CRIKVENICA RIVIERA - MEET THE BEST HEALTH TOURISM DESTINATION IN CROATIA IN 2017.

The healing nature of the Crikvenica Riviera - the natural therapeutic factors

- climate
- air,
- sun,
- sea water
- mediterranean vegetation
Healing climate

Crikvenica Riviera has a healing Mediterranean climate and microclimate, which was recognised and endorsed more than a hundred years ago.

With a total of more than 2,300 hours of sunshine a year, Crikvenica counts itself as being amongst the sunniest areas of Croatia.
The sea

The 4% salinity of the sea and the continuous currents from the south-east to the northwest make the sea of the Crikvenica Riviera exceptionally clean and clear.

Measurements from 2009 to 2016 at 27 locations show that the sea was of excellent quality (source: Institute of Oceanography and Fisheries, www.izor.hr).

The maximum temperatures range from 23.2 °C in June to the highest recorded summer value of 27.1 °C.
Drinking water

The Crikvenica Riviera is supplied with water from Žrnovnica, a natural high-quality source of water.

The water is of high quality, it is analysed every day, and it is ranked amongst medium soft drinking waters.

It is healthy and rich in mineral elements.
The air

The air on the Crikvenica Riviera is characterised by its exceptional purity and diffused healthy trace minerals,

Its therapeutic property is increased by a high percentage of ozone, chlorine, sodium and iodine and optimum humidity.

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.
A fragrant Mediterranean paradise

Nature has created a real fragrant paradise on the Crikvenica Riviera, where numerous indigenous and non-indigenous plants grow.

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.
Centuries-long tradition of health

The roots of therapeutic activities in Crikvenica date back to the 15th 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 surroundings. In 1906 Crikvenica was officially declared a health and seaside resort. At the end of the 19th and in the early 20th 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.
Let’s heal the body

Along with the friendly hosts and nature, who care about our health, there are also trusted experts in prestigious health establishments (Thalassotherapia Crikvenica, Polyclinic Oxy, Terme Selce, Polyclinic Katunar).
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.

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.

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.

In addition to specialist examinations and consultations, the Thalassotherapia also offers a new modern rehabilitation centre and a brand new therapeutic park for physical and pulmonary rehabilitation, a variety of therapeutic procedures ranging from seawater and essential oil inhalations, various massages and breathing exercises, to a heated seawater pool for hydrotherapy.
Oxy polyclinic for baromedicine

Since 2009, the Thalassotherapia Crikvenica has included a department of hyperbaric medicine, which is under the expert guidance of the OXY Polyclinic for Baromedicine and Occupational Medicine of Pula. Hyperbaric oxygenation consists of inhaling 100% medicinal oxygen under high pressure to treat 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 psychophysical condition and reduces stress.
Terme Selce

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.

Four main fields of activity: the Polyclinic for diagnostic activities, the Centre for Physical Medicine and Rehabilitation, the Centre for Sports and Medicine and Medical Wellness.

High-quality sports medicine programmes have been recognised by many top athletes such as Davor Šuker, Luka Modrić, Janica and Ivica Kostelić, Kalle Palander, Michaela Dorfmeister, Tanja Poutiainen, Niki Lehikoinen...
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 in Crikvenica.
Smile, please!

The offer of the dental clinics on the Crikvenica Riviera includes diagnostics, prosthetics, dental implantology, aesthetic dental medicine, oral surgery, orthodontics, periodontology, fixed and removable prosthetics, children’s and preventive dental medicine etc.
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.

- medical wellness programmes
- wellness & spa centres, fitness
- massages (classical, medical, sports, anti-stress, aromatherapy...)
- body & facial treatments
Sport & recreation - the irresistible call of nature

-Crikvenica Town Sports Hall
-Various sports and recreational centres and courts
-Adrenalin park
-The marathon town: swimming, cycling and running marathon (Šilo-Crikvenica is the oldest swimming marathon in Crikvenica)
-Adria Bike label in hotels (Omorika, Katarina, Grand Hotel)...

The Crikvenica-Vinodol region has a total of no less than 300 km of footpaths and hiking trails and 300 km of cycling trails. Both cyclists and recreationists will enjoy the green and blue trails and paragliders will have fun in nearby Vinodol, while sailing enthusiasts and divers will love conquering the sea's expanses.

The period of the best climatic conditions for various open air activities, such as walking, cycling and sailing, lasts almost all year round.
Health on my table

The area’s traditional cuisine exudes the Mediterranean, and is rich in fish, seafood, vegetables, olive oil, natural aromatic herbs and other healthy ingredients. Local specialities, such as Crikvenica’s Rupice or Batuda, are only one part of what’s on offer in the numerous restaurants in the area.

The area’s rich fishing tradition inspired Crikvenica Tourist Board to create the Oily Fish Route project. Oily fish is a valuable source of protein, vitamins, minerals and omega 3 acids, and the ten or so restaurants marked on The Oily Fish Route offer tasty, specially prepared dishes with fish on their menus.

The café of the Hotel International in the centre of Crikvenica makes the famous and delicious Frankopan cake based on a recipe from a 17th-century cookbook, and which you will not be able to find anywhere else.
The riviera with the most beautiful beaches

- gorgeous natural surroundings
- beaches that are equally beautiful when seen from the sea or the air
- wonderfully clean sea - some beaches have been Blue Flag beaches for decades
- long sandy and pebbly beaches
- peaceful coves and romantic isolated natural beaches
- restaurants, fun, entertainment and recreational facilities for both children and adults
- various beaches: for people with disabilities, for nudists, for people with pets...
Interesting cultural-historical heritage

- numerous churches and chapels
- museums and galleries
- archaeological sites
- Fishermen's cottage
- the Love Path, the Healthy Path, the Mediterranean Labyrinth of Love ...
Every day's a new experience

- tradition & fun for all ages
- it's always interesting here with more than **250 events** throughout the year
- creative projects - "Kissing Spots" - 10 marked romantic kissing locations and a kissing map
- spring (Easter, Tour of Croatia, cycling marathon, Grill & Rock, Strawberry Festival, Cherry Festival, Crikvenica Cup, Oily Fish Week, regatta of traditional sailing boats, Senior games...)
- summer (the Melodies with a Taste of the Sea festival, Tuna Festival, (Sr)etno Selce ethno festival, Jakovarska vesla rowing event, Jakovlja, Tourism Day, CrikvArt street entertainer festival, Šilo-Crikvenica swimming marathon, Fisherman's Week...)
- autumn (Crikvenica4pets, Flowery-sweet days, St. Martin's Day, Adria Advent Marathon...)
- winter (Advent in Crikvenica, Carnival, St. Valentine's Day...)
- From Guests to Good Friends (organised fishing, sailing and bocce tournaments with hosts, interesting cooking and other workshops...)
Accommodation

- c. 2,980 beds in hotels, 14,460 beds in family accommodation, 2,160 in campsites, 4,300 in other types of accommodation.

There has been investments in all types of accommodation – especially hotels (renovated high category hotels – the Katarina in Selce with health centre, and the Esplanade in Crikvenica...).
A few more reasons for being the best in 2017...

- new developments and investments in the area (renovated high category hotels etc.), modern contents (electric car charging station, outdoor exercise ground, smart benches)

-health tourism promotional materials: The healthy Riviera brochure, Relax, feel good, repeat (movie made by Crikvenica Tourist Board)...

-other activities: IMTJ Medical Travel Summit, Opatija, April 2017 (Crikvenica Tourist Board as a sponsor and exhibitor in the IMTJ marketplace)

-CIHT – Crikvenica International Health Tourism Conference – organised by Crikvenica Tourist Board since 2013, together with Thalassotherapia Crikvenica and Kvarner Health Tourism Cluster as co-organisers. CIHT - emphasises the strategic importance of developing health tourism in Croatia and placing health tourism on the market; every year the conference brings together eminent speakers, experts and participants from various countries.

- Some of the awards the Crikvenica Riviera has received include:
  1. for being the most creative destination in the world in 2014 (awarded by the Creative Tourism Network)
  2. having the most innovative tourism project (Simply the best award) and 3rd place (annual Croatian tourism award s) for In love in (with) Crikvenica
  3. for being The best health tourism destination in Croatia (2nd place in 2016, 1st place in 2017 - given by the Ministry of Tourism, Croatian National Tourist Board and the Croatian Chamber of Commerce. )
Thank you!

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