

Dear Guests

**Welcome to a unique place in Warmia and Masuria.
We will do our best to make your stay at the Marina Club Hotel
was in a safe and peaceful atmosphere.**

We invite you to familiarize with the information about our facility.

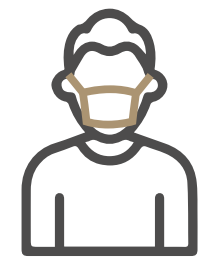
Management and employees of the Marina Club Hotel.



**HOTEL MARINA
CLUB**

Destination SPA

We follow the sanitary regime and all guidelines of the Ministry of Health and GIS as well as individual regulations of the Council of Ministers.



PROTECTIVE MASK

Please move around the area wearing **protective masks**, paying attention to the correct covering of the mouth and nose.



HAND DISINFECTION

We have **prepared hand disinfection stations** for you in the shared areas and at the lifts.



REMOTE WORK

We provide a room with a **computer station, a Business Lounge room** and a spacious **Lobby with a view on the lake**. We encourage you to work remotely in charming natural environment.



OZONE

We carry out the process of **ozonation of rooms** after guests check out.



IMPORTANT

During the Covid-19 pandemic, **only registered guests are allowed to stay in hotel rooms**.



EQUIPMENT STORAGE

We have an **equipment storage room**, where depending on the current availability, we can store your bikes, inflatables or other large-size items.



MATERIAL PACKAGE

A package of information materials about our facility and accessories such as shoehorn, cleaner, needle box are available on Guests' request at the Main Reception.

CATERING SERVICES

Breakfast **8:00 - 11:00**

Dinners **18:00 - 21:00**

Form of serving meals (served or buffet) depends on the number of people in the facility.

Biofonda Restaurant - offers a la carte dishes from **1:00 pm to 10:30 pm**

Flauta Caffè Bar - open daily from 11:00 to 23:00 **11:00 – 23:00**



Questions about the catering services we provide
please send to the phone number 310



MENU ROOM SERVICE

AVAILABLE DAILY FROM 04:30 TO 22:30

SALATY / PRZYSTAWKI

Flatbread fried in olive oil with sheep cheese and mozzarella, Cipolle onions, artichokes, basil pesto and garden herbs (1, 7)	120 g	34 zł
Tender romaine lettuce with grilled chicken breast or cocktail prawns, (4 pcs.) pomidorami spicy croutons and classic Caesar sauce (1, 2, 3 ,4, 7)	230 g	30 zł / 40 zł

STARTERS

Pan fried prawns in butter with chili, garlic, white wine and parsley, served with croutons (1, 2)	7 szt.	48 zł
Chopped tartare of smoked Masurian trout with a delicate spinach sauce served with bread (1, 4, 5, 10)	120 g	29 zł
Masurian beef tartare with shallots, pickled cucumber and marinated mushrooms, served with bread and egg yolk on the guest's request (1, 3, 7)	120 g	38 zł

MAIN DISH

Pennette with forest mushrooms and a creamy sauce with fresh thyme (1,3,6,7)	200 g	32 zł
Spelled dumplings with duck meat, and boletus sauce (1, 3, 6, 7)	10 szt.	36 zł
Papardelle with Tiger prawns garlic, olives, chili paste, sun-dried tomatoes and fresh spinach (1, 3, 6, 7)	220 g	38 zł

DESSERTS

Brownie with salty caramel and roasted buckwheat (1, 3, 7)	120 g	22 zł
Apple pie with cinnamon flavor and vanilla ice cream (1, 3, 7)	120 g	19 zł



List of allergens in the dish:

1 contains gluten, 2 contains crustaceans, 3 contains eggs, 4 contains fish, 5 contains peanuts, 6 contains soy, 7 contains milk protein and lactose, 8 contains nuts, 9 contains celery, 10 contains mustard seeds, 11 contains sesame seeds, 12 contains sulfur dioxide, 13 contains lupins, 14 contains molluscs

If you have any special dietary restrictions, allergies or medical recommendations, please inform the person receiving you order in order to forward any comments to our Chef.

Room Service fee - PLN 30

The waiting time for the order is up to 45 minutes.
Please direct your questions about the catering services we provide under no. tel. 310.

MARINA SPA & WELLNESS

The Wellness Zone with the panoramic view of Wulpińskie Lake offers a sauna complex, jacuzzi, and three swimming pools: a recreational pool with a water surface area of about 100 m² with a paddling pool for children, as well as two relaxation pools.

During the year, an outdoor swimming pool is also available, depending on the weather.

The Wellness Zone is available to our guests: Mon: 10:00 - 21:00, Tue. - Sun: 9:00 a.m. - 9:00 p.m.

The limit of people who can stay at the pool at the same time with lifeguards - 70 people.

The limit of people in saunas - 2 people.





ORIENTAL MARINA SPA

SPA rooms are available only to hotel guests daily from 9:00 am to 9:00 pm.

OPEN THE DOOR TO AN AMAZING WORLD IN WHICH INDONESIA'S HEART BEATS



ORIENTAL TREATMENTS

MASSAGES

BALINESE VITALIZING MESSAGE - it is the massage with health properties, being based on traditional Indonesian techniques, where are used the deep hands movements of the therapist. It improves blood circulation and acts on channels of energy flow in our body. It causes relaxation, stress relief and the perfect frame of mind. It provides the body and the mind into the state of complete harmony, peace and rejuvenation of soul.

230 PLN / 60 min

400 PLN / 60 minutes a ceremony for Two

LOMI LOMI MESSAGE - relaxation massage with elements of classical massage made by Hawaiian, ancient shamans in ritual treatments. It served cleaning, energizing, and healing. In this technique massaging is characteristic with forearms, stretching out and making graceful moves by the therapist and it makes that the massage is characterized by an exceptional harmony. Massage is increased by the effect of natural oils - raspberry and cranberry which perfectly influence to senses and simultaneously are improving flexibility and the firmness of skin

260 PLN / 60 min

JAPANESE SHIATSU MESSAGE – Japanese variety of healthy massage, consisting of adopting the adequate squeeze of the hand and manual techniques. Massage allows to stimulating the internal energy of the organism in order to remove from its different morbidities. Shiatsu stimulates the self-healing powers of the organism, keeps the body, the intellect, and the soul in the harmonious balance.

280 PLN / 60 min



POLYNESIAN RELAXATION MESSAGE – deeply relaxing massage exploiting the natural goodness of coconut oil, intended for persons struggling with stress, needing relief, and preferring gentle relaxation techniques. Coconut oil of the unique content of nutrients has strong greasing and antibacterial properties. The incredible coconut aroma leads to a state of deep relaxation. Massage is performed into the rhythm of breath, with a soft part of forearms. It perfectly regenerates the cuticle, tons skin and makes it subtleties.

230 PLN / 60 min

400 PLN / 60 minutes a ceremony for Two

INDONESIAN CHOCOLATE MESSAGE – energizing massage with use the 72% chocolate, it is a real feast for the body and senses. Indonesian massage combines Javanese techniques and Balinese, which is a part of the ancient, Indonesian system of healing, in which the deep influence of hands is used for relaxing muscles. The chocolate applied for massage causes that the skin smells beautiful and is wonderfully moistened.

260 PLN / 60 min

INDONESIAN MESSAGE WITH HOT STONES – massage with warmed basaltic stones which in contact with the body give back restoring energy for skin's flexibility and nourished. The pleasant warmth which skin is experiencing during massage influences deep relaxation of the body is improving the functioning of the blood circulation system, lymphatic, and the position of muscles restoring their capacity to work.

230 PLN / 60 min

MAGIC OF THE TOUCH MESSAGE WITH HOT SHEA BUTTER – relaxation, deep loosening massage with using shea butters. In the exceptional way it combines many eastern techniques with the aromatherapy and the body care. The skin is becoming soft and moistened, due to the noble blend of butter and natural oils.

230 PLN / 60 min

PARTIAL MESSAGES



SUSHI CEREMONY – treatment on face connected with relaxing, Balinese massage which intensively nourishes and improving the blood supply to the skin. Nursing ceremony based on centuries-old traditions. Active elements of plant origin, mainly the complex of alpine plants causes that skin stays cleansed of toxins, gains glitter, and vitality.

140 PLN / 30 min

BALINESE BACK AND NECK MESSAGE – It is the massage with health properties, which deeply relaxes tense muscles, joints and tendons. It provides the body and the mind into the state of complete harmony, peace and spiritual renewal.

160 PLN / 25 min

BALINESE HEAD AND NECK MESSAGE – The massage of the head and the neck brings deep relaxation also relief in ailments resulting from stress. It eliminates the feeling of anxiety as well as provides into the state of deep relaxation and tranquillity.

110 PLN / 25 min

BALINESE FOOT MESSAGE – The massage of feet is applied both in healing, as well as relaxation purposes. It stimulates receptors being on feet. What streamlines the functioning of the nervous system and the endocrine system. It also supports detoxication of the organism of toxins and improves the sleep.

110 PLN / 25 min

RITUALS

BALINESE TROPICAL RITUAL – Treatment on the base of natural sugar peeling with the scent of tropical fruits based on 100% shea butter connected with deeply relaxing Balinese massage with health properties. Concentrated scrub with oils: coconut and argan, it perfectly cleans and streams microcirculation, effectively moistens as well as regenerates. Seeds of strawberries contained in it guarantes intensive removing the calloused cuticle, are also demonstrating non-oxidizable, antibacterial, regenerating, and protective properties. It helps to fight free radicals and reverses aging processes, also contributes keeping the appropriate level of skin's moistening.

350 PLN / 90 min

BALINESE PAPAYA RITUAL – Treatment based on natural sugar scrub with the scent of the Papaya based on the 100% shea butters and cocoa connected with deeply relaxing Balinese massage. Scrub is enriched with relaxing aromas - with oils: coconut, almond and macadamia. Sugar and stones of raspberries contained in the exfoliation are an excellent exfoliant which effectively removes scurf. Wealth of antioxidants prevents the premature appearance of indications of aging, restores firmness of skin and flexibility. The natural shea butter excellently moistens and greases skin granting its silky softness.



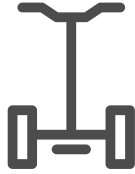


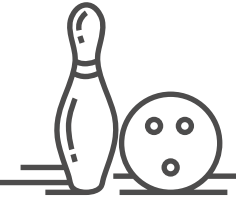

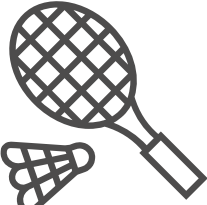
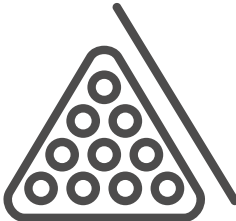




350 PLN / 90 min



BALIAN RITUAL GOLDEN – treatment based on natural golden oil, combining a Balinese face, head and neck massage. The ritual has strong relaxing and relaxing properties. After the treatment the skin becomes firm and elastic, the oil is a valuable dose of linoleic acid, has greasing and antibacterial properties.

250 PLN / 60 min

PRICE LIST OF HOTEL'S ATTRACTIONS

		1h	day			1h	day				
	BALANCE bike	10pln / up to 4h	40pln		BOULES / + 100pln deposit	30pln			SEGWAY / 15 minutes	50pln	100pln / 1 hour
	TREKKING bike	40pln / up to 4h	90pln		TENIS	45pln			BOWLING / 1 track	60pln	
	CHILDREN'S bike	30pln / up to 4h	60pln		BADMINTON	15pln			BILLARDS / 1 h	40pln	
	CHILDREN'S scooter	10pln / up to 4h	40pln		ELECTRIC scooter	50pln / 30 minuters	80pln / 1 hour		VOLLEYBALL ball	free of charge	
	NORDIC walking	20pln									





REGULAMIN HOTELU

1. Staying at the hotel means that the person renting a room, from now on referred to as the Guest, accepts the content of these regulations.
2. At check-in, the Guest of the hotel is obliged to show the Reception employee a document with a photo that confirms the Guest's identity. If the Guests refuses to show the ID in a way that would enable check-in procedures, it is the Receptionist's duty to deny the Guest an access card to the room.
3. The Guest leaves a legible signature on the registration card.
4. The Guest agrees for his personal information to be processed for the purpose of staying at the Hotel and to be placed in the Hotel's database in accordance with the regulation of 29.10.1997 on the protection of personal information (Dz. U. z 2018 poz.1000). The Guest has the right to review his personal information and perform corrections.
5. The room in the Hotel is rented for days.
6. The hotel day starts at 4 p.m. on the day the room is rented and ends at 12 p.m. on the day of departure. If the Guest does not specify the time of stay, it is assumed that the room is rented for one day.
7. The request to extend the stay at the hotel beyond the period indicated on the day of arrival should be made at the Reception until 9.00 a.m. on the day the renting period ends. However, this does not mean the stay will be extended. The Hotel will consider the request for extending the renting period if rooms are available.
8. If the Guest stays in the room or his luggage is present after 12.00 p.m., this is interpreted as an extension of the renting period. If the Guest leaves the room after 12.00 p.m., the computer program will calculate payment for another day of rent using full price. If the extension of stay is not possible, the Hotel staff will remove all of the Guest's possessions from the room and store them until the Guest recovers the possessions.
9. The Guest cannot give the room to other persons, even if the renting time for which he paid has not ended.
10. Persons that are not registered at the hotel can stay in the hotel room from 7:00 a.m. to 10 p.m.
11. If persons unregistered at the Guest's Hotel room are present in the room after 10 p.m., this is interpreted as the Guest's acceptance to pay for the additional registration of these persons in his room. The registration of each additional person will proceed in accordance with the current price for an additional bed for an adult, following the price list available at the Hotel's reception.
12. For the whole period of staying at the Hotel, children under 13 have to remain under the constant supervision and care of adults.
13. Sports and recreational equipment in the hotel (e.g. bicycles, scooters,

segways, pontoons, SUP boards, etc.) for hotel rooms, to the terrace and balcony. The above-mentioned equipment must be brought by the Guest be put aside in a place intended for this purpose (information in reception). For non-compliance with the above-mentioned recommendations by the hotel service during the event the service center has the right to deposit the equipment.

14. It is prohibited to ride bikes, scooters, skateboards and other sport equipment in the area of the Hotel (the Lobby and other parts of the building).
15. Children's legal parents/caregivers are held responsible for children's behaviour and any possible damage caused by said children.
16. Smoking is prohibited in the Hotel, including: rooms, bathrooms, halls and corridors. Smoking is allowed only in designated places.
17. If Guests allow the smells of cigarettes or other tobacco products to enter the Hotel room, this is interpreted as the Guest's acceptance to cover the cost of dearomatisation of the room - 900 PLN.
18. Everyone present at the hotel is obliged to behave quietly between 10 p.m. to 7 a.m.
19. From 10 p.m. to 7 a.m., Guests and persons that make use of the Hotel's facilities are obliged to behave in such a way as to not to disturb, in any way, the peaceful stay of other persons. The Hotel has the right to deny its services to anyone who violates this regulation.
20. The Guest that rents a room is obliged to familiarize himself with the room's equipment and to keep it in a perfect state. It is forbidden to take out furniture and equipment outside the hotel room.
21. The Guest takes full material and legal responsibility for all kinds of damage of the equipment and any items belonging to the Hotel that occurs due to his fault or the fault of his visitors.
22. Guests receive a key card to their rooms at check-in. The Hotel has the right to charge the Guest for the loss of the key card - 20 PLN.
23. Guests receive a towel card at check-in. The Hotel has the right to charge the Guest for the loss of the towel card or if the Guest does not give it back at check-out - 40 PLN.
24. In the case of any dirt requiring special cleaning activities in order to be removed or neutralised, the person renting the room is obliged to pay for the costs of cleaning: 500-900 PLN in accordance with the Hotel's estimation of costs.
25. Due to fire security regulations, inside the Hotel rooms, it is prohibited to use heaters or any other electrical equipment that is not part of the room's amenities. This does not concern chargers and consumer electronics' batteries or computer batteries.
26. Due to fire security regulations, the following actions are forbidden: a) in Hotel rooms and other rooms, the use of open fire in any form; b) the use of barbecue or open fire in the area belonging to the Hotel
27. In the case of a fire alarm and its consequences in the form of, among other, the evacuation of the building resulting from a Guest's activity, the Guest is charged with the following costs: the evacuation, the restoration

of the building to operating state from before the evacuation, the costs of claims of third parties if these costs occur as a result of the fire alarm and its consequences.

28. Each time when the Guest leaves his Hotel room, he is obliged to close the door and windows and to make sure that they are closed in such a way that other people could not enter the room. The Hotel takes no responsibility for the damage or loss of possessions that result from leaving an open window or door.
29. The responsibility of the Hotel for the loss or damage of possessions brought into the room by the Guest is regulated by art 846-849 of the Civil Code. The responsibility of the Hotel is limited if the possessions are not left at the reception's deposit. The Hotel has the right to reject the deposit of money, securities and other valuable items, particularly valuables and items of scientific or artistic value if they are a threat to security or if they are too valuable in relation to the size or standard of the Hotel, or if they take too much space.
30. Personal possessions left in the room by a Guest that is leaving will be sent at the Guest's expense, on his clear demand and to the address he specifies. If the Hotel does not receive such instructions, it will store the item(s) for 1 month. Then the possessions will be donated to a charity or given for public use/cause.
31. If these regulations are violated in any way, the Hotel has the right to deny its services to the person that violated the regulations. Such a person is obliged to immediately conform to the demands of the Hotel's staff, settle finances for the services received so far, pay for any damage caused and to leave the Hotel and its area.
32. The Hotel has the right to deny entry, if the Guest violated the regulations during his previous stay at the Hotel, or if he caused damage to the Hotel's or other Guests' property, harmed the Guests or staff or any other people present at the Hotel, or if he caused distress at the Hotel in any other way.
33. Bliżej Natury Spółka z ograniczoną odpowiedzialnością which manages Hotel Marina Club Siła 100, 11-036 Gietrzwałd, on the basis of a written agreement provided by the Guest, will charge the credit/debit card of the Guest for the sum of money specified after the Guest's check-out.



TOURISTIC ATTRACTIONS IN THE REGION

Horse Stud „Hippika”, Tomaszkowo
tel. 895 136 700

Kartasiówka. Ski station, Rus,
tel.: 603 597 048

Kurza Góra Ski Resort, Kurzętnik
tel. 692 693 072

Aeroklub Warmińsko-Mazurski, Olsztyn,
tel. 89 527 52 40

Museum of Warmia and Mazury, Olsztyn
tel. 89 527 95 96

Olsztyn Planetarium and Astronomical Observatory, Olsztyn
tel. 89 650 04 40

Warmia and Mazury Philharmonic, Olsztyn
tel. 89 527 51 75

Theater of Stefan Jaracz, Olsztyn
tel. 89 527 59 59

Puppet Theater, Olsztyn
tel: 89 538 70 38

Parrots' centre, Olsztyn
tel. 89 672 60 56

Trampoline Park 7 Jump Street, Olsztyn
tel. 668 037 709

Escape Room Olsztyn
phone: 506 760 033

Museum of Folk Architecture. Ethnographic Park, Olsztynek
tel. 89 519 21 64

Museum of the Battle of Grunwald
tel. +48 89 647 22 27

Teutonic Castle in Malbork
tel.: 55 647 09 78

II INFORMATION ABOUT HOTEL

TV channels

- | | | |
|-----------|-----------------|--------------------|
| 1. TVP 1 | 8. TVP Kultura | 15. RTL Television |
| 2. TVP 2 | 9. TVP Historia | 16. TVP 3 Olsztyn |
| 3. Polsat | 10. TV Puls | 17. TVP Info |
| 4. TVN | 11. Puls 2 | 18. TVP ABC |
| 5. TV 4 | 12. Eska TV | 19. Marina Club |
| 6. TVN 7 | 13. Polo TV | |
| 7. TV 6 | 14. TTV | |

RULES OF PROCEDURE IN CASE OF FIRE

The basic means of sounding an alarm in the case of a fire is audible a warning system that notifies room occupants hotel and other rooms about the fact that there was a risk.

In the case of announcing an alarm and ordering evacuation:

1. Stay calm, don't panic.
2. When you hear an alarm or evacuation message, take it immediately leave the room.
3. Obey the orders of the Services or the person in charge of the rescue operation.
4. Leave the endangered building marked with evacuation routes or indicated by employees.
5. NOTE: In case of a fire alarm, the elevators will automatically stop off. You should use the staircases indicated as roads evacuation.

