



SUN GARDENS

DUBROVNIK

NEWS

LIFESTYLE CULTURE FOOD MAGAZINE

Ten Years of Sun Gardens Dubrovnik

LEARN MORE ABOUT OUR HISTORY

Sun Gardens Summer Festival

29.06 | 'GUARDI LE STELLE'

Traditional Dubrovnik Flavours

DISCOVER THE MARKET



WELCOME TO SUN GARDENS DUBROVNIK

Dear Guests,

Thank you for staying at Sun Gardens Dubrovnik. Our main goal is to create memorable experiences combining sophistication, tradition and five-star service with the famous Croatian hospitality enhanced by our passionate team.

If there is anything we can assist you with during your stay, please do not hesitate to contact the Concierge, the Manager on Duty or myself.

I hope that your stay in our beautiful city will truly be an unforgettable one!

Christian Larss Kreković
General Manager




CONCIERGE RECOMMENDS

Let us help you plan your ideal vacation in and outside Sun Gardens Dubrovnik. Concierge Team is more than happy to assist you!

☎ 3566 / 📍 Lobby / 🕒 daily 07.00 – 23.00



 SAY IT WITH A PICTURE



Embark on a new venture at Sun Gardens Dubrovnik and capture your special holiday moments! Share the spark with us using #sungardensdubrovnik and #lhwtraveler on Instagram, Facebook and Twitter. Get inspired and join our social media family - we would love to hear from you!



DUBROVNIK FROM ABOVE

Enjoy spectacular panoramic views from the heights with our amazing helicopter scenic ride! This aerial tour allows you to marvel at brilliant colors that adorn the Old Town of Dubrovnik and surrounding islands. For more information please visit Korkyra Travel desk in the hotel.

MIDSUMMER SCENE

Season of Love and Hate marks sixth edition with Romeo & Juliet as the headline production. Enjoy open-air theatre daily at 21.30 at Fort Lovrjenac - one of the most evocative and atmospheric venues on the continent.

ROSALINA SIGNATURE COCKTAIL

Beefeater London Pink gin infused with sweet strawberry notes, perfectly accentuated by tart and sweet grenadine syrup, refreshing tonic and a hint of blood orange and lime slices. Flawlessly balanced, this is our absolute summer favourite.

RESORT MAP



MAP LEGEND

HOTEL BUILDING

- Hotel building
- Hotel reception / Concierge (RC)
- Money exchange service (RC)
- Meeting rooms and conference (RC / R)
- Club Floor Lounge (6)
- Souvenir shop (RC)

RESIDENCES

- Residences reception
- 1 1001-1514
- 2 2101-2410
- 3 3101-3510
- 4 4101-4410
- 5 5101-5608
- 6 6111-6410
- 7 7101-7608
- 8 8101-8410

POOLS & BEACH

- 1 Sunset Pool
- 2 Lemonia Pool
- 3 Marina Pool
- 4 VIP Beach
- 5 Beach
- 6 Water sports

SPA & WELLNESS

- Spa Centre
- Indoor pool
- Gym
- Treatment rooms
- Saunas
- Hydrotherapy pool
- Vitality juice bar

WINE & DINE

- 1 Maraska Lounge Bar (RC)
- 2 Origano Restaurant (R)
- 3 Rooftop Terrace (T)
- 4 Giardino (O)
- 5 Ginja Restaurant
- 6 Sunset Grill
- 7 Sunset Pool Bar
- 8 Cilantro Restaurant

- 9 Beach Bar Pebbles
- 10 Lemonia Pool Bar
- 11 La Pasta Restaurant
- 12 La Patisserie
- 13 The Market Restaurant
- 14 VINO Bar
- 15 The Butchers Grill
- 16 Marina Pool Bar
- 17 Marina Terrace

RECREATION

- Sports Centre
- Gym
- Indoor basketball half-court
- Squash court
- Badminton court
- Pool tables
- Table tennis
- Climbing wall
- Sports Bar
- Five-a-side football court
- Three clay tennis courts
- Sand volleyball court

SHOPPING

- 1 Rosetta Grocery Store
- 2 Rosetta Health & Beauty
- 3 Hair dresser
- 4 Multi brand stores
- 5 ATM
- 6 Rosetta Beach & Fun

CHILDREN

- 1 Marco Polo Kids Club
- 2 Playground
- 3 Childrens Pool

TRANSPORTATION

- 1 Travel agency
- 2 Shuttle bus
- 3 Marina (Shuttle boat)
- 4 Private garage
- 5 Parking area
- 6 Public bus stop

- Perfect photo location
- Steps free route
- Evacuation assembly point

TEN YEARS OF SUN GARDENS DUBROVNIK

Sun Gardens Dubrovnik is known as a luxurious resort located next to the 'Pearl of the Adriatic'. Thanks to the hard work and persistence, it is celebrating ten years of successful business operations.

Orašac was a favourite destination for noblemen back in the time of the Dubrovnik Republic, and in the 1980s accommodation was built here that became an attraction for the numerous visitors in the summer. However, after 1991, during the Croatian War of Independence, this fairy tale location was destroyed and lost its shine. As a result of investment and recognition of the potential of this location, Sun Gardens Dubrovnik resort was built in Orašac in 2009.

Resort has 201 hotel rooms and 207 completely furnished single, two and three-bedroomed residences. When construction work began a year before the opening, the project's investors had a clear vision of creating one of the leading resorts in the region with a focus on local materials to reproduce the atmosphere of a Mediterranean village with a wide-ranging offer and first-class service. Since 2017, Sun Gardens Dubrovnik is a part of The Leading Hotels of the World (Leading Hotels), a prestigious collection of

independent luxury hotels. Rooted in the locations in which they are found, member hotels embody the very essence of their destination.

Sun Gardens Dubrovnik resort is an ideal place for relaxation which, thanks to the great service and amenities provided in this Mediterranean oasis, allows all visitors, couples, families and friends to have an unforgettable experience. The resort is built entirely from local material, which means stone and plaster from Dubrovnik and the island of Brač, and is decorated with the works of Croatian artists. It provides a truly authentic experience with the highest standard of service and extensive facilities, including three pools, a Sports Centre, private beach, Spa Centre, and restaurants and bars that provide a wide range of local and international dishes.

Also, Sun Gardens Dubrovnik resort is a favourite location for many European conferences because of its excellent meeting rooms, which make it an exciting venue for incentive trips and product launches.

As a result of the investors' efforts resort has received the number of international awards resort over the years. The general manager of the resort, Christian Larss Kreković, says: "These awards are confirmation that we are on the right track, and I would like to congratulate my staff on their success and continued hard work and efforts. I'm incredibly proud of how, right from the start, both guests and professionals have recognised the distinctive quality of our resort, the high standard of





service, and our dedication to providing exceptional authentic experiences, which has allowed us to stand side by side with other luxury hotels and resorts around the world that are recognised as leaders in the hotel industry. We look forward to further raising standards and the overall destination experience, and I am confident that the following years will bring us new awards."

The secret to Sun Gardens Dubrovnik success is that it considers its greatest recognition to be the positive feedback that it receives from its guests. The resort has built its success on the everyday service that its staff provide to guests and its commitment to ensure that this service is at the level of the world's leading hotels. As a result, for ten years Sun Gardens Dubrovnik has been successfully carrying out its vision of providing an authentic Adriatic experience combined with the highest standard of service, which is what makes it so distinctive and why it deserves its place as one of the world's top hotels.

When talking about the ten great years of the resort, management board member Mr Zdenko Leko comments: "We are really thrilled by the success story of Sun Gardens Dubrovnik over the last decade. We are grateful to the hundreds of thousands of guests who have chosen us as their favourite place to go on holiday. Of course, we are also grateful to our staff, who have shown tremendous passion and belief in our mission to become a truly world-class resort. Now that we have achieved our immediate goals, the next phase of our journey will be the development of the



remaining 20 hectares of our property and the addition of new exclusive and interesting amenities so that we will become an even more desirable destination where guests can relax and enjoy themselves."

LOCAL FESTIVAL 'GOSPA OD ORAŠCA'

Unspoilt nature, tradition and a peaceful life create the story of the picturesque village of Orašac. In the charming village of Orašac, traditions don't perish easily, especially if that tradition brings the people of the neighbourhood together. The local festival Our Lady of Orašac is celebrated every year on the second day of July, attracting people in search of spiritual tranquillity, but also great summer evening entertainment as this festivity is not only religious, but also the most important social event in the village. Taking a walk through the olive groves and cypress, you will discover a hidden gem – the beautiful church of Our Lady of Orašac, built in 1529. According to the legend, Our Lady listened to the prayers and gave protection to the village. The church is greatly worshipped for the miraculous paintings of Our Lady of Orašac and St. John the Baptist, which are still kept in the Church and can be visited. They are included in the Register of Cultural Goods of Croatia.



THE SOUNDS OF CUBA

July 1 / Lemonia Pool / 20.00

Music and dance have both been a way of life in Cuba, so without a doubt, all styles and their various evolutionary counterparts would fill a book. In July and August, feel the vibrant sounds of the „Cubalcanica“ band at our Lemonia Pool every Monday starting at 8 pm. The band performs a wide repertoire of Cuban traditional and popular music. Enjoy the charming ambience of the resort and a perfectly shaken (or stirred) cocktail or one of the other refreshing drinks while the sun sets over the sea.

LIVE MUSIC PROGRAMME						
	SAT	SUN	MON	TUE	WED	FRI
Maraska			Piano Music by Gio Baranac		Piano Music by Gio Baranac	
Cilantro		Guitar music by Davor Čupić	Guitar music by Davor Čupić			Blues Sounds Trio Guitar evening with Suzana & Ivan
Butcher / Vino Market				Blues Sounds Trio		Trio Laus Jazzoholic
Lemonia Pool			Cubalcanica			
Giardino Terrace	Opera Arias 'Guardi le Stelle'					
Origano Lawn				Feredon Band		
Program can vary and hours may be subject to change.						

SUN GARDENS SUMMER FESTIVAL

We are proud to announce the third Sun Gardens Summer Festival, an entertainment feast with free entrance for our guests, offering great music events in truly exceptional open-air, seaside locations. In 2019 Sun Gardens Dubrovnik will host again accomplished musicians from June to August at different venues overlooking the magnificent islands dotting the crystal clear waters of the Adriatic. In the warm summer nights, enjoy the lively atmosphere, sipping a glass of wine, sparkling wine or cocktail in attractive locations with a sea view. Could anything be better?

'GUARDI LE STELLE'

Dubrovnik Symphony Orchestra

June 29 / Giardino Terrace / 21.00

Sun Gardens Dubrovnik is proudly hosting one of the opera arias concerts of this Festival, an exquisite open-air musical experience 'Guardi le Stelle' where the Dubrovnik Symphony Orchestra teamed up with the world-renowned soprano Nikolina Pinko, baritone Matija Meić and the tenor Domagoj Dorotić, under the watchful baton of Marc Tardue and Ivan Josip Skender. **Join us at 21.00 for a welcome drink and enjoy an evening of finest Italian and Croatian opera arias with the stunning Adriatic backdrop.**

The International Opera Arias Festival has become a valuable addition to the Dubrovnik cultural and musical scene and unmissable for all lovers of classical music. Organised by the Dubrovnik Symphony

Free entrance / Prior reservations are recommended

For more information please contact Concierge or make direct reservations at F&B desk located at level '0' (ext. 3215).



Orchestra in memory of the world-famous Croatian-born tenor Tino Pattiera, the festival is taking place at Dubrovnik Old Town's most attractive locations. Born in Cavtat, a picturesque town close to Dubrovnik, Tino Pattiera became famous singing at opera houses throughout Europe and the rest of the world in the first half of the 20th century. 2019 edition is taking place from June 28 till July 5.



TRSTENO ARBORETUM – A PIECE OF HEAVEN ON EARTH

Leave behind the rush and noise of today's world, and take a step back in time to a more peaceful era, amidst the natural beauty of the Trsteno arboretum.

Trsteno has a good claim to have the oldest arboretum in Europe. It belongs now to the Croatian Academy of Arts and Sciences, but its history as an arboretum dates back to the 15th century, when it was the summer home of the Gučetić-Gozze family, members of the noble class of citizens of the Dubrovnik Republic. Located in the seaside village of Trsteno, just a short ride from Sun Gardens Dubrovnik, the arboretum is a place of natural beauty, where the cool greens of antique Renaissance gardens meet the deep blue of the Adriatic Sea. Take the time to explore its lovely views and quiet corners, and you'll be sure to leave with a restored sense of peace and tranquillity.

The Baroque fountain, built in 1736, features a carved statue of Neptune, the Roman god of the sea and of all water, who stands proudly with his trident, flanked by two graceful nymphs. Colourful fish swim in the spacious pool at his feet, and birds flutter and chirp overhead. According to legend, it is Neptune himself



who has protected this unique natural environment from fire and other disasters over many centuries.

Stroll along quiet garden paths, under a canopy of deep green leaves, and delight in the cool scents of exotic trees and flowers and the sounds of splashing fountains, as the crystal blue waters of the Adriatic sea spread below, and ancient trees reach up to the sky. Wander through secluded garden paths, stroll along the broad promenade, among ancient stone columns, and enjoy the dazzling view from the shaded gazebo at the top of the cliff.



After exploring the gardens, fountain, and residence, visitors can stroll down the steps from the arboretum to the old harbor, where the small wooden boats rock in the gentle waves of the Adriatic, as the sun sets over the Elafiti isles and the more distant Mljet.

This picturesque place is ideal to explore with your family, and combination of salty air, flower fragrance and serenity will charge your batteries and show you different perspective of usually busy Dubrovnik. Contact our concierge to help you arrange and book your visit through Korkyra Travel Agency.

Did you know?

All fans of popular epic phantasy Game of Thrones know that Dubrovnik was the main filming location in Croatia as King's Landing - the Capital of the Seven Kingdoms. But did you know that Arboretum Trsteno was used as "Tyrell (High) Garden", associated with the scenes involving the powerful family from the Reach, the Tyrells.



PHOTO CREDIT: HBO

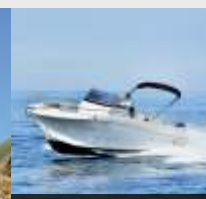


SPECIAL OFFER

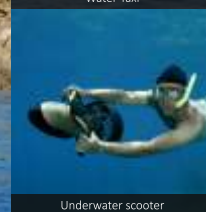
Experience the magic of the nearby islands on your own with a competitive prices!

WATER TAXI & BOAT RENTAL

Phone: Ext. 3950
Tel: 00385(0)20/361-950
GSM: 00385(0)91/4216902
info@korkyra-dubrovnik.com



Water Taxi



Underwater scooter

SPORTS ACADEMY FOR CHILDREN 7 – 15

Join us for the ultimate summer fun and book your place today!

Football Academy

In a fun and safe environment junior footballers an opportunity to learn and play with our experienced coaches who will provide them with all technical knowledge, as well as a sense of hard work and team play.

Tennis Academy

Croatia has a proud and successful tennis tradition for such a small country and remains a popular sport here. The Sun Gardens Dubrovnik Tennis Academy is an excellent opportunity for children to develop their skills and learn from our expert and experienced coaches.

Basketball Academy

This Academy is a great option for boys and girls who want to learn the fundamentals of basketball or enhance their existing basketball skills. Dedicated trainers will not only provide instructions and inspiration, but also plenty of opportunity for socialising with peers and having fun.

Swimming and Water Polo Academy

In Dubrovnik, water polo has always been more than a sport. It is a way of life. This academy provides a great

opportunity for children to improve swimming techniques and learn the basics of this popular local sport. All participants of this Academy must have at least basic swimming skills.

Sports Camp

If you want your children experience it all, our Sports Camp will offer the best of football, basketball, tennis, swimming and water polo. Through an inspiring and safe environment, children will try a new sport, learn new skills, meet new friends and have fun during their summer holidays.

THIS WEEK'S HIGHLIGHT SPORTS CAMP

Training sessions take place Monday to Friday, while the final match will be held on Saturday, followed by diplomas and medals. Nike gift package included in the rate! For more information and reservations please visit Sports Centre or call 3731 from your room

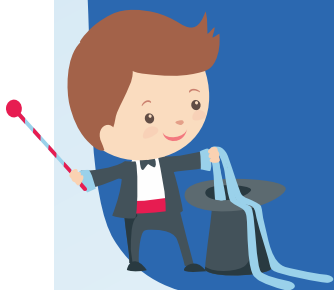


**Nike gift package
included in the rate!**

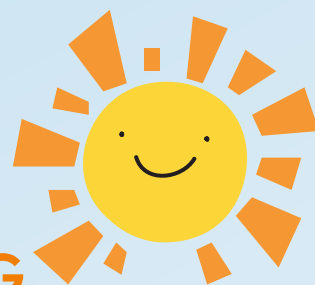
THE EVENING FUN WITH THE MARCO POLO KIDS CLUB

During your well-deserved vacation, the children can enjoy a full week of entertaining and creative programs in a safe environment with our Marco Polo Kids Club. Every moment at Sun Gardens Dubrovnik is an adventure to be remembered for a lifetime. With specially trained staff on hand at all times, our Marco Polo Kids Club offers your children new experiences under the warm Mediterranean sun.

And in the Mediterranean evenings, we offer fun programmes for children aged 4 to 10, available every evening for a special price of 15 € per child and programme. Every evening is a new thematic event full of excitement, exploration, games, dancing and laughs. Join us on our adventures in programmes such as 'Candyland', 'I am a superhero', 'Special guests and their friends', 'Welcome to the circus', 'Knights and princess' and 'Movie night'.



For children
from 4 to 10
years! ★



BABYSITTING SERVICE

In case you need someone to take care of your children whilst you are at dinner, having a massage, trip or just relaxing, contact us for babysitting service. Our highly qualified staff ensure that not only can parents relax, safe in the knowledge that the kids are being taken care of by professionals in a safe environment, but that they are having an amazing time too.

AVAILABILITY

You can check availability of our babysitters contacting the Childcare Manager.

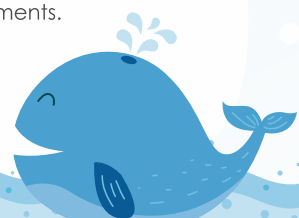


EXPLORERS & NAVIGATORS

10.00 - 12.00	Morning Session / Complimentary
12.00 - 15.00	Middle Session with Kids Lunch / 20 EUR per child
15.00 - 17.00	Afternoon Session / Complimentary
20.00 - 22.00	Evening Programme / 15 EUR per child
08.00 - 23.00	Babysitting

Our childcare services are very popular and operate to strict ratios so we strongly advise pre-booking your childcare requirements.

For more information and reservations kindly contact our Concierge or find Kid's Club team below
Lemonia pool. Info: Ext. 1897 / +385 99 2561 226



SUMMER ACTIVITIES

Nature was having a good day when it created the Croatian coastline. Experience the ultimate relaxation and discover sea's surface with our three top suggestions for this week available at our beach.

DIVING

Dubrovnik gets a special sparkle in the summer and it becomes a paradise for sun and beach lovers, as well as a perfect destination to explore an underwater world and its hidden treasures. Whether you are a beginner or an experienced diver, if you are looking for an hour's dive or a long weekend, the Adriatic in Dubrovnik has something for everyone. The ever-changing colours & the stunning rocks will amaze you.



WATER SPORTS

Water sports are very popular in Croatia, offering sea lovers much more than swimming or sunbathing. Enjoy water sports and activities like jet and water skiing, diving, fun rides or exploring the islets on your own with a rented boat. If you want a thrilling sea experience combined with exploration of beautiful island of Koločep, Jet Ski Safari is a perfect option. For more information visit the H11 team.



BEACH MASSAGE

Experience the relaxing atmosphere of the Adriatic Sea and pamper yourself with Thai massage treatment at the beach, creating a sense of well-being while soaking up the vitamin "sea". You can also enjoy the luxury of the VIP beach area featuring personalized services and amenities. All reservations for the VIP area must be made in advance. For more information please contact Concierge.



PRIVATE TRAINER



In these modern times, finding fulfilling personal time can be a challenge. Work obligations, family and the rush of daily life means that finding time to dedicate to one's wellbeing is getting harder than ever before. That's why a holiday is a perfect time to take care of yourself and get things back on track. If you are hoping to achieve your fitness goals and you feel that now is the right time to do so, Sun Gardens Dubrovnik might just be the right place for you. A personalized workout, whether it's one on one at the gym, Pilates or functional training, will enable you to keep your motivation high and perform exercises in the proper way.

Book your session with private trainers for 200 HRK per hour by visiting our Sports Centre or dialling 3731 from your room.

**FOLLOW US ON SOCIAL MEDIA AND SHARE
YOUR MAGIC HOLIDAY MOMENTS**



sun_gardens_dubrovnik



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WHAT TO BUY IN DUBROVNIK

Travelling is all about new experiences and cultures. And when in Dubrovnik, a city known for its iconic heritage, it's only natural to look for a perfect token that will remind you of your time spent in the city - whether to share with your loved ones, a special occasion or as a souvenir. From traditional hand-made ornaments to culinary delights, here are the best authentic products to take home from Dubrovnik!

Traditional Dubrovnik jewellery

Gold, silver or coral - Dubrovnik offers you the chance to take a special piece of history home with you. Goldsmiths in Dubrovnik developed their craft over the centuries - the decorative "rečini" earrings that were once produced in the times of the republic are perfect for women, while men can choose golden cufflinks or "puce".

Konavle embroidery

If you are looking for a perfect souvenir, why not try Konavle embroidery as a piece of art. Framed pictures of embroidery, tablecloths, pillows, handkerchiefs, coasters and dresses all bear the marks of this traditional custom and would grace any home to remind you of your time in this Mediterranean heaven.

Necktie

One of the most well-known Croatian inventions is undoubtedly the necktie. Its importance is shown by the fact that every man in the world will wear this item of clothing at least once in his life. Ties are made of silk or some other material and are definitely a symbol of style and elegance.

Gourmet delicacies

The perfect Dubrovnik holiday involves a combination of factors: the stunning old town, the beaches, the sun, the culture and the delightful nature. And, of course,



the food. Aromatic herbs, the wines of the Dubrovnik Region, liquors, olive oil, sweet delicacies such as jams, marmalades and candid peels – there are so many choices! Check at our Rosetta Grocery Store for inspiration.

Natural cosmetics

One of the best-kept secrets of natural beauty are products made entirely from natural ingredients. In the Franciscan pharmacy in the Old City, you can find products made entirely from the essential oils of a number Mediterranean plants. If you are looking for apitherapy products, check at our Rosetta Health & Beauty Pharmacy for Farmakol natural cosmetics.



BOOSTER NANO FACIAL TREATMENTS

Discover **Natural skin regeneration** with 99.9% pure gold, peptides and various plant extract boosters to hydrate your skin and to reduce wrinkles or **BB Glow treatment** that evens out imperfections and discolorations leaving your skin tone with immediate coverage and long-lasting beauty without overstimulating the skin. A cold drink at the juice bar and incredible Adriatic Sea views at the Spa terrace will provide the perfect finish to your relaxing session. For more information and reservations please visit the Spa centre or call 3720 from your room.

SWEET SIDE OF YOUR HOLIDAYS

Traditional Dubrovnik desserts are delicious, and they are made from natural products. Here are a few to check out:

Kolač od rogača (Carob cake) – carob trees can be found all over Dalmatia, and they provide the key ingredient for one of Dalmatia's popular desserts – carob cake. Did you know that carob seeds all weigh exactly the same, which is where the term for 24-carat (carob) gold comes from a delicious fudge-like cake, even without the chocolate?

Dubrovačka rozata (Dubrovnik rozata) – Dubrovnik's answer to the French crème brûlée, and the perfect light finish after a fine Dalmatian meal. The best rozata is to be found in the Dubrovnik region, and although it takes quite some skill to prepare the dish, the ingredients are actually very simple – just eggs, sugar and milk. Dubrovnik Rozata has been afforded Croatian cultural heritage status – order it and find out why!

Čokoladni tart s ljutom narančom (Bitter orange chocolate tart) – Walk around the old town of Dubrovnik and you will notice a number of orange trees in the various gardens. The oranges are unusually bitter and have long been part of Dubrovnik's culinary tradition. Their bitter taste makes them not so attractive to eat as fruit, but locals are very creative, using them to make orange marmalade, orange cake, orange liqueur, orange juice, and sugared orange peel called

arancini. And for chocolate lovers, the best way to try this Dubrovnik delicacy is with the traditional chocolate tart with bitter orange.

Stonska torta s bademima (Ston almond cake) – Almonds are also prevalent in Dalmatia, and they contribute perhaps to the most unusual dessert which originates from the town of Ston, just north of Dubrovnik. Famed for its salt pans, oysters and what is said to be the longest fortified wall outside China, Ston also has the delightful Ston cake with almonds, which often fascinates tourists with its unusual filling – which includes pasta.

Smokvenjak (Fig cake) – Figs are an extremely popular fruit in Dalmatia, and just like the bitter oranges above, they are put to a variety of uses in local dishes and drinks. In the absence of sugar or chocolate in years gone by, an old fig recipe was used to soothe those with a sweet tooth. Traditional fig cake consists of minced dried figs made into a sausage-like cake, with additional ingredients including brandy, spices and ground almonds. Unlike many desserts, fig cake can last for weeks.

Kotonjata od dunja (Quince sweets) – Looking for some authentic Dubrovnik candy? With just four ingredients, quince candy is not hard to make and the final product is a tasty jellied sweet. All you need is local quince, water, lemon juice, sugar – and a local who knows how to make it.

Six delicious desserts, six healthy and authentic options, all 100% Dubrovnik and Dalmatia. Which one will you try first on your next visit?



TRADITIONAL DUBROVNIK FLAVOURS

The perfect Dubrovnik holiday involves a combination of factors: the stunning old town, the beaches, the sun, the culture and the delightful nature. And, of course, the food.

Dalmatian cuisine is one of the healthiest in the world, so much so in fact that its Mediterranean diet was inscribed as intangible UNESCO heritage back in 2013. The basic concepts are very simple: the freshest, seasonal local ingredients, which ensure that different specialities occur at different times of the year; simple recipes; and traditional home cooking, with those simple recipes passed down from generation to generation. Add to that the fine wines of the region – the powerful red Plavac Mali wines from the Pelješac Peninsula are related to Zinfandel and, coupled with the indigenous Grk and Pošip of the island of Korčula, they are among the most prized wines in all Croatia.



THE MARKET

The Market is a perfect choice for a locally inspired evening meal featuring fresh seafood specialities and an amazing panoramic view over the crystal clear Adriatic Sea from its welcoming terrace. We highly recommend to try the pure traditional delicacy – Local Zaton Fish Pot (for two). As an ode to the Mediterranean, the chef de cuisine expertly blends octopus tentacles, clams, prawns and lobster meat.



















































Given its proximity to the sea, it is perhaps no surprise that seafood dominates many menus in Dubrovnik, and the simple grilled fish, covered in local olive oil and served with simple vegetables, is a regional classic. It is said in these parts that a fish swims three times in its life – firstly in the sea before it is caught, then in olive oil during preparation, and finally in excellent local wine as the meal is consumed and enjoyed.

For the traditional Dalmatian vegetable, none is arguably more important than blitva, which translates as mangold, or Swiss chard. Healthy, flavoursome and available most of the year, a side dish of blitva, mixed with potatoes, garlic and olive oil is a perfect accompaniment to many a Dalmatian main course of meat or fish.

Travel slightly north of Dubrovnik to the walled town of Ston for some of the best oysters in Europe, but perhaps the most popular fish salad involves the octopus. Octopus is not something which often enters diets in the UK and elsewhere, but the number of tourists who become firm converts of octopus salad each year is staggering. Simple pieces of cooked octopus, served cold, in a salad of olives, tomato, onion, parsley and the ubiquitous olive oil – delicious.

And if you are going to try a risotto on holiday, don't miss the famous black risotto, which gets its distinctive taste from the ink of the cuttlefish. Dubrovnik is a gourmet paradise, a combination of extremely healthy food, excellent traditional recipes and a passion for the freshest local produce. A true voyage of discovery awaits. Dobro Tek!



		LEISURE ACTIVITIES						
		SAT	SUN	MON	TUE	WED	THU	FRI
MORNING			 YOGA 7.00 (14+ YRS) MARINA POOL	 YOGA 7.00 (14+ YRS) MARINA POOL	 YOGA & PILATES 7.00 (14+ YRS) MARINA POOL	 YOGA 7.00 (14+ YRS) MARINA POOL	 YOGA 7.00 (14+ YRS) MARINA POOL	
			 PILATES 9.15 (14+ YRS)	 WAKE-UP WORKOUT 9.15 (14+ YRS)	 BIKE TOUR ORAŠAC RESERVATION REQUIRED 9.15 (14+ YRS)	 WAKE-UP WORKOUT 9.15 (14+ YRS)	 PILATES 9.15 (14+ YRS)	
			 AQUA AEROBICS (LEMONIA POOL) 12.00	 AQUA AEROBICS (LEMONIA POOL) 12.00	 AQUA AEROBICS (LEMONIA POOL) 12.00	 AQUA AEROBICS (LEMONIA POOL) 12.00	 AQUA AEROBICS (LEMONIA POOL) 12.00	
AFTERNOON	 SQUASH (COME & PLAY) 15.00 (14+ YRS)	 VOLLEYBALL (COME & PLAY) 15.00 (14+ YRS)	 TABLE TENNIS (COME & PLAY) 15.00 (14+ YRS)	 BADMINTON (COME & PLAY) 15.00 (14+ YRS)	 VOLLEYBALL (COME & PLAY) 15.00 (14+ YRS)	 BASKETBALL (COME & PLAY) 15.00 (14+ YRS)	 TABLE TENNIS (COME & PLAY) 15.00 (14+ YRS)	
			 TENNIS SCHOOL FOR KIDS 17.00 (7-14 YRS)		 TENNIS SCHOOL FOR KIDS 17.00 (7-14 YRS)			
			 BODYWEIGHT WORKOUT 17.00 (14+ YRS)	 TOTAL BODY SURPRISE 17.00 (14+ YRS)	 BODYWEIGHT WORKOUT 17.00 (14+ YRS)	 TOTAL BODY SURPRISE 17.00 (14+ YRS)	 BODYWEIGHT WORKOUT 17.00 (14+ YRS)	
			 TENNIS SCHOOL FOR ADULTS 18.00 (14+ YRS)		 TENNIS SCHOOL FOR ADULTS 18.00 (14+ YRS)			
	 5A SIDE FOOTBALL (COME & PLAY) 18:00	 5A SIDE FOOTBALL (COME & PLAY) 18:00	 5A SIDE FOOTBALL (COME & PLAY) 18:00	 5A SIDE FOOTBALL (COME & PLAY) 18:00	 5A SIDE FOOTBALL (COME & PLAY) 18:00	 5A SIDE FOOTBALL (COME & PLAY) 18:00	 5A SIDE FOOTBALL (COME & PLAY) 18:00	
			 FUNCTIONAL TRAINING 19.00 (14+ YRS)	 FUNCTIONAL TRAINING 19.00 (14+ YRS)	 FUNCTIONAL TRAINING 19.00 (14+ YRS)	 FUNCTIONAL TRAINING 19.00 (14+ YRS)	 FUNCTIONAL TRAINING 19.00 (14+ YRS)	
			 PILATES 20.00 (14+ YRS)	 PILATES 20.00 (14+ YRS)	 PILATES 20.00 (14+ YRS)	 PILATES 20.00 (14+ YRS)	 PILATES 20.00 (14+ YRS)	