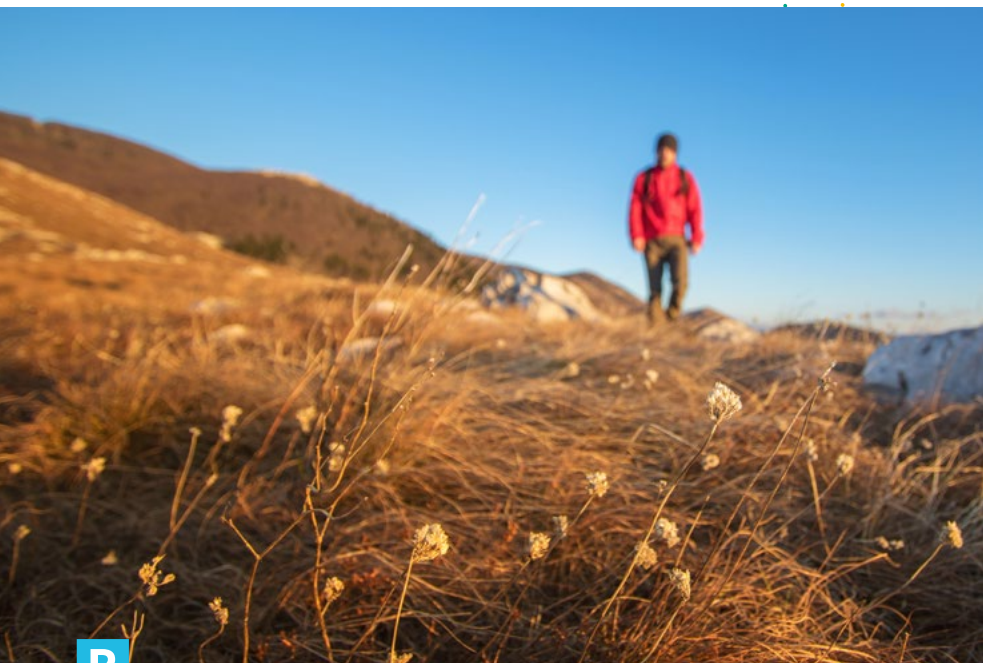




RIJEKA TRAILS

Šetnice i planinarske staze Rijeke i prstena
Walking and running trails of Rijeka and surroundings



RIJEKA i prsten

mozaik doživljaja

RIJEKA and surroundings

mosaic of experiences

Kastav, Klana, Viškovo, Rijeka, Jelenje, Čavle, Kostrena, Bakar, Kraljevica

RIJEČKI PRSTEN

RIJEKA AND SURROUNDINGS

Rijeka i Riječki prsten sačinjavaju jedinstvenu regiju koja iznenađuje svojom prirodnom, povijesnom i kulturnom raznolikošću. Ugodna mediteranska klima je u mnogočemu oblikovala nekadašnji kraljevski grad Bakar, važnu industrijsku luku Rijeku te šarmantna primorska mjesta Kraljevicu i Kostrenu, a blaga je kontinentalna klima doprinijela šumovitosti Jelenja, Klane, Kastva, Viškova i Čavala. U istome je danu moguće popeti se na planinske vrhove popularnih Grobničkih Alpi, ali i spustiti se na jednu od brojnih plaža na potezu između Rijeke i Kraljevice. Vizure travnatih padina, Jadranskoga mora te gradića smještenih na brežuljcima Riječkoga prstena isprepliću se s urbanom vrevom grada Rijeke.

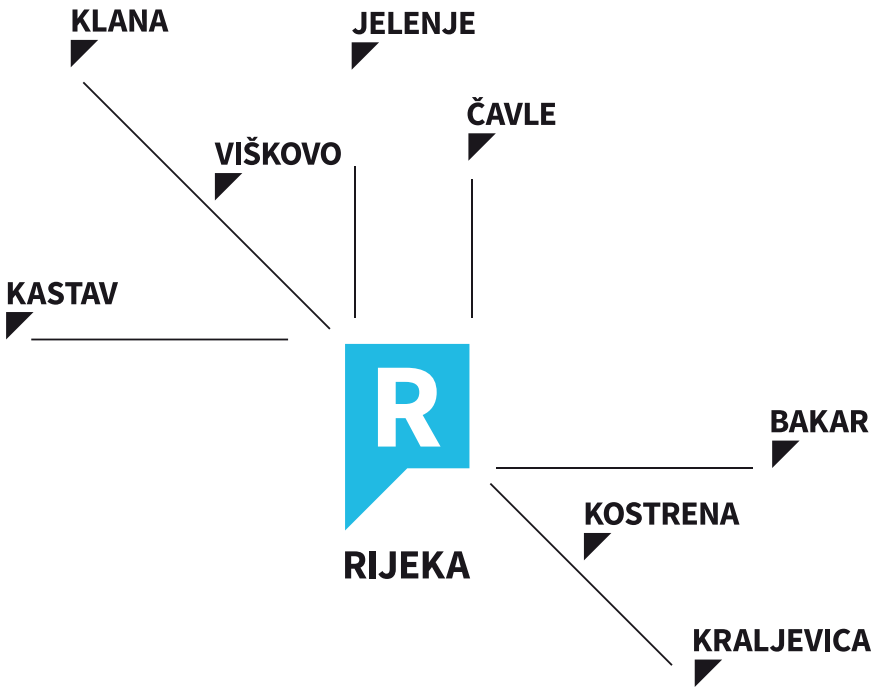
Jednom kada se ovdje zaustavite, otkrit ćete da vam relativno mala, ali otvorena i gostoljubiva regija, u kojoj se susreću slojevita povijest, dinamična tradicija i živa svakodnevica, ima doista mnogo toga za ponuditi.

EN Rijeka and the surroundings consist of a unique region which surprises with its natural, historical and cultural diversity. The pleasant Mediterranean climate has in many ways shaped the once royal town of Bakar, the important industrial port of Rijeka and the charming coastal towns of Kraljevica and Kostrena, whereas the mild continental climate has contributed to the forested areas of Jelenje, Klana, Kastav, Viškovo and Čavle. In the same day, it is possible to climb the peaks of the popular Grobnik Alps and then to descend to one of the numerous beaches on the coastal stretch between Rijeka and Kraljevica. The views of the grassy slopes, the Adriatic Sea and the little towns situated on the hills of the Rijeka and the surroundings are intertwined with the urban bustle of the city of Rijeka.

Once you take stop here, you will discover a relatively small, yet open and hospitable region where its layered history, dynamic traditions and busy everyday life are combined, there really is a lot of it on offer.

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ŠETNICE I PLANINARSKÉ STAZE / TRAILS

Rijeka i Riječki prsten broje preko četrdeset uređenih šetnica i raznovrsnih planinarskih staza. Pametno osmišljena mreža šetnica grada Rijeke, kojom je moguće obići najveće gradske znamenitosti, nastavlja se na neke od poznatijih planinarskih staza Riječkoga prstena.

Gradska se šetnja na takav način lako pretvara u šetnju stazom uz more, izletničko pješaćenje šumskim putevima ili pak ozbiljno osvajanje planinskih vrhova s kojih se vidi cijeli Kvarner. Dok budete prolazili makijom, stazom hrasta i kadulje ili šljunčanim makadamom, nailazit ćete na ostatke srednjovjekovnih gradova, stare rimske puteve te rukom rađene suhozide. Raznolikost terena i krajolika te različiti tipovi šetnica i planinarskih staza omogućit će vam da boravak na otvorenome skrojite upravo po vlastitoj mjeri.

EN Rijeka and the surroundings have over forty arranged paths and various types of hiking trails. The cleverly designed network of paths of the city of Rijeka, with which it is possible to visit the most important features of the city, continues onto some of the well-known hiking trails of Rijeka and the surroundings.

A city walk effortlessly turns into a walk along the sea, a day's walking along the forest paths or even the serious conquering of the mountain peaks from where the whole of Kvarner can be seen. As you pass through the macchia, on a trail of oaks and sage or a gravel path, you will come across the remains of mediaeval towns, old Roman roads and dry-stone walls made by hand. The diversity of the terrain and landscape and the different types of paths and hiking trails will enable you to tailor your outdoor trip exactly how you want.



ŠETNJA ILI AVANTURA? / A WALK OR ADVENTURE?



Staze Rijeke i Riječkog prstena razlikuju se po lokaciji, dužini, trajanju i težini. Brojnost smjerova i odredišta, kao i kvalitetnih sadržaja uz staze, jednako će zadovoljiti pješake, rekreativce i iskusne planinare. Za koju se god stazu odlučili, jedno je sigurno – bioraznolikost, očuvana priroda te povijesne i kulturne posebnosti kraja bit će itekako dobar izgovor da svoj boravak produžite za koji sat više.

^{EN} The trails of Rijeka and the surroundings vary by location, length, duration and difficulty. The number of routes and destinations, as well as the quality of the facilities along the trails, will equally satisfy walkers, recreational and experienced hikers. Whichever trail you decide upon, one thing is certain – the biodiversity, the preserved nature and historical and cultural features of the region will be a very good excuse to extend your visit for several hours.



● ● ●
Lagana

Light

● ● ● ● ●
Srednja

Medium

● ● ● ● ●
Teška

Demanding



STAZE / TRAILS



| OZNAKA ID | NAZIV NAME | TEŽINA GRADE | DUŽINA LENGTH | TRAJANJE DURATION |
|--------------|---------------|-----------------|------------------|----------------------|
|--------------|---------------|-----------------|------------------|----------------------|

Kastav

| | | | | |
|-----|----------------------|-------|-------|--------|
| KA1 | Puž (žuta) | ● ● ● | 5 km | 1:40 h |
| KA2 | Zec (plava) | ● ● ● | 10 km | 2:40 h |
| KA3 | Srna (crvena) | ● ● ● | 16 km | 5 h |

Klana

| | | | | |
|-----|---------------------------------------|-------|---------|-----|
| KL1 | Klana – kućica Rebar – Studena | ● ● ● | 26 km | 6 h |
| KL2 | Klana – Lisac – Škalnica | ● ● ● | 12.7 km | 3 h |
| KL3 | Zelena staza | ● ● ● | 8 km | 2 h |

Viškovo

| | | | | |
|----|-------------------------|-------|---------|--------|
| V1 | Lončeva griža | ● ● ● | 12.3 km | 3 h |
| V2 | Šetnica Plešivac | ● ● ● | 6 km | 1:30 h |
| V3 | Milohni | ● ● ● | 3.4 km | 1 h |

Rijeka

| | | | | |
|----|------------------------|-------|--------|--------|
| R1 | Plumbum – Trsat | ● ● ● | 6.7 km | 3:10 h |
|----|------------------------|-------|--------|--------|

A-B Staza koprivica i ružmarina Plumbum – Podvežica (1.5 km), B-C Staza bora i vrijeska Podvežica – Gornja Vežica (0.75 km), C-D Staza klana i sljeza Gornja Vežica – Sveti Križ (1.5 km), D-E Staza jasena i šipka Sveti Križ – Sveta Ana (0.75 km), E-F Staza hrasta i kadulje Sveta Ana – Trsat (2 km)

| | | | | |
|----|--|-------|--------|--------|
| R2 | Trsat – Orehovica – Maršić / Mlikaričin put | ● ● ● | 5.6 km | 2:45 h |
|----|--|-------|--------|--------|

G-F Staza graba i šparoga Trsat – Donja Orehovica (2.4 km),
G-G1-G2 Mlikaričin put Donja Orehovica – Rebar – Maršić (3.2 km)

| | | | | |
|----|---|-------|--------|--------|
| R3 | Trsat – Školjić – Lukobran / Put od Trsata do mora F-F1-G2 | ● ● ● | 3.5 km | 1:45 h |
|----|---|-------|--------|--------|

| | | | | |
|----|--|-------|--------|--------|
| R4 | Školjić – Matešićev mlin / Dio staze Kroz kanjon Rječine F1-H | ● ● ● | 2.5 km | 1:30 h |
|----|--|-------|--------|--------|

| | | | | |
|----|----------------------------|-------|--------|--------|
| R5 | Orehovica – Drenova | ● ● ● | 8.7 km | 3:30 h |
|----|----------------------------|-------|--------|--------|

G-H Dio staze Kroz kanjon Rječine Donja Orehovica – Matešićev mlin (0.8 km), H-I-J Staza lijeske i krizantema Dio staze Kroz kanjon Rječine Matešićev mlin – Pašac – Sveta Katarina (3.2 km), J-K-L-M Staza drijena i stolisnika Sveta Katarina – Veli vrh – Cvetkov trg – Drenova (4.7 km)

| | | | | |
|----|-------------------------|-------|--------|--------|
| R6 | Drenova – Pehlin | ● ● ● | 4.8 km | 3:00 h |
|----|-------------------------|-------|--------|--------|

M-N-O Staza šmrike i kantariona Drenova – Kablari – Škurinje (3.1 km),
O-P Staza bazge i pelina Škurinje – Pehlin (1.7 km)

| | | | | |
|----|--|-------|--------|--------|
| R7 | Bivio – Preluk / Kostabela Z1-Z | ● ● ● | 2.5 km | 0:45 h |
|----|--|-------|--------|--------|

Jelenje

| | | | | |
|----|---------------|-------|---------|--------|
| J1 | Obruč | ● ● ● | 11.7 km | 2:30 h |
| J2 | Vidalj | ● ● ● | 18 km | 5 h |

| OZNAKA ID | NAZIV NAME | TEŽINA GRADE | DUŽINA LENGTH | TRAJANJE DURATION |
|--------------|-------------------|-----------------|------------------|----------------------|
| J3 | Fratar | ● ● ● | 44 km | 11 h |
| J4 | Uz Rječinu | ● ● ● | 2 km | 2 h |

Čavle

| | | | | |
|----|------------------------------------|-------|---------|--------|
| Č1 | Kamenjak | ● ● ● | 2 km | 0:40 h |
| Č2 | Crni vrh | ● ● ● | 1.2 km | 0:40 h |
| Č3 | Platak – Snježnik – Guslica | ● ● ● | 9.4 km | 3 h |
| Č4 | Dondolaška staza | ● ● ● | 13.2 km | 2:30 h |
| Č5 | Frankopanska staza | ● ● ● | 5 km | 1:20 h |
| Č6 | Staza sv. Bartola | ● ● ● | 3 km | 0:50 h |

Kostrena

| | | | | |
|------|---|-------|---------|--------|
| KO1 | Put bakarskih školana | ● ● ● | 2.18 km | 0:45 h |
| KO2 | Put Sv. Kuzam – Sopalj | ● ● ● | 1.26 km | 0:30 h |
| KO3 | Put Rožmanići – Sopalj | ● ● ● | 2.23 km | 0:45 h |
| KO4 | Trim staza | ● ● ● | 2.24 km | 0:45 h |
| KO5 | Put na otvoreni bunar Glogova i Rospelje | ● ● ● | 5.55 km | 2 h |
| KO6 | Sopalj putem bakarskih školana | ● ● ● | 5 km | 1:45 h |
| KO7 | Put na vidikovac Mažeri | ● ● ● | 1.75 km | 0:40 h |
| KO8 | Glavani | ● ● ● | 3.34 km | 1:15 h |
| KO9 | Kalvarija | ● ● ● | 0.7 km | 0:15 h |
| KO10 | Put mora | ● ● ● | 2.86 km | 1 h |

Bakar

| | | | | |
|----|---------------------------------|-------|--------|--------|
| B1 | Put Gradine | ● ● ● | 1.6 km | 0:20 h |
| B2 | Panoramski put | ● ● ● | 1.6 km | 0:40 h |
| B3 | Zlobin – Tuhobić | ● ● ● | 4.4 km | 2 h |
| B4 | Gornje Jelenje – Risnjak | ● ● ● | 10 km | 3 h |
| B5 | Hermanov put | ● ● ● | 13 km | 4 h |
| B6 | Krasičarski put | ● ● ● | 3 km | 0:35 h |

Kraljevica

| | | | | |
|-----|-------------------|-------|------|--------|
| KR1 | Put tunera | ● ● ● | 8 km | 2:30 h |
|-----|-------------------|-------|------|--------|

1 KASTAV

ROMANTIČNI VREMEPLOV

Za romantičare, i one koji će to tek postati, pravo je odredište Kastav – gradić 365 metara nad morem, desetak kilometara od Rijeke. Dovoljno daleko od užurbane gradske vreve duh prošlih vremena još se čuti u njegovim ulicama, prirodi, kulturi i tradiciji.

EN A ROMANTIC TIME MACHINE

For romantics, and for those just about to become so, Kastav is the right destination – a small town 365 metres above sea level, a dozen kilometres from Rijeka. Far enough away from the city's hustle and bustle, the spirit of past times is still felt in its streets, countryside, culture and traditions.

1 CREKVINA

Impozantna građevina iz 17. stoljeća, dio kastavskih legendi, u ljetnim se mjesecima pretvara u pozornicu za brojna kulturno-umjetnička događanja. Početkom 20. stoljeća Crekvina je uređena u šetalište koje vodi u šume Lozu i Lužinu. *Kastav – iz grada u šumu u jednom koraku.*

EN This imposing building from the 17th century, part of Kastav's legends, turns into a stage for numerous cultural-artistic events during the summer months. At the beginning of the 20th century, a path was arranged along Crekvina which leads into the Loza and Lužina woods. *Kastav – from the town to the woods in one step.*

2 RANČ SIVI VRABAC / SIVI VRABAC RANCH

Ako se na konju ne osjećate sigurno, preporučujemo vam jahanje uz pratnju ili tečaj rekreativnoga jahanja. Ako ste raspoloženi samo za druženje s ovim plemenitim životinjama, dobrodošli ste posjetiti halfingera, posavca, arapskoga i američkoga kasača. *Kastav – novi izazovi, stare ljubavi.*

EN If you don't feel safe on a horse, we recommend accompanied riding or a recreational riding course. If you are only in the mood for socialising with these noble animals, you are very welcome to visit the Halfinger, Posavina, Arab and American horses. *Kastav – new challenges, old loves.*

3 MAČKOV VRH

Najviši je vrh šume Lužina Mačkov vrh, vidikovac na 507 metara nadmorske visine s kojega se pruža prekrasan pogled na Kastav, more, šume u zaleđu Kastva te na planine Gorskoga kotara, Lisine i Učka. Vidjet ćete i granični kamen, ostatak Rapalske granice te rupu u stijeni s omanjom lokvom vode, ostatke osmatračnica, izbrazdane vapnenačke stijene... *Kastav – ljepota prirode kao dar čovjeku.*

EN The highest peak of the Lužina woods is Mačkov Vrh, a vantage point at 507 metres above sea level from where there extends a wonderful view of Kastav, the sea, the hinterland woods of Kastav and the mountains of Gorski Kotar, and Učka. You will also see the boundary stone, a remnant of the Rapallo border and a hole in the stone with a small pool of water, the remains of a watchtower, the striated limestone rocks... *Kastav – a beauty of nature as a gift to man.*



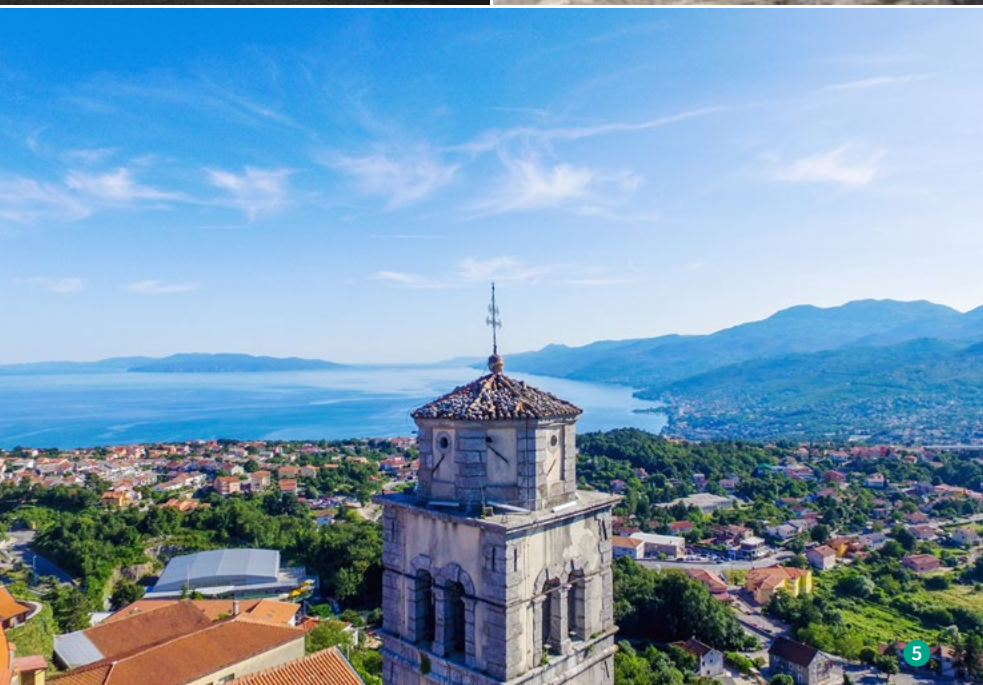
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9



3



5

4 Muzeji, galerije i ateljei / Museums, galleries and ateliers

5 Vidikovci (Fortica, crkva sv. Jelene, Žudika) / Vantage points

6 Trg Lokvina / Town square Lokvina

7 Loža, Voltica / Loggia, Voltica

8 Crkva sv. Jelene Križarice / Church of St. Helen of the Cross

9 Šetalište Fortica / Fortica path

2 KLANA

SKLAD PRIRODE I POVIJESTI

Mjesto Klana, 18 kilometara udaljeno od Rijeke, ispisuje sve intenzivniju turističku sadašnjost. Ovo je kraj prekrasne prirode, ali i vrijednih povijesnih spomenika.

EN

THE HARMONY OF NATURE AND HISTORY

The town of Klana, 18 kilometres from Rijeka, is creating an increasingly more intensive tourist present day. This is an area of beautiful nature, as well as valuable historical monuments.

10 ETNOGRAFSKA KUĆA REBIČINA KIŠA / REBIČINA KIŠA ETHNO HOUSE

Izgrađena u starom stilu, s kamenim stepenicama i skodom koji počiva na dvije volte, od kojih jedna služi kao ulaz u prizemlje gdje je bila konoba. Prizemlje i prvi kat su istih dimenzija (21 m²) i opremljeni su očuvanim predmetima koje su poklonili mještani, a nekad su služili u poljodjelstvu, drvodjelstvu i šumarstvu. Na katu se nalazi i ognjište.

EN This is a typical house built in the traditional style with stone steps and a terrace supported by two vaults, of which one is the entrance to the ground floor with the cellar. The ground and first floor are the same size (21 m²) and today host an exhibition of original items, donated by local people, that were used in the past in the daily life of agriculture, in carpentry and in forestry. On the upper floor there is a typical fireplace.

11 ISKOPI KAŠTELA GRADINA / GRADINA FORT EXCAVATION SITE

Arheološki lokalitet smješten je na vrhu krševite uzvisine neposredno iznad naselja Klana. Najviša točka objekta nalazi se na 629 m iznad mora. Vanjski obrisi zidina nepravilnog su oblika, 30 m širine i 75 m dužine. Strateško-nadzorni položaj je prvi puta iskorišten u 4. st, u vrijeme izgradnje sustava nadzornih postaja, utvrda, bedema poznatih pod imenom Liburnijski limes.

EN This archaeological site is located on top of a karst hill just above Klana, at an elevation of 629 m above sea level. The outer layout of the walls is irregular in shape, 30 m wide and 75 m long. This strategically important site was first used in the 4th century during the construction of the system of observation points, fortifications and walls known today as Liburnian Limes.

12 PLANINARSKA KUĆICA REBAR / REBAR MOUNTAIN HUT

U predjelu šume Stara Rebar nalazi se nekoliko stoljeća stara kućica građena po uzoru na istarski kažun. Prilikom rekonstrukcije sačuvan je prvotni izgled a usporedno s radovima na kući uređivao se i njen okoliš, te su iznad kućice postavljeni drveni stolovi i klupe, izgrađeno je vanjsko ognjište i posađeno autohtono cvijeće.

EN In an area of the forest known as Stara Rebar there is an old hut that was built several centuries ago on the model of the traditional Istrian stone hut, locally called kažun. This reconstruction preserved its original appearance and also included the improvement of the area around the hut, where now there are wooden tables and benches, a fireplace and endemic flowers of this area.



13 Liburnijski limes / Liburnian Limes

14 Kraljica bukva / Ancient beech

15 Hrastovi i crkva Sv. Nikole / Oaks and Church of St. Nicholas

16 Ponor Gotovž / Gotovž abyss

17 Muzej oružja / Weapon museum

18 Odmorište Trstenik / Trstenik rest area

3 VIŠKOVO

S POTPISOM UNESCO-A

Viškovo je zavičaj dvaju nematerijalnih kulturnih dobara koja se nalaze na UNESCO-voj reprezentativnoj listi nematerijalne kulturne baštine čovječanstva, raznolike gastronomske ponude, a pješačke i biciklističke staze pozivnica su za aktivni odmor u prirodi.

EN WITH UNESCO'S SIGNATURE

Viškovo is the homeland of two intangible cultural assets which are featured on the UNESCO Representative List of Intangible Cultural Heritage of Humanity, a diverse culinary offer, and the walking and cycling trails are invitations for an active holiday in the countryside.

19 ODMORIŠTE KAPITOVAC / KAPITOVAC REST AREA

Kalić Kapitovac oduvijek je bio mjesto susreta ljudi iz cijelog područja općine, a i šire, djelomičnom revitalizacijom Kapitovcu se vratilo stari sjaj. Ono postaje točka za predah tijekom šetnje ili vožnje bicikla, mjesto na kojem možete uživati u prekrasnoj i netaknutoj prirodi, gdje mir i tišina pružaju potpuno opuštanje.

EN The Kapitovac pond has always been a meeting place for people from the whole of the municipality and beyond, with the partial revitalisation of Kapitovac the old splendour has returned. It is a point for a break during a walk or bike ride, a place where you can enjoy the beautiful and untouched nature, where the peace and quiet provide complete relaxation.

20 HALUBAJSKI ZVONČARI / HALUBIAN BELL RINGERS

U vrijeme pusta, ogrnuti ovčjim kožama i sa životinjskim maskama na glavi, od davnina obilaze sela i svojom zvonjavom tjeraju zimu i najavljuju proljeće. Upravo zbog svojih posebnosti i atraktivnosti, Godišnji pokladni ophod zvončari s područja Kastavštine upisan je na UNESCO-vu reprezentativnu listu nematerijalne kulturne baštine čovječanstva.

EN During the time of carnival, draped with sheepskins and animals masks, since ancient times they tour the villages with their bell ringing driving away winter and announcing spring. Due to their distinctiveness and attractiveness, the Annual Carnival Bell Ringers' Pageant from the Kastav region has been entered on the UNESCO Representative List of Intangible Cultural Heritage of Humanity.

21 LONČEVA GRIŽA

Na vidikovcu Lončeva griža, s kojeg se pruža pogled na Kvarner, Velebit, grobničko zaleđe, Gorski kotar i susjednu Sloveniju, nalazi se poučna staza s informativnim pločama koje šetače i planinare informiraju o kavadorima i klesarima te tamošnjem bivšem kamenolomu. Ispod vidikovca, na vapnenačkoj stijeni nalazi se i jedinstvena izložba *Pogled s kamika* članova Udruge likovnih umjetnika amatera *Braća Baštijan*.

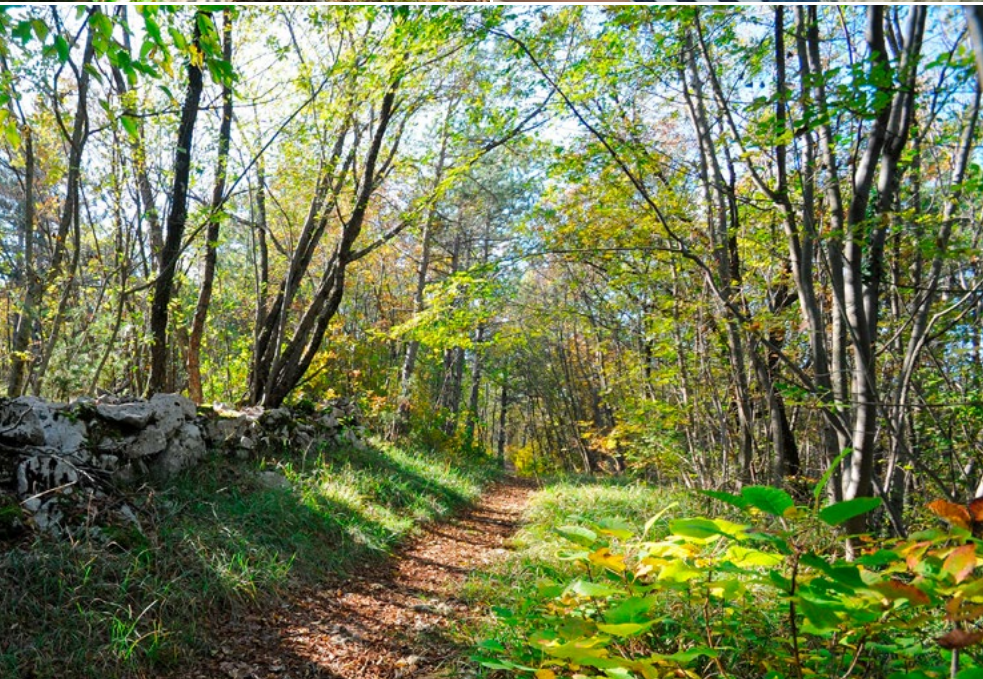
EN At the Lončeva Griža vantage point, from where extends a view of Kvarner, Velebit, the Grobnik hinterland, Gorski Kotar and neighbouring Slovenia, there is an educational trail with informative signs which explain the stone-cutters, stone-masons and former local quarry to walkers and hikers. Below the vantage point, on the limestone rocks there is also a unique exhibition called *View from the Rocks* by members of the *Braća Baštijan* amateur artists association.



21



20



- 22 Tornice / traditional fireplace
- 23 Stoljetne šterne / Ancient water wells
- 24 Crkva Sv. Matej / St. Matthew's Church

- 25 Park – skulpture zvončara / Park – sculptures of bell ringers
- 26 Šetnica Plešivac / Plešivac trail

4 RIJEKA

RITAM GRADA

Rijeka je grad bogate povijesti i dinamične sadašnjosti, novih vizura i životne radosti.

EN

RHYTHM OF THE CITY

Rijeka is a city of a rich history and a dynamic present, new perspectives and the joy of life.

27 **ASTRONOMSKI CENTAR RIJEKA / ASTRONOMICAL CENTRE RIJEKA**

Jedinstven objekt iznad grada, koji objedinjuje zvjezdarnicu i planetariji s digitalnom tehnologijom. Otvoren je 2009. u bivšoj utvrdi iz 2. svj. rata. Zavirite u sfernu kupolu te pogledajte filmove i interaktivne prezentacije posvećene Svemiru, poslušajte predavanje te predahnite od bicikliranja na terasi s pogledom na Kvarner uz ugostiteljsku ponudu.

EN This unique building located on a hill overlooking the city includes an observatory and a digital planetarium. It was opened in 2009 on the spot of a former World War Two fortification. Here you can enjoy space-related movies and an interactive presentation on a spherical dome screen, listen to lectures and have a drink or snack on the terrace with a view of Kvarner Bay.

28 **LUKOBARAN / BREAKWATER**

Postojeći lukobran glavnog lučkog bazena popularno zovu *molo longo*, zbog njegovih 1,707 metara dužine, a danas je u funkciji putničkog terminala i obalne šetnice. Planiranje i pripremni radovi gradnje sadašnjeg lukobrana započeli su 1872., a završen je 1888. godine.

EN The current breakwater in the main port basin is known as *molo longo* due to its 1,707 m length. It is used as a passenger terminal and promenade. The construction plans and preparations for the breakwater began in 1872 and it was completed in 1888.

29 **TRSATSKI KAŠTEL / TRSAT CASTLE**

Na 138 m visokom brijegu, Rijekom dominira jedna od najstarijih fortifikacija u Hrvatskom primorju. Dobro sačuvana obilježja ranosrednjovjekovne gradnje možete istražiti pogledom na ostatke Liburnijskog limesa na nasuprotnim brjegovima, Katarini i Kalvariji, kao i na cjelokupni prostor riječkog Starog grada.

EN Built on top of a 138 m high hill, this fortification, one of the oldest in the Croatian Littoral region, dominates the city of Rijeka. Some well-preserved elements of early mediaeval architecture can be observed from here: the remnants of the Liburnian Limes fortification wall on the opposite hills of Katarina and Kalvarija, and the entire Old Town of Rijeka.



- 30 Katedrala sv. Vida / St. Vitus Cathedral
- 31 Gradska tržnica / City market
- 32 Stari grad / The Old Town

- 33 Korzo
- 34 Trg Ivana Kobljera / Ivan Kobler Square
- 35 Stube Petra Kružiča / Petar Kružić Stairway

5 JELENJE

DIVLJA PRIRODA I SAVRŠENA TIŠINA

Netaknuta priroda Grobničkih Alpi, poznatijih kao Hahlići, neiscrpan su izvor planinarskih staza i šetnica. Uspon na Hahliće je poseban jer vodi preko travnatih i otvorenih padina s predivnim pogledom na Kvarnerski zaljev i otoke.

EN WILD NATURE AND PERFECT SILENCE

The untouched nature of the Grobnik Alps, known as Hahlići, is an inexhaustible source of hiking trails and walks. The climb up the Hahlići is special because it goes over grassy and open slopes with a wonderful view of the Kvarner Bay and the islands.

36 KOVAČIJA / BLACKSMITH'S WORKSHOP

Ljubitelji starina i zanatske tradicije, posjetite kovačnicu u Dražicama. Kovačija, kako je zovu mještani, sagrađena je prije više od 80 godina i generacije obitelji Marčelja sačuvale su je u izvornom obliku. Prostor kovačije danas je pravi arhivski muzej s klasičnim nakovnjem, ložištem i svim alatima potrebnim za taj zanat. Kovač Damir će vam sa zadovoljstvom demonstrirati rad kovača.

EN Fans of antiques and handicraft traditions should not miss the chance to visit the old blacksmith's workshop in the village of Dražice. The Kovačija, as it is locally known, was built more than 80 years ago and generations of the Marčelja family have preserved its original look to the present day. This site is today a local museum with a traditional anvil, a fireplace and all the typical tools. Blacksmith Damir will be glad to demonstrate the blacksmith's craft to you.

37 GAŠPAROV MLIN / WATERMILL

Nekada 27 mlinova, a danas u funkciji samo jedan, drveni Gašparov mlin u Martinovom Selu. Iako ima više od 360 godina i danas obavlja svoju nekadašnju funkciju. Vrijedni mlinar Bruno Kukuljan, ispod teškog kamenog kola, žito još uvijek melje na starinski način te ga pretvara u fino mljeveno brašno, od kojeg se već stoljećima priprema *palenta kompirica*.

EN In the past, there were as many as 27 watermills on the River Rječina – today only the wooden Gašparov Mlin in Martinovo Selo remains. Despite the fact that it is more than 360 years old, this mill still functions today. The diligent miller Bruno Kukuljan still mills corn under a heavy stone wheel in the old-fashioned way, making fine flour which local people have been using for centuries to prepare the local speciality – potato polenta.

38 RJEČINA / RJEČINA RIVER

Zaštićen objekt prirode i biser Grobničkog kraja nalazi se u netaknutoj prirodi pa ne čudi da je to omiljeno odredište svih ljubitelja prirode i rekreativaca. Rječina je tipična krška rijeka koja izvire podno brda Kičelja te se nakon 18 km dubokih kanjona i brojnih brzaca, ulijeva u Jadransko more. Gradu Rijeci je dala ime, a od 1915. i pitku vodu.

EN This protected natural site and the jewel of the Grobnik area is located amidst unspoilt nature – it is no wonder that this is a very popular destination among many nature lovers and sports enthusiasts. The Rječina is a typical karst river whose source is located at the foot of Kičelj hill. After flowing through deep canyons with numerous rapids for 18 kilometres, the Rječina flows into the Adriatic Sea. In fact, this river not only gave the city its name, but it has also provided its inhabitants with drinking water since 1915.



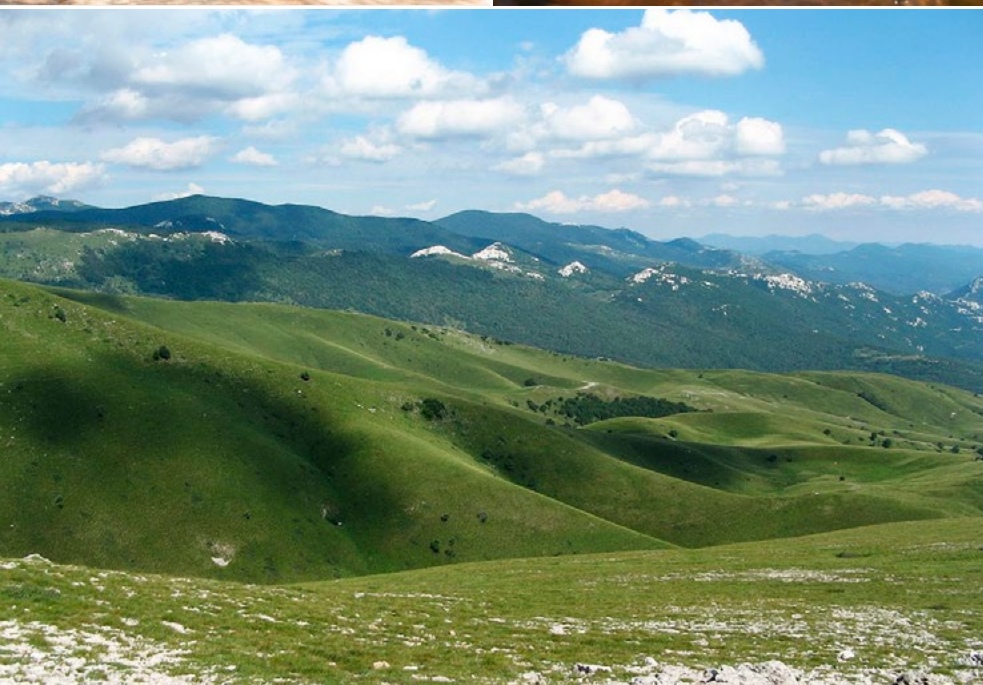
36



37



38



- 39 Zavičajni muzej / Heritage Museum
- 40 Vodičajna – konj. klub / Horse-riding club
- 41 Linčetovo – konj. klub / Horse-riding club

- 42 Trg Mlikarice / Dairy Woman Square
- 43 Crkva sv. Mihovila / Church of St. Michael

6 ČAVLE

ŽIVOT POD ADRENALINOM

Nedaleko od Rijeke u pravcu Zagreba smjestila se Općina Čavle. Povijesna jezgra općine je drevni frankopanski Grad Grobnik s kojeg se vidi Grobničko polje s automotodromom i sportskim aerodromom te planine na kojima se nalazi sportsko-rekreativni i turistički centar Platak.

EN ADRENALINE LIFE

Not far from Rijeka in the direction towards Zagreb lies the municipality of Čavle. The historical core of the municipality is the old Frankopan castle of Grad Grobnik from where you can see Grobnik Field with its motor circuit and sports airfield, and the mountains where the Platak sports-recreational and tourist centre is located.

4.4 AUTOMOTODROM GROBNIK / GROBNIK RACE TRACK

Na stazi dugoj 4 168,75, a širokoj 10 metara odvijaju se mnoga auto i moto natjecanja, a najatraktivnije je Svjetsko prvenstvo motora s prikolicom. Od 1978. godine, kada je izgrađena, pista zadovoljava stroge kriterije svjetske auto i moto federacije (FIA i FIM), a posjeduje i dozvolu za sve vrste automobilskih i motociklističkih utrka osim F1.

EN This 4,168.75 m long and 10 m wide race track has hosted numerous car and motorcycle races, the most attractive probably being the Sidecar World Championship. Since its construction in 1978, this race track has met the strict criteria of the FIA and FIM Car and Motorcycle Federations. Moreover, Grobnik Automotodrom also has a license for all types of car and motorcycle races except F1.

4.5 PALENTA KOMPIRICA / POTATO POLENTA

Vrhunski gastro užitak, iznikla je iz štedljive tradicije starih Grobničana. Njen okus nikad nije isti i ovisi o kakvoći kukuruza, kako se mljelo brašno, kakve je kvalitete krumpir i još puno sitnica. Danas se palenti u čast organizira veliki Festival palente i sira u lipnju.

EN This superb delicacy is a result of the local tradition where in the old days people had to be very sparing with food. The taste of this type of polenta can vary depending on the quality of the corn, the way the flour was milled, the quality of the potatoes, and many other details. Nowadays the Polenta and Cheese Festival is organised every June to celebrate this traditional recipe.

4.6 KAŠTEL / GROBNIK CASTLE

Sazidan u obliku trokuta iznad Grobničkog polja naseljen je još u prethistoriji. Tu su boravili Iliri, Rimljani, Goti i Franci a od 1225. godine u vlasništvu je Krčih knezova, Frankopana, a kasnije i Zrinskih. Danas, prekrasan svjedok prošlosti pruža sa svojih zidina pogled na cijelu Grobnišćinu.

EN Built in the shape of a triangle on top of a hill overlooking the plain of Grobnik Field, this site was inhabited as early as prehistory. This is where Illyrians, Romans, Goths and Franks dwelled. From 1225, the castle was owned by the Counts of Krk, the noble Frankopan family, later the Zrinski family. Today this site bears witness to local history and provides a magnificent view of the Grobnik area from its ancient walls.



47 Aerodrom Grobnik / Airfield

48 Mlikaričin put / Milkmaid's path

49 Vidikovac kod kapelice Sv. Križa / Viewpoint at the Holy Cross Chapel

50 Crkva sv. Bartola / St Bartholomew

51 Čebuharova kuća / Čebuhar's house

7 KOSTRENA

RITAM MORA

U elementu mora sastoji se čitav život Kostrene i Kostrenjana, pa time i njihovo suštinsko opredjeljenje, a to je pomorstvo. Iako kostrenska šetnica slavi za jednu od najljepših šetnica uz more, Kostrena pruža i prekrasan panoramski pogled na Kvarner sa Trim staze i najviših uzvisina povrh samog naselja.

EN THE RHYTHM OF THE SEA

The whole life of Kostrena and its inhabitants revolves around the element of the sea, and therefore their essential orientation, which is seafaring. Although the Kostrena walk is known as one of the most beautiful promenades beside the sea, Kostrena also offers a beautiful view of Kvarner from a trim trail and the highest points of the settlement itself.

52 ŽURKOVO

Žurkovo je jedina uvala u Kostreni trajno nastanjena sve do današnjih dana. Primorske kuće, izgrađene uz sam morski zal je bile su dom mnogim ribarima i pomorcima. U Žurkovu je od kraja 19. stoljeća pa sve do druge polovice 20. stoljeća djelovalo i brodogradilište *šuver* na prostoru kojega i danas mještani popravljaju i uljepšavaju svoje barke i brodice. Uvala Žurkovo sjedište je mnogih udruga, ali i odredište zaljubljenika u čisto more i ugodnu šetnju. Prilaz uvali Žurkovo uljepšan je muralom *Put mora*. Umjetnički rad djelo je Ivana Penzeša Nadalova i Edija Gustina, koji je Nadalove radove prenio na zid. No, *Put mora* je mnogo više od murala, to je priča o Kostreni.

EN Žurkovo is the only cove in Kostrena which has been permanently inhabited to the present day. The coastal houses, built right along the seashore were the homes of many fishermen and mariners. In Žurkovo from the end of the 19th century to the second half of the 20th century there also operated a shipyard or *šuver* in the place where today the local people also repair and decorate their little boats. Žurkovo cove is the centre of many associations, as well as a destination for lovers of the clean sea and the pleasant walk. The *Put mora* mural beautifully adorns the entrance to Žurkovo cove. It is the artistic work of Ivan Penzeš Nadalov and Edi Gustin, who transferred Nadalov's works onto the wall. However, *Put mora* is much more than just a mural, it is the story of Kostrena.

53 TRIM STAZA I SOLIN / TRIM TRAIL AND SOLIN

Na zapadnom dijelu Kostrene već 40-tak godina nalazi se Trim staza. Povezana je sa mrežom pješačkih staza te je sa svojih 13 sprava i dinamičnom konfiguracijom terena savršeno odredište za sportaše i zaljubljenike u prirodu. Trim staza vodi do najviše uzvisine općine Kostrena, arheološkog nalazišta Solin koje krije najstarije tragove života na Kvarneru. Između velikih naseobina Solina i Soplja, nalaze se tragovi manjih osmatračnica s kojih se može predahnuti uz prekrasan panoramski pogled na Kvarner.

EN In the western part of Kostrena there has been a trim trail for about 40 years. It is connected to a network of walking trails and with its 13 pieces of equipment for training and the dynamic configuration of the terrain it is a perfect destination for sportspeople and nature lovers. The trim trail leads to the highest point of the municipality of Kostrena, the archaeological site of Solin, which hides the oldest traces of human life in Kvarner. Between the large settlements of Solin and Sopalj, there are traces of smaller watchtowers where one can rest and enjoy the beautiful panoramic view of Kvarner.



54 Crkva Sv. Barbare / St. Barbara's Church

55 Šterna (Dujmići) / Rainwater reservoirs

56 Crkva Sv. Lucije / St. Lucy's Church

57 Podmorski park / Underwater park

58 Eko park *Rasadnik* / *Rasadnik* eco park

8 BAKAR

POVIJEST ZA SADAŠNJOST

Uske uličice i trgovi kojima hodate nataloženi su slojevi povijesti koji jednako uvjerljivo ispisuju i ovaj trenutak, samo vaš.

EN HISTORY FOR THE PRESENT

The narrow streets and squares are layers of history left behind to paint this moment that belongs only to you.

59 RISNJAK

Nacionalni park *Risnjak*, smješten je u Gorskom kotaru, na površini od 6.350ha, a jednim djelom nalazi se i na području Grada Bakra. Osnovan je 1953. godine, a ime je dobio po risu, svom najpopularnijem stanovniku. Osnovu parka čini masiv planine Risnjak, s vrhom na 1528 metara, a najniža točka nacionalnog parka je 290 m, na kojoj se nalazi dolina rijeke Kupe. Vrh Risnjaka atraktivan je u sva godišnja doba, a poznat je po veličanstvenim vidicima koji se pružaju prema otocima Kvarnera i prema planinama u susjednoj Sloveniji, sve do Alpa. Podno samog vrha nalazi se planinarski dom Josip Schlosser Klekovski, do kojeg vodi nekoliko markiranih pješačkih staza.

EN The Risnjak National Park is located in Gorski Kotar, over a surface area of 6,350 hectares, with one part also located in the Bakar area. It was founded in 1953, and it took its name from the lynx, its most popular inhabitant. The basis of the park is the massive mountain of Risnjak with its peak of 1,528 metres, whilst its lowest point is at 290 m where the valley of the River Kupa is located. Risnjak's peak is attractive in all seasons, and it is known for its beautiful views looking towards the Kvarner islands and mountains in neighbouring Slovenia, all the way to the Alps. Below the peak, there is the Josip Schlosser Klekovski mountain lodge, to which several marked paths lead.

60 BAKARSKI PREZIDI / DRY-STONE WALLS

Na istočnim obroncima Bakarskog zaljeva nalaze se suhozidi čija je izgradnja počela u doba Marije Terezije. Uz njeno je dopuštenje lokalno stanovništvo iskrčilo šumu i posadilo vinograd. Žene su u brentama na leđima donosile zemlju u kojoj se sadila vinova loza *Belina*. Od tog se grožđa proizvodila nadaleko poznata Bakarska vodica. 1972. godine proglašeni su zaštićenim krajolikom te su uvršteni u registar spomenika kulture.

EN The eastern slopes of Bakar Bay are dotted with dry-stone walls whose construction began during the rule of Maria Theresa. With her permission, the local people cleared the scrub and planted vineyards with the *Belina* grape variety, for which women carried soil in special baskets on their backs. These grapes were used to produce the famous Bakarska Vodka sparkling wine. In 1972 the Bakar dry-stone walls were declared a protected landscape and registered in the list of Croatian cultural monuments.

61 HRELJINSKA GRADINA / HRELJIN GRADINA CASTLE

Ruševni ostaci srednjovjekovnog grada Hreljina izgrađeni su na uzvisini piramidalnog oblika i strmih obronaka, 321 m iznad mora. Od vidljivih ostataka, osim ostatka gradskih bedema i raznih drugih objekata, do danas su se sačuvala dva crkvena objekta i to zvonik crkve sv. Jurja te kapelica Blažene Djevice Marije.

EN The medieval hilltop town of Hreljin was built on a pyramidal hill with steep slopes 321 m above the sea. The ruins that are still visible today include remnants of town's walls and some other structures, as well as two sacred buildings: the bell tower of the Church of St. George and the Chapel of the Blessed Virgin Mary.



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- 62 Ponikvarsko jezero / Ponikve Lake
- 63 Kaštel / Bakar Castle
- 64 Crkva sv. Andrije / St. Andrew's Church

- 65 Turska kuća / Turkish house
- 66 Rimaska kuća / Roman House
- 67 Jaz i perilo / Weir and traditional laundry site

9 KRALJEVICA

POVIJEST I REKREACIJA

Kraljevica je stari primorski gradić, smješten na ulazu u Bakarski zaljev, južno od Rijeke. Razvedene je obale, zelenog i bujnog raslinja pa je poznata po plažama i lijepoj šetnici.

EN HISTORY AND RECREATION

Kraljevica is a little old coastal town, located at the entrance of the Bay of Bakar, south of Rijeka. The coastline is indented, with green and lush vegetation and so it is famous for its beaches and beautiful promenades.

68 DVORAC NOVA KRALJEVICA – FRANKOPAN / CASTLE

Naslijeđivi primorska imanja grof Petar Zrinski pored naslijeđenog starog dvorca u središtu Kraljevice na poluotoku na ulazu u Bakarski zaljev gradi oko 1650. godine potpuno novi nazvavši ga *Novom Kraljevicom*. Dvorac je građen s osnovom kasnorenesansne utvrde, ali s mnoštvo baroknih detalja.

EN Inheriting the coastal estate Count Petar Zrinski, in addition to the old castle in the centre of Kraljevica, built a totally new one calling it *Nova Kraljevica* about 1650 on the peninsula at the entrance of the Bay of Bakar. The castle was built on the foundation of a Late Renaissance fortress, however with many Baroque details.

69 CRKVA SV. NIKOLE / CHURCH OF ST. NICHOLAS

Prva crkva ili kapela svetog Nikole sudeći prema sačuvanom kamenu je sagrađena već 1471. godine za vrijeme Martina Frankopana uz već postojeću utvrdu. Dograđena je krajem 18. stoljeća, a oltarna slika Sv. Nikole i orgulje proglašeni nacionalnim kulturnim dobrom. Oltarnu sliku u crkvi je papa Pio VI. 29. studenog 1795. godine obdario posebnom povlasticom potpunog oprosta vremenitih kazni (grijeha) onome tko pohodi ovo svetište na Dan Svetog Nikole.

EN The first Church or Chapel of St. Nicholas judging by the preserved stone was built as early as 1471 during the time of Martin Frankopan alongside the already existing fortress. It was upgraded during the 18th century, and the altar painting of St. Nicholas and the organ have been declared as national cultural assets. On 29th November 1795, Pope Pius VI awarded the altar painting in the church the special privilege of the complete forgiveness of transgressions (sins) for those who attended this shrine on St. Nicholas' Day.

70 KAŠTEL STARI GRAD ZRINJSKIH / ZRINSKI OLD TOWN CASTLE

Stari grad Zrinskih kompleksni je dvorac s dva atrija različitog vremena nastajanja oko kojih se formiralo središte Kraljevice. Stariji dvorac, zvani *Mali kaštel* nastao je rekonstrukcijom srednjovjekovne, vjerojatno Frankopanske utvrde s inkorporiranom crkvom svetog Nikole. Polovicom 17. stoljeća grof Petar Zrinski obnavlja utvrdu te dograđuje novi dio s novim velikim atrijem u duhu tog vremena.

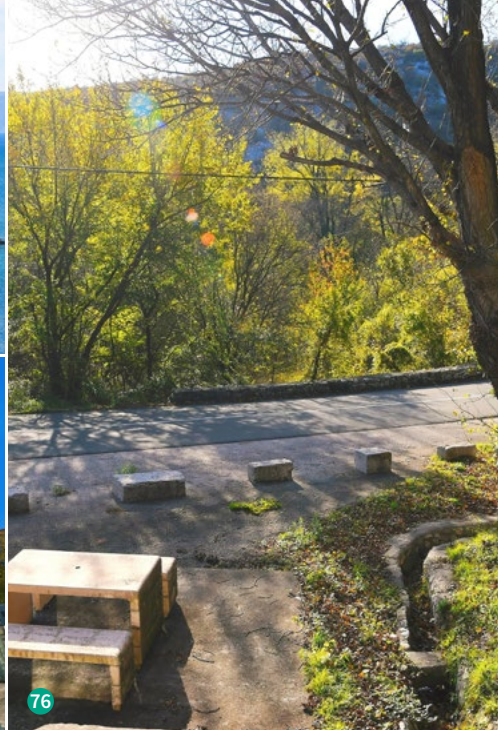
EN The Zrinski Old Town is a castle complex with two atria built at various times around which the old centre of Kraljevica was formed. The older castle, called *Mali kaštel* was created with the reconstruction of the mediaeval, most likely Frankopan fortress with the incorporated Church of St. Nicholas. In the middle of the 17th century Count Petar Zrinski restored the fortress and added a new part with a new large atrium in the spirit of that time.



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- 71 Svjetionik – lanterna / Lighthouse
- 72 Tunere Bakarac / Tuna observation posts
- 73 Vidikovac, arheološki lokalitet Gradac / Vantage point, Gradac archaeological site

- 75 Most kopno – Krk / Krk bridge
- 76 Izvor i odmorište Sitnik / Source and Sitnik rest area



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 - Uzmite dovoljno vode za piće, okrepu
 - Ljeti se zaštitite od sunca
 - Čuvajte prirodu
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 - Stay on the marked hiking routes
 - Follow the weather forecast
 - Take enough drinking water, refreshments
 - During the summer protect yourself from the sun
 - Preserve the countryside
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-

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