



Punta

★★★★

Vitality Hotel



# Punta Run

Vodič / Guide



# Pretrči svih 7 ruta i osiguraj si medalju

Pass all 7 routes and win a medal

Po prolasku svake od ruta iz RUN vodiča zatražite svoj štambilj na recepciji hotela, te sa sakupljenih 7 štambilja dobivate medalju Punta Vitality Hotela.

After passing each of the routes from RUN guide ask for your stamp at the hotel reception, and with collected 7 stamps you get a Punta Vitality Hotel medal.



## Prednosti trčanja!

Running benefits!

- jača imunološki sustav
- održava zdravu razinu šećera
- poboljšava fizičku jačinu
- povećava gustoću kostiju
- jača mentalno zdravlje
- regulira krvni tlak
- jača zglobove i ligamente
- pomaže kod gubitka tjelesne težine
- jača pluća i smanjuje efekte astme
- strengthens the immune system
- maintains healthy level of blood sugar
- improves physical strength
- increases bone density
- strengthens mental health
- regulates blood pressure
- strengthens joints and ligaments
- helps with weight loss
- strengthens the lungs and reduces the effects of asthma



2 km

# Veli Lošinj

Veli Lošinj

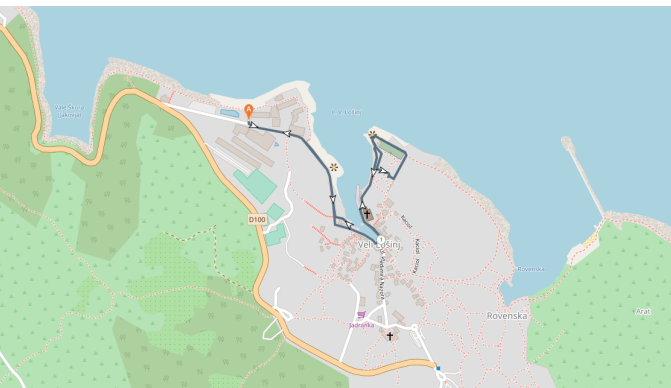
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PEČAT / STAMP

Lagana staza dužine dva kilometra spušta se od hotela u centar gradića Velog Lošinja. Trčite oko zaljeva, otvorite sva osjetila i prepustite se uživanju u miomirisnoj senzaciji veličanstvene prirode. Kod crkve se popnite stubama, trčite lijevom stranom crkve do svjetionika. Napravite krug po parku te se po istom putu vratite do hotela.

An easy 2-kilometre route that takes you from the hotel down to the centre of the town of Veli Lošinj. Go for a run around the bay, open up your senses, and take in all of the wonderful scents and magnificent beauty of nature. When you reach the church, go up the steps and run to the left of the church until you reach the lighthouse. Circle the park and follow the same route back to the hotel.



# Uvala Rovenska

Rovenska Bay

3 km

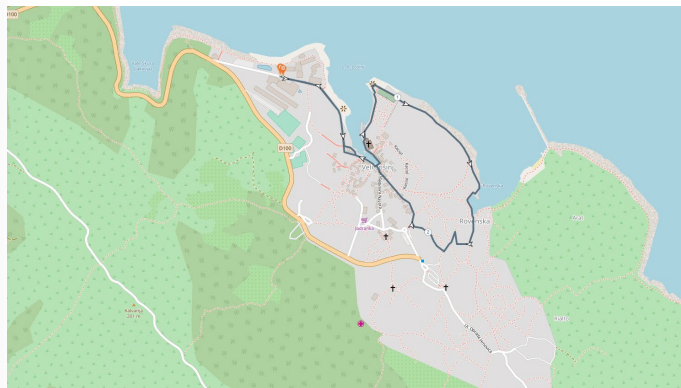
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PEČAT / STAMP

Staza se spušta od hotela u centar mjesta. Trčite oko zaljeva uz lijevu stranu crkve do svjetionika, nastavite uz more prema uvali Rovenska. Na dnu zaljeva krenite glavnom ulicom uzbrdo te nakon 150 metara skrenite desno. Put će vas dovesti do glavnog parkirališta, skrenite desno i pratite putokaz za Veli Lošinj. Od centra mjesta po istom se putu vratite do hotela.

A route takes you from the hotel down to the centre of the town. Go for a run around the bay, along the left side of the church, until you reach the lighthouse. Keep up running by the sea to the Rovenska bay. When you reach the far end of the bay, take the main street uphill, and make a right turn after 150 m. The path will take you to the main parking area. Make a right turn and follow the signpost for Veli Lošinj. Make your way back to the hotel following the same path from the centre of Veli Lošinj.



5 km

## Uvala Valdarke

Valdarke Bay

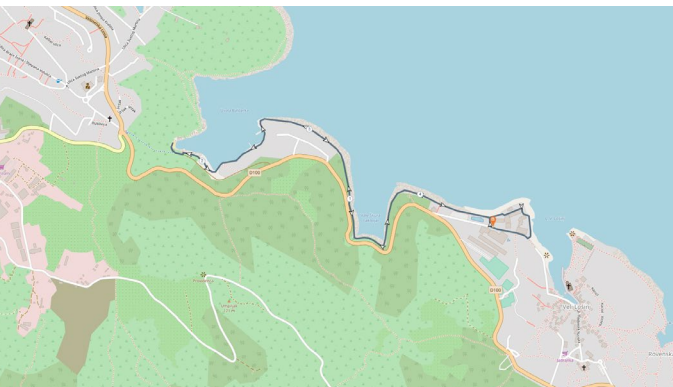
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Od hotela krenite šetnicom uz more prema gradu Malom Lošinj. Na kraju šetnice, u uvali Valdarke, nakon 2,2 km, okrenite se i vratite po istom putu. Staza je lagana i idealna za uživanje u pogledu i netaknutoj prirodi.

Follow the "lungomare" promenade from the hotel to the town of Mali Lošinj. After about 2.2 km, you will reach the end of the promenade at the Valdarke bay, where you can turn around and take the same route back. The route is easy and perfect for enjoying the views and unspoilt nature.

PEČAT / STAMP



## Skrivena luka

Hidden Bay

6,5 km

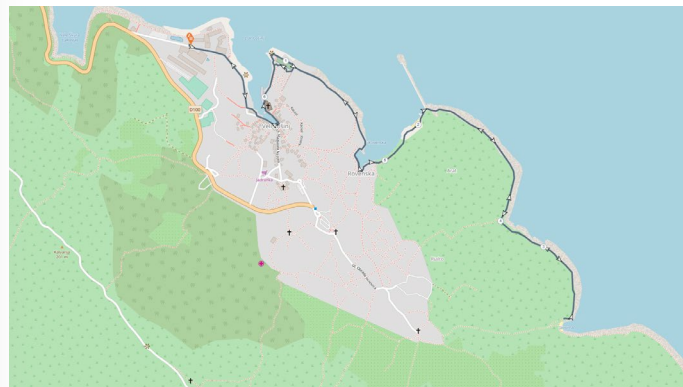
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Krenite iz hotela prema mjestu Velom Lošinj. Trčite s desne strane crkve do svjetionika te šetnicom uz more do uvale Rovenske. Nastavite trčati do skrivene luke te se na 3,2 km vratite po istom putu. Aerosol kristalnog čistog mora i aromatično bilje pružit će vam jedinstveni doživljaj.

Once outside your hotel, head out for the town of Veli Lošinj. You can run to the right of the church towards the lighthouse, following the "lungomare" promenade all the way to the Rovenska bay. Keep running until you reach the hidden bay, and after about 3.2 km turn around and head back down the same route. The aerosol drifting from the crystal-clear sea and aromatic herbs will give you a unique running experience.

PEČAT / STAMP



10 km

# Apoksiomen

The Apoxyomenos

is.gd/kldXd1



PEČAT / STAMP

Iz hotela krenite šetnicom uz more prema gradu Malom Lošinj. Nakon 2,5 km doći ćete do glavne otočne prometnice. Prijedite cestu te se nastavite ravno spuštati u centar grada Malog Lošinja. Kada stignete do glavnog trga, skrenite udesno i nastavite trčati desnom stranom, gdje ćete sa svoje desne strane ugledati Muzej Apoksiomena. Nastavite uz more do autobusnog kolodvora. Cestom lagano trčite uzbrdo do glavne ceste i prijedite je. Šetnicom uz more trčite malo više od dva kilometra. Dišite punim plućima. Pratite obalu cijelo vrijeme do lučice Sveti Martin, zatim ulicom trčite uzbrdo do glavne ceste. Skrenite ulijevo te nastavite trčati cestom 300 metara do kružnog toka. Skrenite lijevo dolje prema uvali Valdarke. Nastavite prema moru do pješačke staze prema hotelu.

Follow the "lungomare" promenade from the hotel to the town of Mali Lošinj. After about 2.5 km, you will reach the island's main road. You can cross it and continue running downhill to the centre of the town of Mali Lošinj. When you reach the main square, make a right turn and keep running to the right. If you look to your right, you will see the Museum of Apoxyomenos. Keep going alongside the sea until you reach the bus station. Maintain a light jog uphill all the way to the main road and cross it. Run down the "lungomare" promenade a little over 2 km. Take deep breaths. Follow the coastline all the way to the tiny port of Sveti Martin, then run up the hill to the main road. Make a left turn and keep running down the road for 300 m until you reach a roundabout. Turn left and continue towards the Valdarke bay. Keep going towards the sea and take the footpath to the hotel.



19 km

# Long Run oko uvale Čikat

## Long Run around Čikat bay

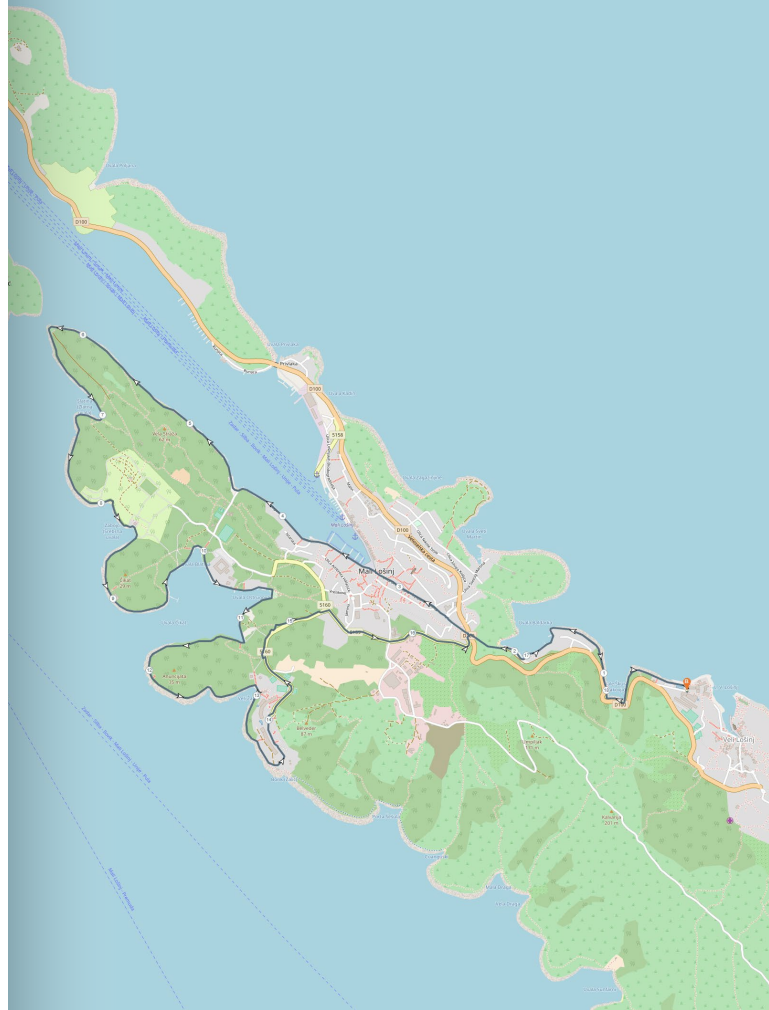
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PEČAT / STAMP

Staza je za iskusnije trkače. Krenite prema gradu Malom Lošinj šetnicom uz more. Nakon dva kilometra prijeđite glavnu cestu. Spustite se do mora u centar grada Malog Lošinja. Držite se lijeve strane uvale. Trčite uz more te cijelo vrijeme pratite obalu do uvale Veli žal. Dužina staze uz more iznosi 11 kilometara. Kod Family Hotela Vespera dignite se na glavnu cestu. Trčite prema Velom Lošinj. Nakon hotelskog kompleksa s lijeve strane pojavit će se pješačka zona kroz šumu. Izadište na glavnu cestu kojom jedan kilometar trčite do kružnog toka, gdje skrenite dolje prema moru u pješačku zonu. Prema hotelu trčite šetnicom uz more po kojoj ste i krenuli.

This route is better suited for experienced runners. Take the "lungomare" promenade to the town of Mali Lošinj. Cross the main road after 2 km. Head down to the sea and the centre of Mali Lošinj. Keep to the left side of the bay. Run alongside the sea and follow the beach to the Veli žal bay. The seaside route is 11 km long. Run uphill to the main road at the Vespera Family Hotel. Continue towards Veli Lošinj. After you pass the hotel complex, you will see a footpath through the forest on your left. Go out onto the main road, follow it for 1 km until you reach a roundabout, and then head on down to the pedestrian zone near the sea. Return to the "lungomare" promenade where you started and head back to the hotel.





24 km

# Kraj otoka

The end of the island

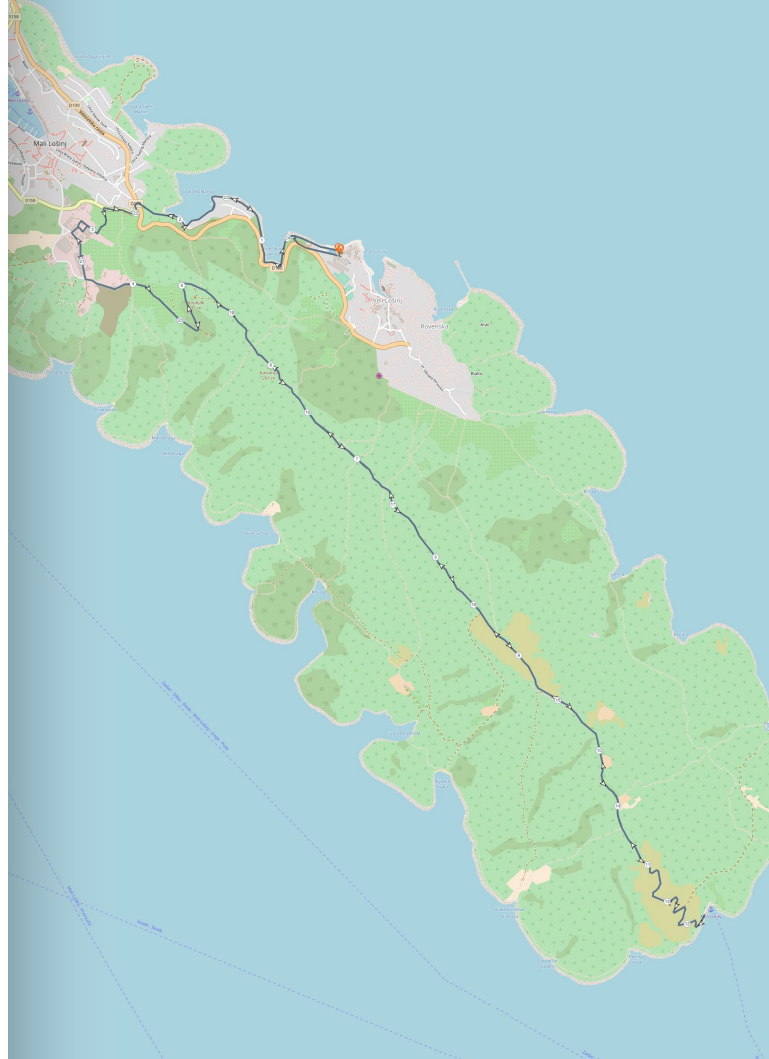
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PEČAT / STAMP

Staza samo za pripremljene. Trčite iz hotela prema gradu Malom Lošinju šetnicom uz more. Na kružnom toku krenite uzbrdo prema uvali Čikat. Nakon 250 metara skrenite ulijevo na makadam. Trčite makadamom otprilike 500 metara do Maxi marketa, kod kojeg skrenite ulijevo. Pratite oznaku za vidikovac. Trčite jedinom cestom do samog kraja – do uvale Mrtvaška. U povratku vas čeka zahtjevna uzbrdica od 3 kilometra. Staza obiluje prekrasnim pogledom, gdje će vam nenametljiv mirisno-vizualni sklad s prirodom pružiti poseban doživljaj. Obvezno ponesite vodu i energetska pločicu.

Do not attempt this route unless you are fully prepared. Begin your run at the hotel and take the "lungomare" promenade to the town of Mali Lošinj. At the roundabout, start going uphill towards the Čikat bay. After about 250 m, turn left onto a gravel road. Keep going for 500 m until you reach the Maxi supermarket and make a left. Follow the sign for the viewpoint. Run down the only road available until the very end – Mrtvaška bay. On your return, you will face a challenging 3 km uphill section of the route. The route takes you through beautiful scenery that is guaranteed to create a memorable experience of a natural harmony of sights and scents. Do not forget to take a bottle of water and an energy bar.





Run well, feel better.





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