



SEASIDE IODINE
TAKE CARE OF YOURSELF!



Excessive work, daily fatigue, discouragement, energy drops and various autumn and winter ailments make us not feel well. One of the factors that have a negative impact on our body, especially in urban areas, is iodine deficiency.

Iodine is necessary for the proper functioning of the body, and its deficiencies can cause serious ailments.

The seaside JOD offer is a stay aimed at intensive supply of iodine to the body, general improvement of well-being and increase of immunity.

Depending on your preferences, a JOD seaside stay can be relaxing or active.

In the immediate vicinity of the hotel there is a two-kilometre long Seaside Boulevard with paths for cyclists, rollerbladers and runners, as well as a walking area.

In addition, you can use topographically varied forest areas, the Tri-City Landscape Park with picturesque cliffs and a sandy beach, which you can walk to Sopot and Gdańsk.

As part of the Seaside JOD offer, we have prepared a specially dedicated fish-based menu.

The combination of all these elements will ensure that, despite a short stay, the amount of iodine supplied will satisfy the body's needs for a long time.

OFFER PRICE IN SEASON - (April 1 - September 30):

FOR 2 PEOPLE IN A STANDARD DOUBLE ROOM

730 zł

PER DAY

FOR 1 PERSON IN A SINGLE STANDARD ROOM

590 zł

PER DAY

OFFER PRICE OUT OF SEASON - (October 1 - March 31):

FOR 2 PEOPLE IN A STANDARD DOUBLE ROOM

580 zł

PER DAY

FOR 1 PERSON IN A SINGLE STANDARD ROOM

440 zł

PER DAY

IN THE OFFER PRICE

COMFORTABLE:

- Accommodation in a STANDARD single or double room;
- Breakfast enriched with BIO products;
- JOD-rich dinner served à la carte in the Strefa Nadmorska Restaurant or in the form of a buffet;
- Voucher worth PLN 50 for the purchase of Baltic Collagen® bio-cosmetics (one per room);
- Free access to wireless Internet Wi-Fi;
- Free parking spaces in the hotel car park - roundabout (limited number of spaces), the possibility of using the hotel's underground garage or a large city car park* at the hotel (*fees according to the price list: <https://www.zdiz.gdynia.pl/>);
- Possibility of extending the hotel day until 18.00 on the day of departure.*

* after prior arrangement and confirmation with the Reception:
+48 58 667 77 77

ACTIVE:

- Free use of a professionally equipped gym and sauna*;
- Free rental of bicycles and Nordic Walking poles*.

* please book in advance: +48 58 667 77 77

DISCOUNTS:

- 15% on using the steam room*, dry sauna*, jacuzzi*;
- 15% on services available at the Genesis Institute;
- 15% on the purchase of BalticCollagen® bio-cosmetics;
- 10% for additional meals served from the menu in the hotel's Strefa Nadmorska Restaurant (without drinks);
- 20% for a place in the hotel's underground garage.

* please book in advance: +48 58 667 77 77

EXPLORE THE TRI-CITY WITH DISCOUNTS FROM OUR PARTNERS*:

- 20% on laser paintball in the ZOLTAR ZONE;
- 15% for a yacht cruise at PREMIUM YACHTING;
- 15% on attractions at Kolibki Adventure Park in Gdynia;
- 15% at the Centrum U7 bowling club;
- 15% for virtual reality in CYBER ZONE;
- 10% for the world of JUMPCITY trampolines;
- 10% for the TARCZA-GDYNIA Sports Shooting Range;
- A ticket to the cinema at the Gdynia Film Center is included in the price of a DISCUSSION TICKET.

*detailed information at the reception.

COME WITH CHILDREN:

- ▶ Children up to 5 years of age: free accommodation in the parents' room*;
- ▶ Children 5-12 years old: attractive discounts*.

* for details, please contact the Reception, t: +48 58 667 77 77

Offer SEASIDE IODINE** is valid all year round.*

For those of you who decide to extend your stay, we will offer a very favorable offer, taking into account your expectations and needs.

* the hotel reserves the right to exclude the offer on selected dates

** the hotel reserves the right to change the offer

Please check the availability of the offer via the website: nadmorski.pl or by sending an inquiry by e-mail or by contacting us by phone: [+48 58 667 77 77 / rezerwacja@nadmorski.pl](tel:+48586677777)

We invite you!