



**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;
- Free rental of bicycles and Nordic Walking poles\*.

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

### DISCOUNTS:

- 10% on using the steam room\*, dry sauna\*, jacuzzi\*;
- 10% at the Genesis Institute;
- 10% 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;
- 20% on the MAJALAND GDAŃSK amusement park;
- 15% on a yacht cruise in PREMIUM YACHTING;
- 15% on attractions in Kolibki Adventure Park in Gdynia;
- 15% at the Centrum U7 bowling club;
- 10% on the JUMPCITY trampoline world;
- 10% on the TARCZA-GDYNIA Sports Shooting Range;
- A ticket to the cinema in the Gdynia Film Center for the price of a DISCOUNT TICKET.

\* detailed information at 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](http://nadmorski.pl) or by sending an inquiry by e-mail or by contacting us by phone: t: +48 58 667 77 77 / [rezerwacja@nadmorski.pl](mailto:rezerwacja@nadmorski.pl)

We invite you!!