

ISLAND OF KRK



LEGEND AND REALITY ON THE ISLAND OF KRK



Among the 1185 islands in Croatia, one is golden – *Insula aurea*, the island of Krk. Located in the centre of the Kvarner Gulf, it is recognised as one of the most attractive tourist destinations. Thanks to its mild Mediterranean climate, geographical location, and natural and cultural treasures, it has been known as the 'Golden Island' since antiquity. Because of its rich heritage, Krk is also called the 'cradle of Croatian culture', and in the early 20th century some called it the 'sixth continent'. Routes of all kinds lead to the island of Krk: from the mainland – across the Krk Bridge; on the sea – by ships to harbours and by ferries to the ferry port of Valbiska; and by air – on planes to Rijeka Airport near Omišalj. The island of Krk lies only 30 kilometres from the city of Rijeka – the transit, business, trade, university and cultural centre of the Kvarner region. Regardless of which route you choose, when you arrive on the island of Krk, you will see for yourself that the 'Golden Island' is characterised by a unity in its diversity – a combination of the past and present, ancient and modern, legend and reality. No man is an island, but nevertheless we sometimes need one to call our own. Let yours be our golden island, the island of Krk. Get to know it through word and image, through legend and reality!

It has been believed since ancient times that the island of Krk has a fateful connection with the number seven: it was inhabited by Croats in the seventh century, it successfully defended itself against pirates seven times and the seventh Count Frankopan was the last Count of Krk. Today, the island of Krk has seven main centres, the most important of which is the town of Krk, once a Roman municipality, today the administrative, religious and economic centre of the island, but also one of the most significant destinations with regard to culture and history. Contrasting with hotel complexes, campsites and modern architectural buildings is the old part of the town, whose configuration evokes Roman times, when it was called the 'splendid city of the people of Krk'. Not far from Krk is Punat with its marina, one of the largest in Croatia, but also the centre of olive growing on the island. In Puntarska Draga Bay is the small island of Košljun with its Franciscan monastery, declared a cultural monument.



Baška



Vrbnik



Dobrinj



The landmark of Baška is its two-kilometre-long beach, regarded as one of the most beautiful on the Adriatic. Nearby Jurandvor is a place particularly important for Croatian literacy and culture, because it is the site of the discovery of the Baška Tablet from c. 1100, the most important Croatian Glagolitic monument, known as 'the baptismal certificate of Croatian culture'. Vrbnik and Dobrinj are two distinctive island places – they are small museum-towns, the most authentic examples of the former Frankopan castles on the island. Perched on top of a 48-metre-high cliff above the sea, Vrbnik is one of the most prominent strongholds of the Glagolitic script and spirituality. Dobrinj, located on a 200-metre-high slope, is at the centre of around twenty settlements, of which the most prominent in terms of tourism is Šilo. Although partially changed by modern civilisation, both Vrbnik and Dobrinj still evoke the life and customs of ancient times.



Omišalj stands on a hill only two kilometres from the Krk Bridge and in the immediate vicinity of Rijeka Airport. It is one of the oldest places on the island: an important Glagolitic and cultural centre, whose beginnings date back to the prehistoric period. Not far away is Njivice, once a peaceful fishing village but today a tourist centre with modern accommodation facilities, including hotels and a campsite located in the shade of deciduous trees. On the northwest coast of the island is Malinska, the centre of the Dubašnica area, which has about twenty villages. Malinska is one of the island's most prominent tourist destinations, characterised by its numerous beaches, bars and restaurants, while the surrounding villages are suitable for family tourism.

TREASURES OF THE PAST



The island of Krk abounds in cultural and historical heritage in various forms. It is an indisputable fact that religious institutions, especially monastic orders, have played a major role in the preservation of cultural heritage. In addition to the Franciscan monastery and church, the islet of Košljun features an ethnographic and sacral collection and a library with rare editions. This oasis of peace is also the final resting place of Katarina Frankopan, one of the most famous members of the House of Frankopan, the Counts of Krk. The collection of sacred art in the town of Krk is part of a unique religious complex comprising the Basilica of St Quirinus (patron saint of the town of Krk), the Church of St Margaret, and the three-nave Cathedral of the Assumption of Mary. Along the road from Krk to Punat can be found one of the most significant monuments of sacred architecture on the Croatian coast – the small church of St Dunat. On the floor of the former Benedictine church in Jurandvor, the most important monument of Croatian history and culture was found: the Baška Tablet from c. 1100, written in the old Croatian language using the Glagolitic script.



Among the Romanesque monuments, the church of St Vitus near Dobrinj stands out. It was built around 1100, as evidenced by the written document about its construction, one of the oldest Croatian Glagolitic written texts. The monastery of the Third Order Franciscans in Glavotok (the site of the island's first printing works) features the early 16th-century Church of the Immaculate Conception; the Third Order Franciscans are also present in Porat, not far from Malinska. Next to their monastery (1480) is the Church of St Mary Magdalene, and a sacral and ethnological collection with Glagolitic lapidary.

Prominent museums and galleries include the Vitezić Family Library in Vrbnik and the Infeld Gallery in Dobrinj, where the Infeld family of art collectors from Vienna have been organising exhibitions of the most famous Croatian and international artists and artistic styles for years. To round off your tour through the treasures of the island's past, visit the Sepen cove near Omišalj with its early Christian basilica from the 5th century – probably the largest of its kind in the Mediterranean area – and the remains of Fulfinum, the city of Roman veterans, the discovery of which (in the 1970s) provided new insight into ancient civilisational achievements.



Interpretation centres have become an integral part of the tourist offer on the island of Krk and are increasingly visited, as they introduce visitors to the island's rich maritime heritage. You can visit the Maritime Heritage Interpretation Centre of the island of Krk in the town of Krk, the *DUBoak* Maritime Heritage Interpretation Centre in Malinska, and the *Stari Toš* Olive Growing Interpretation Centre in Punat, which provides information about the history, growing, harvesting and processing of olives in this area.



The cultural and entertainment events of the island of Krk are largely based on tradition, uniting the past and the present. These include folk festivities on the feast day of the patron saint of a particular place, which are known as *semnji*, *samnji* or *somnji*. The most famous is the Krk Fair or Lovrečeva, taking place on 8, 9 and 10 August, whose tradition dates back to 1524. The Krk Folklore Festival (founded in 1935 in Omišalj) is one of the oldest of its kind in Croatia. The Krk Summer Events is an international festival of classical music, *klapa* song, ballet and theatre performances, which also has a tradition of more than 60 years and takes place in the town of Krk from June to the end of August. Creative and entertaining workshops for children, folk festivals, fishermen's evenings, summer sports events, exhibitions, pop and classical music concerts and performances of folklore groups are all part of the summer programmes across the island.



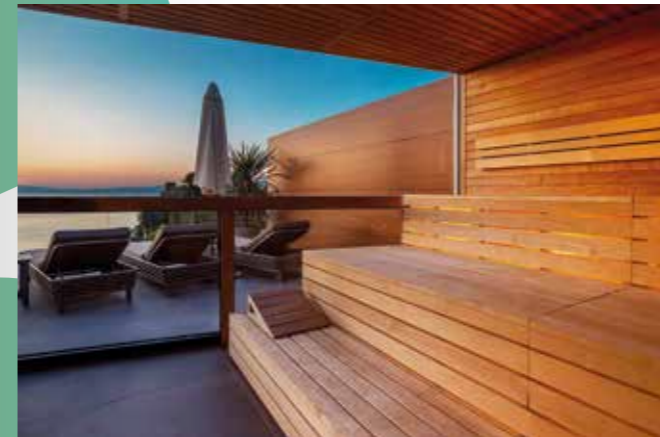
BEACHES, BAYS AND SEA



Which of the numerous island beaches will you choose? If you prefer a more secluded ambience, opt for beaches in smaller towns such as Klimno, Glavotok, or Stara Baška. Otherwise, head to the island's main tourist destinations and beaches such as Vela Plaža in Baška, Dražica and Ježevac in Krk, Rupa in Malinska, Sveti Marek beach, Risika next to Vrbnik, beaches in Omišalj's Pesja cove, or the cove of Kijac. Thanks to the well-attested healing effects of the local mud, the beaches in Soline cove near Dobrinj have been proving increasingly popular lately.



The island's nudist beaches provide discretion and pure enjoyment of the sea and sun; some of them are part of campsites and similar facilities, while others are natural beaches, well protected by forest in lesser-known island coves. Only harmony between the physical, mental and spiritual brings satisfaction in life: since the wellness programme is based on this premise, it has become part of the tourist offer. Wellness centres, saunas, whirlpools, spa programmes, solariums and everything that contributes to the harmony of body and mind – thereby contributing to your health and beauty – you can find on our island of Krk. In addition to wellness, congress tourism is also becoming more and more intensively part of the tourist offer of the island of Krk.



PLEASANT TO THE EYE, DELICIOUS TO TASTE



It is not unusual for people on Krk to live longer than average. The legend of an area endowed with beautiful nature, a mild climate and light Mediterranean diet is being turned into reality by numerous island centenarians. The secret of longevity lies in the 'elixir of youth, health and beauty' in which the island of Krk abounds – olive oil, an indispensable ingredient of local and national culinary specialities. In addition to fish and seafood, the island's restaurants, *konoba*-style taverns and other eating establishments offer dishes prepared with homemade pasta like *šurlice* or *valčići*, *makaruni* and *strgujići* (gnocchi) with sauces (goulash, *žvacet*), local sheep and goat cheese, *pršut* dry-cured ham with designation of origin, and Krk lamb served with various vegetable side dishes.



Don't forget to try the typical Krk dessert made from sheep cheese, the name of which varies from place to place – *presnac*, *presnec* or *presnoc*. Various traditional events are dedicated to local specialities – Wine Days in Vrbnik, Malinska's Sensa – Cheese Days, Fig Days in Krk's restaurants, Black Sheep – Lamb Days in Baška, and Olive Days in Punat. Make a toast with a glass of Vrbnik Žlahtina white wine, and if you want to take a culinary souvenir from the island of Krk, choose local *rakija* brandy and dried figs. And remember, when the islanders offer you brandy and dried figs, they are welcoming you sincerely and, according to legend, in doing so they predestine you a long, happy life. Pass on this island welcome to someone else!



Another, in many ways singular, product of the island of Krk is *Valomet*, a sparkling wine matured on the sea floor. The bottles are stacked in steel grid cages half a mile from the harbour of Vrbnik at a depth of 30 metres, where the conditions for its fermentation are ideal. What also makes *Valomet* special is the unusual appearance of the bottles, which have deposits of corals and shells after being left for several months at the bottom of the sea. One of the strongest assets of Krk's hospitality and tourism is its cuisine – an excellent selection of authentic recipes can be found in the Krk cookbook *Krk – 50 Delicacies of the Golden Island*.



When it comes to berths and moorings for ships, boats and other vessels, Marina Punat stands out as one of the most famous and luxurious of its kind on the Adriatic coast. The marina provides berths for vessels up to 40 m at a total of 14 docks, as well as dry berthing facilities. Due to the increasing number of users, there are also additional facilities such as two à la carte restaurants, the Hotel Kanajt with its outdoor pool and wellness centre, as well as a range of additional services and shops. Permanent berths at sea or on land, a boat supply store, original spare parts and well-equipped yacht servicing provide everything necessary for a carefree stay, which makes Marina Punat a favourite second home of many boating enthusiasts.



In addition to admiring the island's landscape, why not get to know its underwater environment? If you are an experienced diver or have mastered diving skills at one of the island's diving schools, we suggest a guided diving tour, not far from Šilo, to the sunken Greek motor ship *Peltastis*, which went on its last voyage in the late 1960s. While this is certainly the island's most visited dive site, on the seabed off the small island of Plavnik you'll find a sunken sailing ship that most likely dates from the Napoleonic era. You can also discover the secrets of the local underwater world on guided diving tours to numerous sites around the island of Krk, as well as the nearby islands or islets of Plavnik, Prvić, and Cres. A dive into the depths of the sea will reveal to you its secrets and a completely different world...



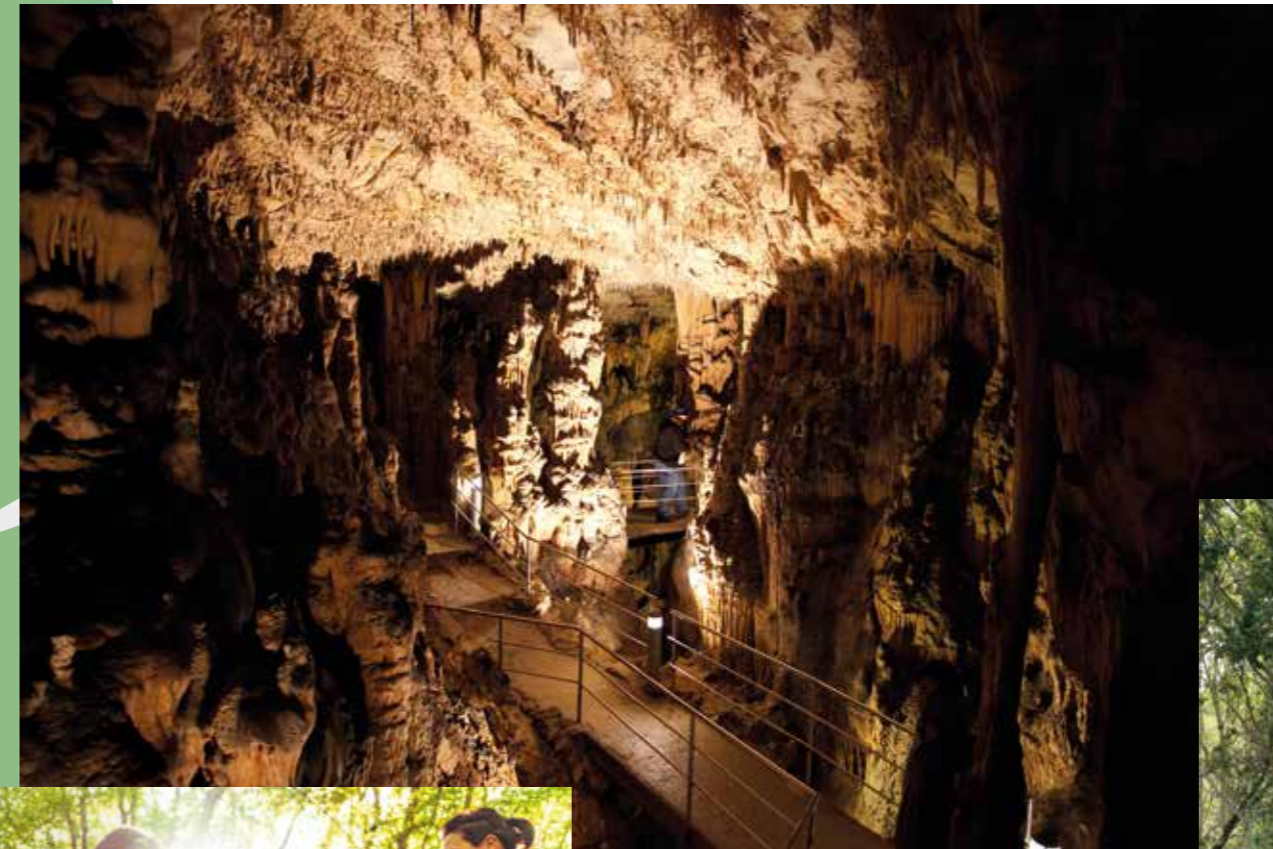
Another way to experience the underwater world of the Adriatic or tropical regions is a visit to the aquariums in Krk and Baška, where the depths of the sea are presented in a unique and educational way. Get to know the enchanting marine world of the Adriatic through a hundred species of its fish and a large collection of shellfish, crabs and seasnails. As well as Adriatic fish, experience the unique freshwater fauna, the beauty of exotic tropical fish and the fascinating world of sharks. If you're curious and adrenaline-seeking, but not a diver, you can live a real underwater adventure in the Punat Underwater Park! Experience an exceptional feeling in a place where time stops, worries disappear, and breathing underwater becomes possible, safe and easy... Enjoy a secure and amazing walk on the seabed and get to know its stunning flora and fauna, as well as some fascinating pirate treasure.

TIME FOR ADVENTURE



If you're interested in adrenaline sports, whether you are a beginner or experienced, Wakeboard Ski Lift Krk is a place you must visit. Likewise, the 'walk among the treetops' provided by Zipline Edison is a unique and unforgettable experience that includes driving an all-terrain vehicle, walking along stunning landscapes and ziplining over a length of more than two kilometres – ideal for families and adventure lovers.

Do you have an adventurous spirit, are you attracted by the unknown, or do you want to get away from it all for a while? Land, sea, the underwater world, enchanting paths, mountain tops, mysterious caves... all you have to do is to make your mind up and go! If you like peaks, nature and hiking, you should head for Veli Vrh (541 m) and Krk's highest peak, Obzova (568 m). You can reach them by marked trails from Punat and the Baška Valley. Peace, tranquillity, and stunning views – this is, in short, the impression you will receive if you climb these peaks. A walk along the two-hundred-metre-long 'Glagolitic Path' from Gabonjin near Dobrinj to the church of St Peter and the 'Baška Glagolitic Trail' will be relaxing, but also provide an insight into Glagolitic letters.



If you'd like to experience the atmosphere of the famous novel 'Journey to the Centre of the Earth', visit the Biserujka Cave (also known as Vitezić Cave) in the village of Rudine near Dobrinj. This is the only cave open to visitors on the island, and it supposedly hides a pirate's treasure buried and so far undiscovered – maybe fortune will smile on you... Vrbnik also has a special surprise – the narrowest street in the world! Don't miss the opportunity to explore it!

If you want to experience a unique Mediterranean atmosphere, we suggest you visit the island's immortelle plantation, where you can learn about this precious Mediterranean plant, its processing in a distillery and subsequent use in the perfume, pharmaceutical and cosmetics industries. Don't forget to take an authentic souvenir or gift back home! Enjoy the unique view from the top of the plantation over the Krk Bridge and the site of the historic naval battle from 49 BC, in the records of which barrels are mentioned for the first time as containers! Venture on the 150-km-long Krk Camino route... spectacular natural scenery, forests, hills offering fantastic views, old castles and churches, abandoned villages, small medieval towns, and beautiful beaches are just a part of what this route will reveal to you. Every day provides a unique opportunity to find inner peace, reflect and discover for yourself this special kind of 'camino experience'. Our story about the island of Krk through legend and reality ends here, while yours is only beginning. We feel confident that our golden island will soon become your island!



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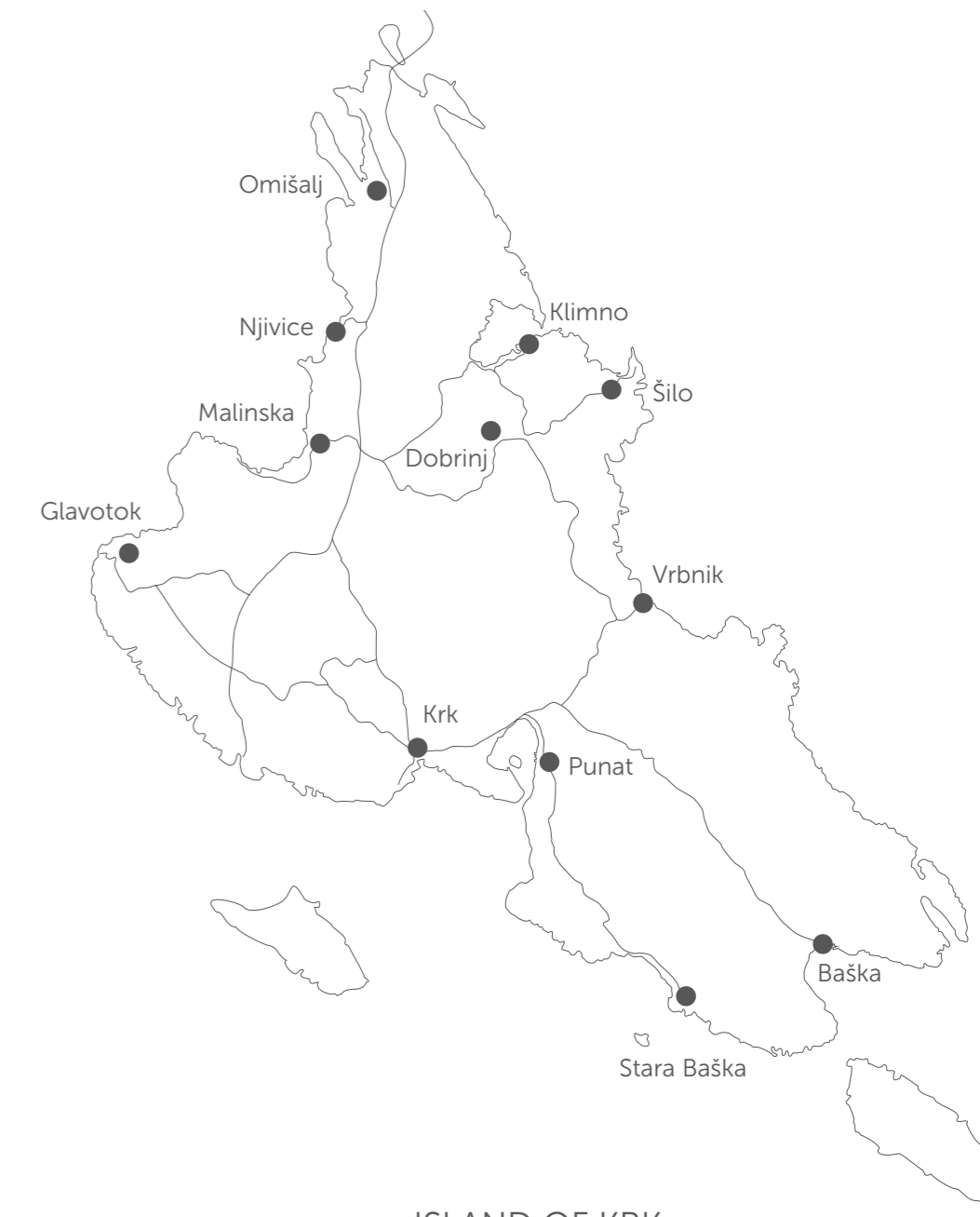
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