

# Kvarner - Diversity is beautiful

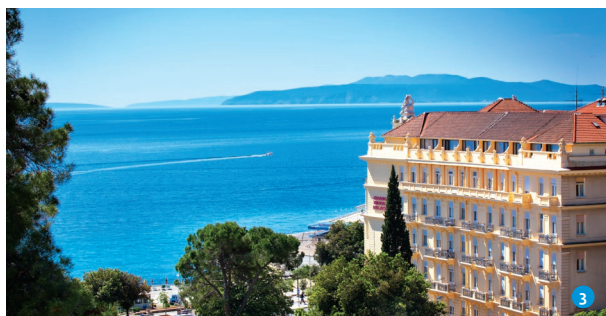
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**KVARNER**

*Diversity is beautiful*



# Kvarner Region



## *Diversity is beautiful*

Kvarner is a tourist region that encompasses three different areas: the coastal strips of Opatija, Rijeka, Crikvenica and Novi Vinodolski; the islands of Krk, Rab, Cres and Lošinj; and the mountainous hinterland of Gorski kotar.

In the language of the ancient Romans, who are believed to have given this region its name, the word Qua(te)rnarius means "four cardinal points", which implies that Kvarner is a place where these four points meet. Apart from offering the fantastic combination of an excellent geographical position and a mild Mediterranean climate, Kvarner is also an area that for centuries has been a meeting point of various cultures and influences, and which is today a modern, attractive tourist destination.

Discover why!

## Impressum:

**Publisher:**  
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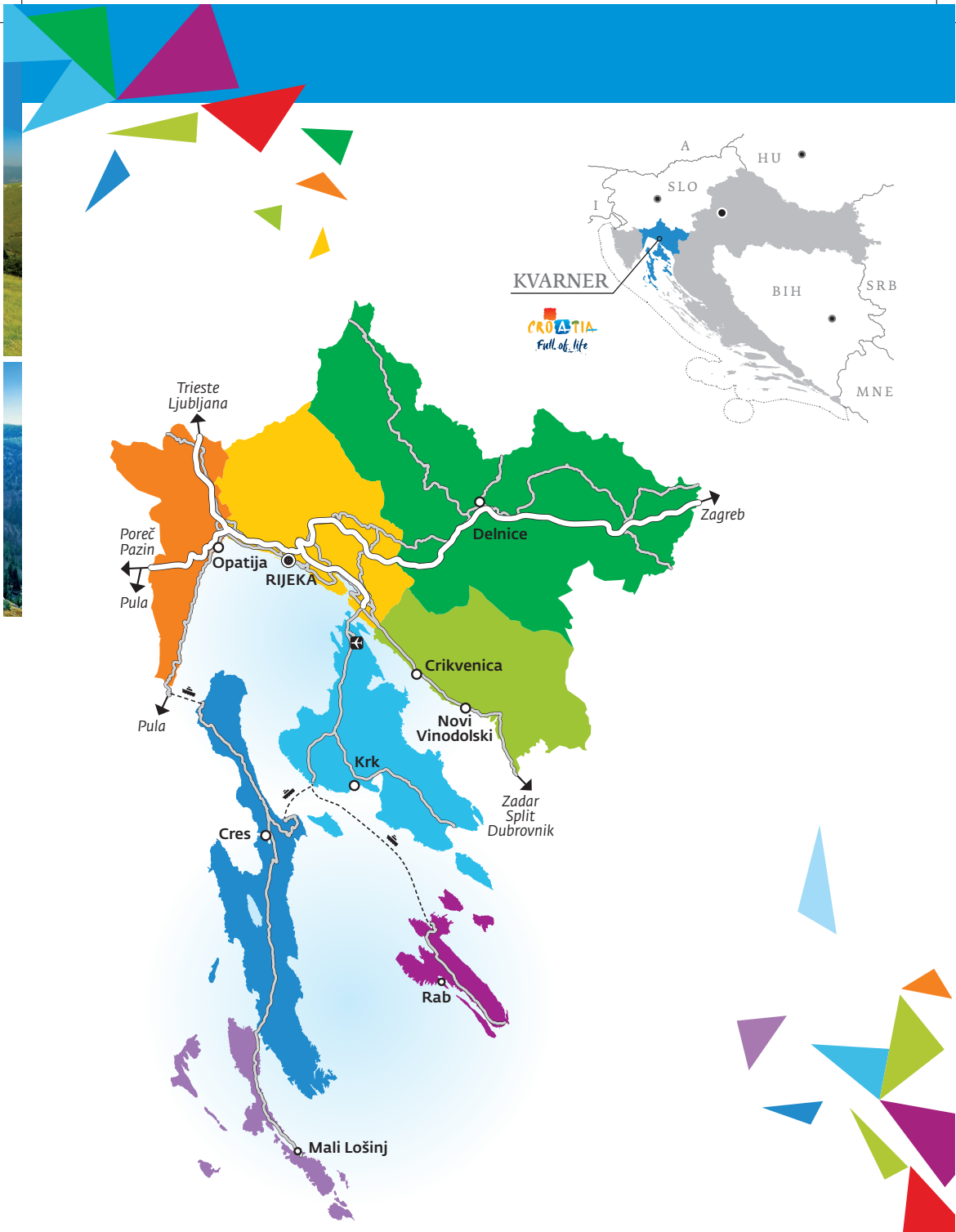
**On behalf of the publisher:**  
Dr.Sc. Irena Peršić Živadinov

**Translation:**  
Adverbium d.o.o.

**Layout and design:**  
Sagita, Opatija

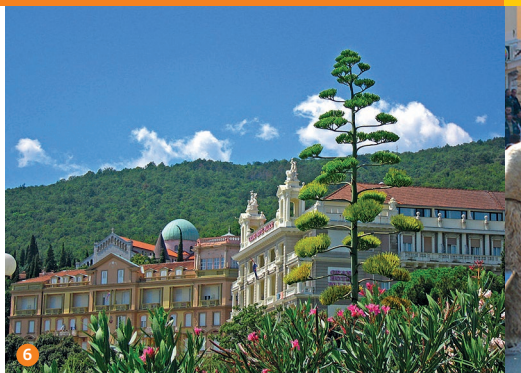
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10, 15, 17, 19 ; P. Fabijan: 22.

**Print:**  
Kerschhoffset, 2020





# Opatija Riviera



The Opatija Riviera, situated at the foot of mighty Mount Učka and adorned by palms and camellias, has been the cradle of Croatian tourism ever since the mid-19<sup>th</sup> century. The magnificent architecture of its elegant villas, and its lush parks and mild climate made it the ideal health tourism destination.

## Things to see:

Opatija's Lungomare, stretching from Volosko to Lovran and bordered by lush greenery and 19th-century villas, is one of the most beautiful coastal promenades in the Mediterranean.

## Things to do:

Visit the Croatian Museum of Tourism in Opatija's famous Villa Angiolina and find out more about the beginnings and importance of tourism in this area.

Climb the peak of Mount Učka, which rises 1,401 metres above sea level, and enjoy unforgettable views of the area.

Choose from the wide range of wellness services on offer, pamper your body and mind, and start a new day with renewed energy, healthier and happier. After this, make sure you sample some of the culinary delights on offer in the renowned restaurants that bear Kvarner Gourmet or Kvarner Food quality labels.



# Rijeka Region



The vibrant centre of the Kvarner region with a rich industrial history, the city of Rijeka invites its visitors to discover a wide range of entertainment and cultural events. Rijeka is a port distinguished by its non-conventional spirit, distinctive rock scene and the biggest carnival in the region. The surrounding locations and walking paths in the hinterland invite you to enjoy the great outdoors with a view of the wonderful natural scenery of Rijeka Bay.

## Things to see:

As the European Capital of Culture 2020, the port city of Rijeka attracts with an eventful history, rich industrial heritage, port cranes and trendy bars. Croatia's third largest city with a lively student and event scene combines city history, art, culture and cuisine.

## Things to do:

Visit Platak, the perfect place for an active holiday. The forest and surrounding landscape is a place full of woodland trails and forest tracks, bicycle routes with fantastic views along the way.

Take a walk along the Korzo promenade, stop by the Molo Longo pier and explore Rijeka's famous market place and fish market.

Do not miss the chance to have a look at the sky from Croatia's first astronomy centre, which includes an observatory and planetarium.



**RIJEKA 2020**  
EUROPEAN CAPITAL OF CULTURE



# Crikvenica - Vinodol Riviera



The Crikvenica-Vinodol Riviera is the ideal mixture of a coastal area famous for its long tourism tradition and an enchanting winegrowing valley distinguished by its quaint villages and Frankopan castles. The traces of antiquity combined with the perfect harmony of the sun, fresh air, scent of the sea and rocky landscapes make this wonderful area a particularly appealing tourist destination.

## Things to see:

"The Eyes of Vinodol" is a route that connects six attractive vantage points offering magnificent views of Kvarner Bay.

## Things to do:

Sail out to sea and let your hosts teach you ancient fishing skills and traditional songs. Sample fish prepared in the traditional way.

Surrender to the sun and crystal clear sea on the area's sand and pebble beaches or in some quiet, romantic spot.

Take a walk in the Heavenly Labyrinths and Mediterranean Labyrinth of Love and fill yourself with positive energy.



# Gorski kotar



**RISNJAK**

Nacionalni park  
National Park

## Tourism Offer:

wildlife watching / visitor's center  
guided tours / educational paths  
adrenalin park for children  
sport fishing  
[www.np-risnjak.hr](http://www.np-risnjak.hr)



Picturesque mountains, quiet ancient forests, magnificent karst caves and rocks, beautiful lakes and rivers – in this area, you can forget the hustle and bustle of the city for a while and experience true harmony with nature. In the past, this wooded area was so inaccessible that the might of the Roman Empire could not seize it. It was even known as the Devil's Garden (*Hortus Diabolicus*). Today, however, Gorski kotar is a priceless natural treasure and popular excursion destination.

## Things to see:

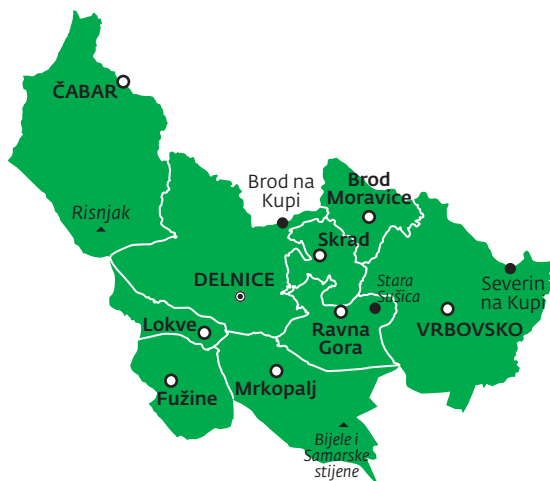
Risnjak National Park and the source of the River Kupa is a unique area and home to all three European large carnivores: the wolf, bear and lynx.

## Things to do:

Pass beneath the 70-metre-high waterfall of Zeleni Vir, walk the 800-metre-long gorge of Vražji Prolaz, and descend into Croatia's deepest cave – Lokvarka.

Take a ride on the Gorski kotar Bike Route, a path full of wild romance.

Take part in picking, processing and sampling the fruits of the mountains.





# Island of Cres



Cres is an island distinguished by its extraordinarily rich flora and fauna, which makes it the perfect destination for visitors who want to enjoy unspoilt nature. The island is one of the last habitats of the rare griffon vulture. The magnificent Lake Vrana and the island's more than 1,300 relict and endemic plants add to the attractiveness of this charming Mediterranean island.

## Things to see:

Lubenice is an ancient small town built on top of a 378-metre-high cliff above the sea. Its history dates back 4,000 years and it is a real wonder of rural Croatian architecture.

## Things to do:

Admire the view of the griffon vultures' impressive flight.

Take a walk in the fabulous Tramontana area – an oasis of powerful, unbridled nature.

Experience the Blue Cave, a natural phenomenon that will take your breath away.

# Island of Lošinj



The island of Lošinj is also known as the Island of Vitality. Thanks to its mild Mediterranean climate, pine forests, fresh air and numerous walking paths, this is the ideal destination to invigorate body and soul. A visit to Lošinj allows you to experience true harmony with nature.

## Things to see:

The Apoxyomenos is an ancient bronze statue of an athlete from the early 1st century. It was found on the seabed between the small island of Vele Orjule and the island of Lošinj, and is the only large-scale bronze statue from this period that has been discovered on the eastern coast of the Adriatic.

## Things to do:

Adopt a dolphin and help preserve this protected species and learn about the activities of the Mali Lošinj sea turtle sanctuary.

Climb the hill of Osorščica and enjoy stunning views of the Lošinj archipelago.

Visit the Garden of Fine Scents and take in the aromatic fragrances of Lošinj.



# Island of Krk



Due to its mild Mediterranean climate, favourable geographical position and variety of natural and cultural landmarks, the island of Krk since ancient times has been known as the "Golden Island". Because of its rich Glagolitic heritage, Krk is also regarded as the "cradle of Croatian culture".

## Things to see:

The Baška Tablet is a grant dating from the year 1100. This inscribed stone slab with its 13 rows of Glagolitic script is regarded as one of the most precious items of Croatian cultural heritage.

## Things to do:

Sample Vrbnička Žlahtina, a quality white wine made from grapes that thrive only on the island of Krk.

Visit the Aquarium in Baška. It has the largest collection of Adriatic mussels and snails in Croatia.

Take a 10-minute boat ride from Punat to the islet of Košljun and its famous Franciscan monastery, a major cultural-museum site in Croatia, surrounded by a forest vegetation reserve.





# Island of Rab



The renaissance island of Rab is known for its scenic diversity and rich forest vegetation. The long bathing season on its wonderful beaches, the magnificent architecture and Romanesque bell towers, the tournament and parade of Rab Crossbowmen – these are just some of the images that you can take back home from this island.

## Things to see:

During one of the most famous events in Croatia, the Rabska Fjera summer festival, the entire town of Rab turns into a giant medieval stage with more than 600 of its inhabitants putting on medieval costumes, playing the roles of medieval artisans in anticipation of the magnificent Rab Crossbowmen tournament. The atmosphere of the *Rabska Fjera* is always a particularly memorable experience.

## Things to do:

Surrender to the pleasure of Paradise Beach (Rajska Plaža) and enjoy the beauty of other natural coves with wonderful sandy beaches.

Take a bike ride through the shade of the holm oak forest on the Kalifront peninsula.

Climb the hill of Kamenjak and enjoy the spectacular views of the island and the town of Rab, the nearby islands and mighty Mount Velebit.



# Kvarner Gastronomy Tip



The Kvarner is a region with the largest number of top restaurants in a fairly small area that have, for many years now, contributed to the Croatian gourmet scene. They are often awarded by renowned European gastro experts and literature that recommend and praise their authentic cuisine that has a good balance between the traditional and the modern, and that is based on a simple and uncompromising philosophy – a good quality meal is made of only the best quality products – preferably fresh, seasonal, and local produce that has maintained the original scents and tastes of the Mediterranean in this region that boasts both its marine and mountainous landscape.

By applying appropriate culinary techniques and with our creative approach to traditional recipes in terms of food preparation and presentation, our gourmet restaurants offer the essence of the Kvarner region, its history and its culture. In addition to all this, we also offer carefully picked Croatian wines with emphasis on local wine sorts, along with an aesthetically pleasing ambient with special attention to detail and a professional and warm staff.

Enjoy our selection of Kvarner Gourmets.



*Look for the KVARNER GOURMET and KVARNER FOOD quality labels at the entrances of the best restaurants and taverns in Kvarner, a destination known for its good food and wine, healthy lifestyle and beneficial climate.*

*Come and find out for yourself!*



The wise saying goes: in order to get to know the soul of a certain region, visit its monuments so as to feel the atmosphere of the past, observe the architecture in which the locals live, visit markets and shops, and taste its everyday food. Croatian history, and the history of the Kvarner as well, is full of meals that represent the customs and wisdom of their creation, while stories that have been passed down from generation to generation make this dining experience complete.

The changing of the seasons at markets determines the menus in this region. They are comprised of seafood, mostly blue fish, Mediterranean fruit and vegetables, and essential herbs that grow in the region. The products are usually fried or boiled, while exceptionally tasty meals are baked under a clay lid that is covered with coals, and wine is a frequent and favourite ingredient for most meals.

With the "Kvarner Food" label, we have unified restaurants, taverns, bistros, etc., that have a cozy atmosphere, usually with an ethno feel, where traditional coastal and highland meals are served. They are prepared with the freshest local produce, along with olive oils and wines from the Kvarner region.

Experience the soul of this region at Kvarner Food restaurants.







## *Hospitality with guaranteed quality*

Do you wish to get to know, at close range and in the appropriate way, authentic life in Kvarner destinations and rest in private accommodation, just in the way you had imagined? Are you interested in fishermen's, old captains' stories, or stories of other inhabitants of Kvarner localities, of interesting small towns or owners of isolated houses where life unfolds in the rhythm of nature? Do you wish to taste genuine local dishes, pick the vegetables growing in your hosts' garden yourself, season them with local olive oil and give a toast with excellent local wine?! All this and a lot more is provided in facilities labeled Kvarner Family. It is the mark of high tourist quality, standard and recognizability of branded apartments, holiday homes, campsites and private rooms in the region. The brand Kvarner Family stands for verified holiday destination with well tended environment, cosily furnished interior, recognizable image, respect of tradition, loyal guests and homely atmosphere. The project, initiated by the County of Primorje-Gorski kotar, i.e. the Kvarner region is carried out by the Kvarner Region Tourism Office, in cooperation with local tourism office.

Kvarner Family: hospitality with guaranteed quality.

Make your choice at [www.kvarnerfamily.hr](http://www.kvarnerfamily.hr)!



# Kvarner Region Tourism Offices

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