Health with Dr. Gabriele Danninger

Wednesday and Saturday 09:30-10:30 h

A key goal of health care is to find inner balance and effectively cope with the challenges of modern life such as stress and overstimulation. In the long term, balancing our personal resources with daily demands is essential for maintaining good health.

Movement, relaxation, nutrition, environment and awareness are fundamental pillars of a healthy, happy and meaningful life, helping you better manage everyday stress.

Discover your personal sources of strength:

- Movement: daily exercises to improve health and vitality
- Relaxation: finding your inner center and balance between tension and relaxation
- Nutrition: habits and mindful enjoyment of food
- Environment: recognizing what we truly need – supportive relationships and energy sources
- Awareness: self-help program to enhance overall well-being.

Meeting point: Meeting Room II

TUESDAY JULY 7, 2026

Yoga with Gabriele Danninger

Jul 7, 2026 8:15 AM

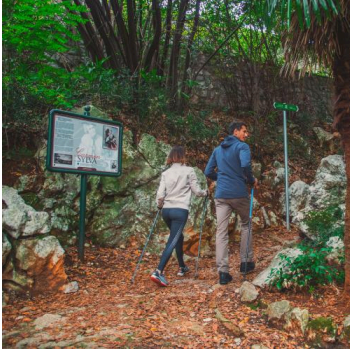
Meeting Room II

Workshop “The Stressed Back”

Jul 7, 2026 9:30 AM

Meeting Room II

DISCOVER THE BEAUTY OF THE KVARNER REGION AND BEYOND WITH OUR CAREFULLY CURATED EXCURSIONS



Carmen Sylva guided tour

Jul 7, 2026 9:00 AM

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. Hotel shuttle will take you to Pobri (the starting point of the Carmen Sylva promenade). 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.

Meeting point: Hotel lobby

Registration: At the reception desk

Participation: 15,00 € per person.



A special experience on Kvarner bay

Anyone wishing to discover the Opatija Riviera from a truly special perspective should step aboard the lovingly restored “**Tornado Blue**”. Built in 1898, the historic wooden boat combines relaxed cruises with genuine hospitality, regional cuisine and unforgettable moments at sea. For many years, Captain **Roni** and his wife **Lili** have been welcoming Hotel Miramar guests along the coast of Opatija, Cres and the hidden bays of Kvarner.

Mošćenička Draga relaxing boat tour

Jul 7, 2026 10:00 AM - Jul 7, 2026 2:30 PM

Step aboard our traditional wooden boat and discover the peaceful beauty of the Opatija Riviera from the sea. This relaxing boat excursion takes you along one of the most beautiful coastlines in Croatia, with panoramic views of elegant seaside villas, charming fishing villages, and the green slopes of Mount Učka meeting the Adriatic. Our destination is the picturesque fishing village of Mošćenička Draga, a hidden gem where life still follows the rhythm of the sea. Stroll along the charming promenade, enjoy a swim in crystal-clear water, visit the small local fishermen’s museum, or simply relax with a coffee by the beach.

For those who love authentic places, we also recommend a short visit to the medieval hilltop town of Mošćenice, famous for its narrow stone streets and breathtaking sea views. As we slowly sail back along the Riviera, enjoy a freshly prepared homemade fish lunch on board, accompanied by local wine, good company, and the unforgettable atmosphere of the Adriatic. This is not just a boat tour, it is a slow Mediterranean experience full of sea breeze, tradition, and simple moments that stay in your memory long after the holiday ends.

Departure point: Opatija Port. Hotel transfer is available at 09:45 h. Please inform us during registration whether you prefer to walk to the port or if you require a transfer from the hotel.

Registration: At the reception desk

Participation: 85,00 € per person (minimum 8 guests, maximum 12 guests). Payment at reception.

Included: Boat tour, guided walk in the museum, three-course lunch and drinks.

Cancellation policy: Free cancellation up to 24 hours before departure.

WEDNESDAY JULY 8, 2026

Yoga with Gabriele Danninger

Jul 8, 2026 8:15 AM

Meeting Room II

Workshop "The 5 pillars of health"

Jul 8, 2026 9:30 AM

Meeting Room II



Grill Evening

Jul 8, 2026 6:00 PM

Join us for a Grill Evening, where the art of grilling meets refined cuisine! Our chef presents a carefully curated dinner buffet featuring a selection of premium grilled specialties. From meat selections to delicately grilled fish and seafood, each dish is enhanced by the distinctive aromas of the grill. Complement your evening with a glass of fine wine, thoughtfully recommended by our team, and enjoy a relaxed culinary experience in the inviting atmosphere of our restaurant.

THURSDAY JULY 9, 2026

Yoga with Gabriele Danninger

Jul 9, 2026 8:15 AM

Meeting Room II

HILLTOP GETAWAY

Kvarner from Above - discover Trsat, Kastav & Veprinac

Jul 9, 2026 9:30 AM - Jul 9, 2026 2:30 PM

Excursion with Barbara – a beautiful panoramic drive above Kvarner Bay to Trsat (138 m), Kastav (377 m) and Veprinac (519 m), including guided sightseeing.

Join us on a journey through three unique places perched high above the sea, captivating visitors with their history, charm and spectacular views.

On our way, we pass through the centre of Rijeka and discover numerous landmarks, while Barbara shares fascinating stories and insights into the city's past and present.

We begin our excursion in **Trsat**, one of Croatia's most important pilgrimage destinations and home to the country's oldest Marian shrine. The Franciscan monks continue to preserve valuable sacred treasures here. Towering above Rijeka is the impressive Trsat Castle, whose walls offer breathtaking panoramic views of the entire bay.

We then continue to **Kastav**, situated on a 377-metre-high karst hill and still surrounded by a completely preserved medieval town wall with nine towers. This historic town uniquely combines culture, history and nature. Its winding streets resemble an open-air gallery while offering views of the "green sea" of centuries-old forests surrounding Kastav.

The final town on our excursion is **Veprinac**, one of the oldest settlements in the region, which has watched over Kvarner Bay from its 519-metre hilltop for centuries. The picturesque town owes its name to the butcher's broom plant (*Ruscus aculeatus*), a typical Mediterranean species that grows in the surrounding forests. The area is also renowned for its wild asparagus, whose rich flavour makes it a highly prized spring delicacy.

The town's landmark is the Parish Church of St. Mark with its distinctive bell tower. Just outside the town gate stands the small Church of St. Anne, featuring remarkable 15th-century wall paintings. A stroll through the narrow medieval streets feels like stepping back in time.

During the excursion, we will also enjoy a relaxed lunch break, giving you plenty of time to dine individually and soak up the local atmosphere.

Non-slip footwear is recommended.

Meeting point: Hotel lobby

Registration: At the reception desk

Participation: 79,00 € per person (minimum 5 pax)

Additional costs: Entrance fee to the Trsat town walls: approximately €1.50–€3 per person. Entrance fee for Ethno house in Veprinac: 2,00 € per person.

FRIDAY JULY 10, 2026

Yoga with Gabriele Danninger

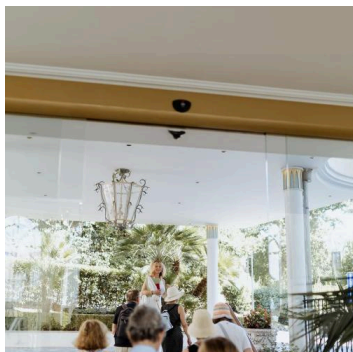
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Meeting Room II

Workshop "The Stressed Back"

Jul 10, 2026 9:30 AM

Meeting Room II



Guided Tour of Opatija

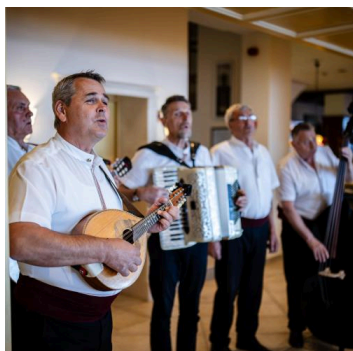
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Meeting point: Hotel lobby

Registration: At the reception desk

Participation: Free of charge



Kvarner evening with Klapa singing

Jul 10, 2026 6:30 PM

This year, Kvarner has been awarded the title of **European Region of Gastronomy!**

Join us for a special Kvarner evening in our restaurant, where we celebrate the rich culinary traditions of the region. Enjoy a varied dinner buffet featuring authentic dishes from the Kvarner area, prepared with fresh, local ingredients. To complement the flavors, we also offer a selection of local wines from the island of Krk, including Žlahtina and Sansigot. The evening will be accompanied by a live performance of Croatian songs, by the traditional vocal group "Klapa Opatija". Experience the taste, music, and spirit of Kvarner in a warm and inviting setting of the Miramar restaurant.

SATURDAY JULY 11, 2026

Workshop "The 5 pillars of health"

Jul 11, 2026 9:30 AM

Meeting Room II

Champagne Escape Cres Island Boat Tour

Jul 11, 2026 10:00 AM - Jul 11, 2026 4:00 PM

Come with us for a day around Cres Island, where the coast is still wild, quiet, and beautifully untouched. We'll take you to a quiet natural pebble beach where you can enjoy hot stone massage, thalasso therapy, natural peeling, and sunbathing. There's plenty of time to swim in a peaceful atmosphere, float in the clear Adriatic, enjoy an Aperol spritz or sparkling wine directly in the sea, and simply let the day unfold at an easy pace.

This trip is about slowing down, listening to the sea, sharing stories, and enjoying the freedom of being far from crowds, surrounded by nature. You might even see a dolphin swimming or a vulture flying above the boat.

Included in the price

- Luxury boat tour to Cres Island and its hidden bay (approx. 6 hours)
- Swimming stop at quiet beach inkl. sunbeds and towels
- Freshly prepared lunch on board, inspired by local flavors
- Wine, refreshing drinks, fruit, and coffee during the day
- Experienced captain and friendly, personal service

This is more than a boat tour. It's a day spent together on the sea, full of simple pleasures, warm moments, and memories that feel natural, unhurried, and truly Adriatic.

Departure point: Opatija PortHotel transfer is available at 09:45 h. Please inform us during registration whether you prefer to walk to the port or if you require a transfer from the hotel.

Registration: At the reception desk

Participation: 110,00 € per person (minimum 8 guests, maximum 12 guests). Payment at reception.

Cancellation policy: Free cancellation up to 24 hours before departure.

WELLNESS & SPA SPECIAL OF THE WEEK: BABOR RITUAL SPA ENERGIZING, 105 min

An invigorating body treatment that provides intense hydration. What makes this treatment unique is that the body wrap is massaged into the skin using special Body Brushes. It helps strengthen the skin and supports the regeneration of the skin's protective barrier.

Includes: Body exfoliation, Body wrap & Massage

Price: instead of 160,00€, **this week only 140,25 €!**

