

ŠTO POSJETITI
WHAT TO VISIT

VINSKA KUĆA HAŽIĆ
WINE HOUSE HAŽIĆ

Jeste li znali da u Vinskoj kući Hažić osim vina možete kušati domaći čips od jabuke?

Did you know that, except wine tasting, you can also try homemade apple chips at the Wine house Hažić?



MLIN NA MURI
MILL ON THE MURA RIVER

Mlin na Muri je nalik mlinovima kakvih je na desetke prošlog stoljeća bilo uz rijeku Muru. Posjetite ga.

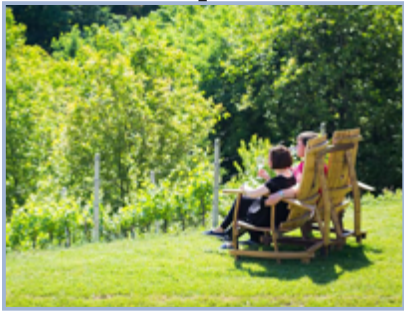
Mill on the river Mura resembles the water mills that existed by the river Mura by the dozens at the end of the last century. Visit it.



MULTIMEDIJALNA ZBIRKA
MULTIMEDIA EXHIBITION

Pretvorite se u radišnog Međimurca istražujući multimedijalnu zbirku "Jen den v živleju mlinara Franca Žalara" u Žabniku.

Let yourself be transformed into a hardworking local of Međumurje area by exploring the multimedia exhibition "One Day in the Life of the Miller Franc Žalar" in the settlement of Žabnik.



FARMA JELENA / DEER FARM

Na Farmi jelena i muflona nedaleko od Termi možete okinuti selfie s jelenima lopatarima i muflonima. You can take a selfie with Fallow deer and Bighorn sheep at the Deer and Bighorn Sheep Farm not far away from the Terme.



MLINAROV POUČNI PUT
MILLER'S EDUCATIONAL PATHWAY

Šetnjom kroz netaknutu prirodu saznajte zanimljivosti o prirodnoj i tradicijskoj baštini prostora Značajnog krajobraza rijeke Mure. Take a stroll through untouched nature and learn about interesting facts of natural and traditional heritage of the Protected landscape of the river Mura.



RUN

VODIČ

GUIDE

RUN CROATIA

RUN Friendly HOTEL

POSJETITE SUVENIRNICU "PINKLEC" U PRIZEMLJU HOTELA I NABAVITE SVOJU MAJICU ZA TRČANJE. UZ REZERVIRANI RUN PAKET MAJICA JE BESPLATNA. / VISIT THE SOUVENIR SHOP "PINKLEC" ON THE GROUND FLOOR OF THE HOTEL AND GET YOUR OWN RUNNING T-SHIRT. BY BOOKING THE RUN PACKAGE T-SHIRT IS FREE OF CHARGE.

PRETRČI SVIH 6 RUTA I OSIGURAJ SI MEDALJU

PASS ALL 6 ROUTES AND WIN A MEDAL

Po prolasku svake od ruta iz RUN vodiča zatražite svoj štambilj na recepciji Hotela, te sa skupljenih 6 štambilja dobivate medalju LifeClass Termi Sveti Martin.

After passing each of the routes from RUN guide ask for your stamp at the hotel reception, and with collected 6 stamps you get a LifeClass Terme Sveti Martin medal.

JAČA MENTALNO ZDRAVLJE
STRENGTHENS MENTAL HEALTH

JAČA PLUĆA I SMANJUJE EFEKTE ASTME
STRENGTHENS THE LUNGS AND REDUCES THE EFFECTS OF ASTHMA

REGULIRA KRVNI TLAK
REGULATES BLOOD PRESSURE

POMAŽE KOD GUBITKA TJELESNE TEŽINE
HELPS WITH WEIGHT LOSS

JAČA IMUNOLOŠKI SUSTAV
STRENGTHENS THE IMMUNE SYSTEM

JAČA ZGLOBOVE I LIGAMENTE
STRENGTHENS JOINTS AND LIGAMENTS

POBOLJŠAVA FIZIČKU JAČINU
IMPROVES PHYSICAL STRENGTH

POVEĆAVA GUSTOĆU KOSTIJU
INCREASES BONE DENSITY

ODRŽAVA ZDRAVU RAZINU ŠEĆERA
MAINTAINS HEALTHY LEVEL OF BLOOD SUGAR

ŠTO TRKAČI JEDU / WHAT RUNNERS EAT:

CHECKLIST: PRIJE TRČANJA/ BEFORE RUNNING

Snack prije trčanja: banana, tost, zobene pahuljice, krumpir
Snack before running: banana, toast, oatmeal, potatoes

☐

Provjeri vremensku prognozu
Check the weather forecast

☐

Isplaniraj svoju rutu za trčanje i provjeri stanje baterije na GPS-u ili mobitelu
Plan your route and check the battery status on your GPS or mobile

☐

Napuni bočice vodom i pripremi grickalice
Fill the bottle with water and prepare the snacks

☐

Zaštiti se kremom za sunčanje i sredstvom protiv komaraca
Protect yourself with a sunscreen and a mosquito repellent

☐

Odradi zagrijavanje dinamičnim istezanjem
Perform body warming with dynamic stretching

☐

Reci nekome što planiraš
Tell someone what you're planning on

☐



BIT.LY/2NUG7KX



Staza na potpuno asfaltnoj podlozi namijenjena je trkačima početnicima i trkačima koji žele raditi više iteracija u kružnom trčanju. U trkačku avanturu krenite ispred hotela spuštajući se cestom nadesno do županijske ceste na kojoj skrenite lijevo i nastavite trčati. Trčite do Sportske ulice na završetku vikend naselja i od tamo počinje vaš povratak prema hotelu. Netom prije Puba Potkove skrenite desno, trčite preko mosta pa lijevo do hotela. Staza ima visinsku razliku od 16 metara što je čini idealnom za prve trkače korake.

The trail is entirely asphalted and it is intended for beginner runners and runners who want to do more iteration in circular running. Start your running adventure in front of the hotel by going down the road, keeping right to the county road and then taking a left turn. Keep running till Sportska ulica at the end of vacation village at which point your return to the hotel begins. Take a right turn just before the Pub Potkova, keep running and cross the bridge, and then take a left turn to the hotel. The trail has the altitude range of 16 meters, which is ideal for first running steps.



BIT.LY/20SEJQ9

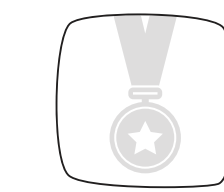


Staza namijenjena trkačima početnicima i trkačima koji žele vježbati brzinu proteže se u potpunosti na asfaltnoj podlozi. Krenite ispred hotela nadesno oko parkirališta i spustite se izlaznom vanjskom cestom do donjeg parkirališta kod bazenskog kompleksa. Skrenite lijevo pa 100 metara nakon toga desno preko mosta. Skrenite desno na županijsku cestu i trčite gotovo ravnom dionicom duljine 1,8 kilometara sve do raspela. Kod raspela se okrenite i trčite istim putem do bazenskog kompleksa. Nakon obavljenog treninga lagano prošećite do recepcije hotela. Visinska razlika staze je neprimjetnih 23 metara.

The trail, which is intended for beginner runners and runners who want to work on their speed, runs through asphalted surface entirely. Start off in front of the hotel keeping right around the parking lot, go down the outer exit road till the lower level parking lot next to the pool complex. Take a left turn and in 100 meters take a right turn crossing the bridge. Take a right turn to county road and keep running through the straight section of the road, which has total length of 1,8 kilometers, all the way to the crucifix. When you reach the crucifix, turn around and keep running the same way back to the pool complex. After the training is done, take a light stroll to the hotel reception. The trail altitude range is imperceptible 23 meters.



BIT.LY/2LPXLNZ



Staza je posebna po tome što zahtjeva dozu orijentacije. Izadite iz hotela i krenite trčati nalijevo te nakon 80 metara skrenite na trim stazu kojom trčite prvih 300 metara. Zatim skrenite lijevo na livadu kojom trčite utabanim putem. Trčeći istražite šumu i uživajte u puteljcima na dinamičnom terenu. Kada prođete 2 kilometra, skrenite desno na široki šumski put gdje ćete s vaše lijeve strane ugledati prostrano polje po kojem ćete nastaviti trčati okruženi šumskim puteljcima. Nakon što prođete 700 metara, stižete do Farme jelena kod koje skrenite desno i trčite prema golf terenima. Svoju trkačku avanturu završite kružnim trčanjem oko hotela.

This trail is special, because it requires a little bit of orientation. Exit the hotel and start running keeping left, after 80 meters take a turn on to the jogging path and keep running through it for the first 300 meters. Then take a left turn on to a meadow and keep running through the trodden path. While running, explore the forest and enjoy the forest trails on dynamic terrain. After 2 kilometers, take a right turn on to a wide forest pathway at which point there will be a large field on your left, keep running through that field all the while surrounded by forest pathways. After 700 meters, you will be at Deer Farm, then take a right turn and keep running towards golf terrains. End your running adventure by doing a lap around the hotel.



BIT.LY/2MZZNKD



Staza je dosta zahtjevna jer je vrlo malo ravnog dijela za trčanje, a time je i idealna za jačanje kvadricepsa. Kad izadete iz hotela, spustite se niz parkiralište do Puba Potkova. Na glavnoj cesti skrenite lijevo te nakon 200 metara opet lijevo. Vrlo brzo počinje 1 kilometar dug uspon. Pri dolasku na vrh skrenite lijevo te nakon 30 metara na cestu Gornji Koncovčak. S desne strane vidjet ćete crkvu. Idući kilometar trčite po hrptu i držite se lijeve strane. Nakon 1 kilometra skrenite nadesno pod pravim kutom. Trčite silazno do kapelice kod koje skrenite desno na laganu uzbrdicu, a nakon nje slijedi 500 m nizbrdice. Pri dolasku na glavnu cestu skrenite lijevo prema Termama Sveti Martin.

The trail is very challenging, because it offers very little strait sections for running, all the while being ideal for quadriceps strengthening. When exiting the hotel, go down the parking lot to the Pub Potkova. Take a left turn on the main road and another left after 200 meters. A 1 kilometer long ascent starts very soon. Take a left turn, when at the top, and then after 30 meters turn on to the road Gornji Koncovčak. There will be a church on your right. Keep running on the ridge and keep left. After 1 kilometer take a right 90° turn. Keep running downwards till the chapel at which point take a right turn on to a slight uphill which is followed by 500 meters of downhill. When you get to the main road, take a left turn towards Terme Sveti Martin.



BIT.LY/2MCUBAN

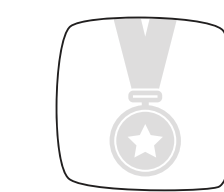


Staza je dugačka 6, 5 kilometara. Kada izadete iz hotela, krenite niz parkiralište prema glavnoj cesti. Na glavnoj cesti skrenite lijevo te nakon 100 metara desno gdje je oznaka Jurovčak. Prvih 700 metara staze je nizbrdo, a nakon toga slijedi 500 metara uspona koji je na početku zahtjevniji. Kod oznake Klet skrenite lijevo i tu počinje 2 kilometara ugodne staze po hrptu. S desne strane pruža se pogled na Sloveniju, a s lijeve na LifeClass Terme Sveti Martin. Na spajanju s glavnom cestom skrenite lijevo prema Termama. Prvih 400 metara je strmo, a nakon toga slijedi 2,5 kilometara ugodne ravnice do hotela.

This trail is 6,5 kilometers long. When exiting the hotel, go down the parking lot towards the main road. Take a left turn at the main road and a right turn after 100 meters at the sign Jurovčak. The first 700 meters of the trail is uphill which is followed by 500 meters of ascent, which is more challenging at the beginning. Take a left turn at the sign Klet and begin your 2 kilometer run on the enjoyable ridge trail. There will be a panoramic view on Slovenia on your right and LifeClass Terme Sveti Martin on your left. On the connection with the main road take a left turn towards the Terme. First 400 meters is steep, but those are followed by 2,5 kilometers of pleasant plain to the hotel.



BIT.LY/2MZ6LUE



Staza je dugačka 14 kilometara. 7,5 kilometara do starog mlina na Muri idealno je za vježbu brzine. Trči se glavnom cestom, ne odviše prometnom. Staza za trčanje i bicikle odvojena je punom linijom. Prolazite kroz mjesto Sveti Martin na Muri. Na 5,5 kilometara skrenite lijevo u Ribičku ulicu koja vodi do rijeke Mure i starog Mlina. Mjesto je zgodno za predah i rastezanje. Vratite se 2 kilometara po istoj stazi te kod groblja skrenite lijevo na Gradišćak. Iduća 2 kilometra idealna su za brzo trčanje. Nakon toga slijedi 1 kilometar zahtjevnog uspona i još 1 po hrptu. Na 12. kilometru čeka vas zahtjevna nizbrdica. Kad dođete na glavnu cestu, skrenite lijevo prema Termama Sveti Martin.

The trail is 14 kilometers long. 7,5 kilometers to the mill on the river Mura is ideal for speed practice. The trail runs through the main road, which is not busy with traffic. Running trail and bike trail is separated with single continuous dividing line. The trail passes through small town of Sveti Martin na Muri. After 5,5 kilometers take a left turn on to Ribička ulica which will lead you to river Mura and old mill. This spot is convenient for a break and stretch. Follow the same path back for 2 kilometers and at the cemetery take a left turn on to Gradišćak. The next 2 kilometers are ideal for running fast. Those are followed by 1 kilometer of challenging ascent and then 1 more the ridge. There is a challenging downhill waiting for you at the 12th kilometer. When you get to the main road, take a left turn towards Terme Sveti Martin.