



Dear guests!

For more than 130 years, Kvarner Palace has stood for genuine hospitality and memorable holidays. Generations of guests have created cherished memories here – and perhaps you soon will too.

In every season, we offer a varied programme of fitness, sport, relaxation and culture. While the summer months are devoted to families and holidays together, spring and autumn invite you to enjoy active discoveries in one of Europe's sunniest regions.

Every season has its own magic – and we warmly invite you to experience it with us.

A special cultural highlight awaits you at the end of the season:

LIT.EU (www.literaturfest.eu), from 31 October to 8 November 2026, promises inspiring encounters, fascinating readings and unforgettable moments for all the senses.

Welcome to Kvarner Palace!

Warmest regards

Yours

Director Kristina Bukovac & the entire Kvarner Palace team

A WORLD OF FLAVOUR –
Good food is half the holiday

Head chef Danijel Ljubijankić, sous-chef Luka Hapco, restaurant manager Raul Superina and their kitchen and restaurant teams look forward to treating you to exceptional cuisine.

Breakfast buffet from 07:00–11:00

Choose any available table in the **'Kaisersaal'** restaurant, the **'Red Salon'**, the new light-filled **'Arcade Salon'**, or **outdoors on the 'Kaiser Terraces'** overlooking the sea and the island of Krk.

Make the most of **our morning activities** – yoga, Smovey, stretching, aqua gym, guided town walks and much more. Our exercise sessions are suitable for everyone, at your own level of fitness and ability. For the good of your health – join in!

À la carte lunch from 12h00–16h00 in the Arcade Salon and, in fine weather, on the Kaiser Terraces overlooking the sea

Gourmet buffet for half-board guests from 18:00–21:00

Choose any available table in the **'Salon Imperial'** restaurant, the **'Red Salon'**, the light-filled **'Arcade Salon'**, or on the **'Kaiser Terraces'**.

'Palace Bar with the Blue Salon' (reception level): 16:00–24:00

Palace Beach – still here for you 🌻

Food and beverage service at Palace Beach ended for the season on 1 October. You are, of course, still welcome to enjoy our beach area: a limited number of sun loungers remain available in fine weather. The changing room, shower and toilets can still be accessed with your room card.

Several nearby beach venues are open. We particularly recommend **SABBIA BEACH BAR & PIZZERIA** – **about a five-minute walk from Palace Beach towards the town centre** – where your Kvarner Palace room card gives you a **10% discount on food and drinks**.

OPENING HOURS in the hotel

Reception	06:00 – 22:00
Night porter	22:00 – 06:00
'Kvarner Treasures' boutique	08:00 – 20:00

You can reach reception by dialling 9 from your room

Kvarner Palace Spa in the new wellness wing, with a 25 m heated indoor and outdoor seawater pool

Wellness reception – wellness wing	10:00 – 18:00
Therapies and treatments:	10:00 – 18:00
Pools	07:00 – 21:00
Sauna	15:00 – 18:00
Fitness room	07:00 – 21:00

Important information:

Clean pool and beach towels are available **at reception and at the wellness reception in the wellness wing**. Please exchange used towels there.

The current **daily overview, the MORNING POST**, with all important information and programme items for the day, is available every morning at breakfast. Please take a copy from the table in the buffet area or simply ask a member of our service team.

HOTEL PROGRAMME from 18 to 24 October 2026

Sunday, 18 October 2026

17h45



Welcome cocktail with Director Kristina Bukovac in the hotel lobby. We warmly welcome all our newly arrived guests in the lobby or on the Palace Bar terraces.

Mrs. Silvia Mally, a certified health and fitness trainer, will introduce the coming week's yoga programme, while **Dr Wolfram Huber** will present his 'Live Better – Live Healthier' programme.

The **EVENING BUFFET begins at 18h00** in the restaurant, on our terraces and in the arcades.

Monday, 19 October 2026

08h15 – 09h00 Gentle yoga, mindful breathing and soothing sounds from Tibetan and Indian singing bowls for body, mind and soul with Mrs. Silvia Mally

Time for yourself, inner balance, mental clarity and serenity. The focus is on combining health-promoting movements from different yoga styles with consciously flowing breathing, deep relaxation techniques, and calming, harmonious sounds from singing bowls and other sound instruments. The special effect of singing bowls is partly explained by the fact that the human body consists mainly of water, which is set in motion by sound waves. The resulting effect may feel like a massage for the body's cells. Targeted yoga movements and sound vibrations influence the parasympathetic nervous system, which supports rest, the reduction of stress hormones and recovery. The body can let go, relax deeply and recover from everyday life.

Where: in the event room (reception level) – participation is free.

Additional offer:

Individual one-to-one 'sound massage' sessions: the gentle vibrations of Tibetan singing bowls soothe body, mind and soul in a private setting. A fee applies. Please register directly with Ms Silvia Mally.

10h00 – approx. 12h00

Guided walk through Crikvenica. Meet at reception. Discover

fascinating facts about your holiday destination, Crikvenica, its long history, the Pauline monks, the Frankopan family and the Austro-Hungarian monarchy.

Please REGISTER at reception by SUNDAY at 18h00. Thank you.

16h30 – 17h45

LIVE BETTER – LIVE HEALTHIER – Exercises and tips especially for people over 50

with Dr Wolfram Huber. **WHERE: in the yoga room (next to the pool) in the new wing**

Three sessions of approximately 75 minutes each will cover the following topics:

* Maintaining or restoring inner and outer balance. * Healthy breathing

* Managing stress and emotions such as irritation and anger. * Dealing with illness and pain: does suffering have meaning? * Preventive measures against illness (arteriosclerosis, stroke, high blood pressure, cancer, dementia, depression, etc.). * How can I age more slowly?

The exercises are simple and can be performed lying down or sitting. Comfortable clothing is recommended.

You may join at any session. Participation is free. Please register at reception – maximum 12 participants.

18h00 – 21h00

'A culinary journey through Croatia' – From the Adriatic to the Danube, Croatia offers

an astonishing culinary variety across 56,000 km². The buffet has something for every taste.

20h15 – 21h15

'The World Is Our Mirror' – the mirror principle: what do we reflect, and

what is reflected back to us? A talk by Dr Max Segeth in our library – admission free.

As an introduction to the mirror principle I developed, I would like to share some thoughts about the profound effect our behaviour has on others and their behaviour has on us. We will discover how important another person can be in helping us recognise ourselves, uncover mistakes and perhaps correct behaviours that are no longer desirable. If we want to understand more, the mirror principle can be a valuable guide.

Tuesday, 20 October 2026

08h15 – 09h00

Gentle yoga, mindful breathing and soothing sounds from Tibetan and Indian singing bowls for body, mind and soul with Silvia Mally

Where: in the event room (reception level) – participation is free.

See Monday for details.

16h30 – 17h45

LIVE BETTER – LIVE HEALTHIER – Exercises and tips especially for people over 50 with Dr Wolfram Huber. **WHERE: in the yoga room (next to the pool) in the new wing**

18h00 – 21h00

Croatian–Austrian evening – An evening between the Adriatic and the Alps: enjoy traditional Croatian and Austrian dishes at the buffet – sometimes hearty, sometimes Mediterranean – and discover the delicious similarities and intriguing differences between two culinary cultures!

20h15 – 21h15

‘When the Body Sounds the Alarm’

A talk by Dr Max Segeth in our library – admission free.

When health problems arise, we often treat only the unpleasant symptoms while the causes remain hidden. Could these ‘health imbalances’ be drawing our attention to inconsistencies in our ‘inner system’? Does the body also suffer when the soul is troubled? Perhaps the ‘language of the organs’ can help us understand what our body is reflecting back to us.

Wednesday, 21 October 2026

08h15 – 09h00

Gentle yoga, mindful breathing and soothing sounds from Tibetan and Indian singing bowls for body, mind and soul with Silvia Mally

Where: in the event room (reception level) – participation is free.

See Monday for details.

09h30 – 10h15

Garden tour with our landscape architect Katica Dražić

Our landscape architect Katica Dražić warmly invites you on a special journey of discovery through the Mediterranean hotel park. With great passion, sensitivity and extensive botanical knowledge, she has shaped the development of our garden since last year – always in harmony with nature. Look forward to fascinating insights into the park’s diverse plant life. Together with Katica, discover the different tree species, fragrant herbs and flowering treasures that make our garden a place of peace and inspiration. Katica looks forward to showing you ‘her’ garden personally and sharing her knowledge with you.

Meeting point: reception. Participation is free. Please register at reception by 09h00.



16h30 – 17h45

LIVE BETTER – LIVE HEALTHIER – Exercises and tips especially for people over 50 with Dr Wolfram Huber

WHERE: in the yoga room (next to the pool) in the new wing. See Monday for details.

16h30 – 17h30

‘Letting Go’ Why do we hold on to habits, behaviours and people that no longer support our development?

A talk by Dr Max Segeth in our library – admission free.

Why is it so difficult to leave behind what blocks us and take new paths? What we cannot release remains a burden, creates inner pressure and can lead to emotional and physical conflict. Refusing to let go can cause distress and contribute to acute and chronic illness. Those who can let go are truly free to pursue new ideas and goals.

18h00 – 21h00

‘Culinary Evening’ featuring specialities and favourite dishes by our head chef Danijel Ljubijankić – enjoy an exquisite buffet.

From 20h15

Srećko Valušek provides entertainment in the Palace Bar. Dancing is encouraged. Relax and round off the evening with a glass of red wine or a cocktail.

Thursday, 22 October 2026

08h15 – 09h00

Gentle yoga, mindful breathing and soothing sounds from Tibetan and Indian singing bowls for body, mind and soul with Silvia Mally

Where: in the event room (reception level) – participation is free.

See Monday for details.

16h30 – 17h30

‘Find Your Path with Patience and Trust’ – a talk by Dr Max Segeth in our library – admission free.

Many of us rush through life and can no longer find peace. Driven by the belief that we want or need to accomplish and experience so much, we lose ourselves in the confusion of everyday life. An occasional pause would help us move forward far more effectively. So what stops us? Why do we allow our surroundings, or our own limiting ideas and expectations, to influence us so strongly? By recognising these ‘beliefs’ and learning to treat ourselves differently, we can find the patience and serenity we need – and, through trust, find the way back to ourselves!

THURSDAY CONTINUED

17h45



Welcome cocktail with Director Kristina Bukovac in the hotel lobby. We warmly welcome all our newly arrived guests in the lobby or on the Palace Bar terraces.

18h00 – 21h00

KVARNER EVENING with a buffet of traditional CUISINE from the Kvarner region.

The evening will be accompanied by the traditional Frankopani singers.

20h15 – 21h00

Light-hearted and reflective thoughts on 'Love'

'Love is essentially a chemical reaction. But it is fun to search for the formula.' (Hildegard Knef).

Reflections and a reading by Dr Max Segeth. Admission free.

WHERE: in the library. Admission free.

Friday, 23 October 2026

10h00 – approx. 12h00

Guided walk through Crikvenica. Meet at reception. Discover fascinating facts about your holiday destination, Crikvenica, its long history, the Pauline monks, the Frankopan family and the Austro-Hungarian monarchy.

Please REGISTER at reception by THURSDAY at 18h00.

10h15 – 10h45

Aqua gym with Andelka in the seawater pool in the wellness wing. Suitable for all guests, regardless of age or fitness level. Participation is free.

18h00 – 21h00

Fish buffet 'The Best of the Adriatic' – Croatian coastal flavours. Tonight is Mediterranean: Fresh fish, shellfish and seafood from the Croatian Adriatic. Light cuisine, full of flavour.

The HIGHLIGHT OF THE WEEK

From 20h30

Chris Oliver, 'The Voice of Swing', presents his Dean Martin Show at Kvarner Palace.



He is renowned for transforming every event into an unforgettable musical experience. His authentic style and irresistible charm make him an exceptional artist who does not merely perform music, but creates memorable experiences for his audience. Chris Oliver stands for music that is not only heard but truly felt, and remains one of the most impressive interpreters of swing of our time. www.chrisoliver.eu

WHERE: in the Palace Bar.

Saturday, 24 October 2026

15h00/16h00/17h00

Sauna infusions with sauna master Liane in the Finnish sauna, wellness wing

The detailed programme is available in the Morning Post and on the posters.

18h00 – 21h00

Balkan barbecue buffet – savour Ćevapčići, Ražnjići and spicy grilled vegetables: a feast for true barbecue fans and lovers of Mediterranean flavours.

From 20h15

Live music in the Palace Bar with Trio Candy. Music, dancing and entertainment!

Don't forget: CLOCKS GO BACK during the night of 24 to 25 October 2026!

EXCURSION TIP: 'Ahoy Roberta! – Full steam ahead to the narrowest street in the world'

Panoramic boat trip aboard the Roberta from Crikvenica to the picturesque town of Vrbnik on the island of Krk. The four-hour tour starts at the main harbour in Crikvenica and includes the boat journey, a guided town walk, a small wine tasting and free time to explore the town. Vrbnik, high above the Adriatic, enchants visitors with its historic old town, narrow lanes and traditional stone houses. A special highlight is Klančić, just 43 cm wide and considered one of the narrowest streets in the world. What could be better than gliding leisurely across the sea as the landscape drifts by? Join us and enjoy unforgettable moments on the water.

EUR 25.00 per person. **For further information and bookings, please contact reception.**



Any questions? Our reception team is always happy to help with questions or further information. We wish you a wonderful stay and lots of enjoyment!