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**ARTU
PUNK
TURA**

ZAGREB ART THERAPY
FROM 16/09/2022
ARTUPUNKTURA.HR

Zagreb 1848

Artupunktura is back! Once again this year, Zagreb will light up with amazing art exhibits, bringing a fresh dose of creative expression to its streets, squares and parks. Check out the many points across the city where you can take in works of art by different authors, get inspired and celebrate art, ideas and freedom of expression. Don't miss it. artpuncture.hr



GO NATIVE



INDIAN SUMMER VIBES

Don't feel like parting with summer? Then check out Ha La Land (Sept 15-18, Avenija Dubrovnik 3B). It's a gin and beer festival with live music. Tickets at entrio.hr

BURGER FEAST

Calling all foodies! Check out what's on the menu at Zagreb Burger Fest (Sept 8-18 at Dr Franjo Tuđman park). Not a carnivore? Local chefs whip up treats for pescatarians and vegans too.



GO GREEN

Visit Ban Jelačić square (Sept 23-24) to learn about Zagreb's sustainable living. The 14th edition of ZeGeVege Festival is all about plant-based eats and eco-thinking. Arrive hungry even if you're not a vegan.

CHILL IN THE WOODS

September is ideal for hiking up Medvednica mountain. It's good for your mood and for transitioning from too many summer parties. Boot up and walk straight to the Sljeme hilltop.

MONOVIEW

A plant-based feast: Insider intel on the veggie scene of Zagreb



Maja Bučić Grabić, founder & owner of Plant Punk, a veggie/vegan takeout & delivery joint with two locations in Zagreb

Where do you go for vegetarian and vegan in Zagreb?

I love Zrno Bio Bistro and their daily microplate. The vegetarian options at Saralee Thai Street Food are tops; the Holy Basil dish with tofu is simply amazing. The veggie dishes at Good Food; their Sexy Green salad is delish, and they have great pressed juices.

Your market go-tos for the best fall ingredients?

I head to Kvatrić on Sunday morning for microgreens. Dolac is great on Tuesdays when the new stuff comes out & on Thursdays because there is an old woman who sells her greens in the middle row. I have been going to Dolac and Kvatrić for over ten years; it is a form of art, knowing how to talk to the vendors and get better prices. I just love the banter!

DOLAC IS GREAT ON TUESDAYS WHEN THE NEW STUFF COMES OUT



What do you love about Zagreb in September?

The colors and the smell of fresh starts. One of my favorite places is Dežman Bar on Dežmanova, where I go for a cocktail on their sidewalk

terrace after a long day in the kitchen. I also love to pop by Program café-bar on Martićeva; it feels like home.

Share your three secret spots in & around Zagreb.

Robizonski Kamp Leskar on the Mrežnica makes for a gorgeous day on the river, kayaking and swimming in untouched nature, with the small waterfalls and dragonflies... I love the Dotršćina forest park for a Sunday walk; it has so much history, and the sculptures of Vojin Bakić are spectacular. Plus, there are so many street food and art festivals happening in Zagreb throughout the year; I love the Burger Festival in September.

QUIZG

Questions



1 Manduševac has been a source of water for Zagreb since:

- a) 1213
- b) 1312
- c) 1411



2 If the Sun is on Bogovićeveva street, where is the Earth?

- a) Ilica
- b) Varšavska
- c) Gundulićeva

3 Dinamo is playing in the Champions League again this fall. How many times altogether has it been?

- a) 6
- b) 7
- c) 8

Answers

1 b Manduševac became a water source in 1312 following a great drought; the present-day fountain looks date back to 1987.

2 b In Zagreb solar system, the Earth sits at Varšavska 9, 194 meters from Kožarić's Sun.

3 c Dinamo is playing in the Champions League for the eighth time, since its first play in 1998.

COOL TURE +



ZAGREB DESIGN WEEK is on at the Academy of Fine Arts from September 6 through 11. The best of design is exhibited in the ALU building in Ilica, along with panels, lectures and parties in the Academy Park.

[@zagrebdesignweek.com](http://zagrebdesignweek.com)

THE FESTIVAL OF WORLD LITERATURE

(Sep 4-9) gathers renowned writers from 14 countries, including authors with awards like Man Booker, Goncourt and Costa. It is happening at the Croatian Society of Fine Artists and the Fraktura bookstore. [@frsk.hr](https://www.facebook.com/frsk.hr)

PROJECT ILICA

presents the new Q'Art, a pop-up festival of Zagreb's artisans, artists and creatives on Ilica, which will become a pedestrian zone. The fall Q'Art happens on September 18. More info [@projektilica.com](https://www.facebook.com/projektilica.com)

ZAGREB'S SWEET SPOTS FOR NATURE HEALING

JULIEN DUVAL



Medvednica Nature Park



Savica Lakes



Sound of silence

Listen to the blissful lack of human-powered noise and take in the soothing sounds of nature in Medvednica Nature Park (where forests cover 81% of the surface) and Zagreb's park-forests such as Dotrščina, Tuškanac-Dubravkin Put-Cmrok, Jelenovac, Kraljevec and Mirogoj.

Sound of water

Enjoy the serenity and calming effects of the Sopot slap, the biggest waterfall in Medvednica Nature Park. Take the marked trail #4 from Gornje Vrapče (ZET bus #125 from Črnomerec). It's about 1.5 hours of easy hiking through scenic nature.

The moving sight of butterflies

Butterfly Meadow in Maksimir near the Fourth Lake is one of the few preserved habitats for butterflies and other insects, a captivating and gorgeous pocket of urban biodiversity. Catch them while you can. Of the 87 species recorded, in the most recent research only 36 remained.

Spending time in nature lifts spirits and boosts energy. While you may not think of cities as the best spots for nature healing, Zagreb delivers. It has two important protected landscapes, Savica and Goričanec; and as many as 17 monuments of park architecture (park-forests). We've rounded up an inaugural event happening this month for the first time in Croatia, as well as five unique experiences for a nature boost.

Croatian Congress on Forest Therapy

(Sep 12 & 13; Hotel Tomislavov Dom, Medvednica Nature Park) World-leading lecturers from Japan, Korea, USA, Europe and beyond explain the meaning of Shinrin-yoku, an old Japanese method of regenerating the human organism by spending time in a forest environment, also known as forest bathing. For more info: snaga-sume.eu

Forest birdsong

Unwind to the sounds of birdsong, best enjoyed in early morning and at sunset. A great spot to do so is Savica, the only wetland area in Zagreb, important for nesting, feeding and wintering of about 150 bird species. During September, swallows gather in large flocks to spend the night in reeds; there are sometimes a thousand of them. Maksimir is also a great spot to take in the song of black-headed arboreal, black-capped bush, robin, blackbird and cuckoo.



2CELLOS, the famed cellist duet of Sulić and Hauser, after 10 years and a million tickets sold across the globe, perform their last concert on September 19 in Zagreb.

Croatian National Theater, together with Zagreb Youth Theater and Travno Cultural center, host the **FESTIVAL OF WORLD THEATER** from September 7 through 30. Don't miss the opening play by Christiane Jatohy from Rio, Brazil. Find the schedule @hnk.hr

THE NEW AGE EXHIBITION opens in the Museum of Contemporary Arts on September 14. @msu.hr

SAM ROTMAN, the renowned American pianist, performs at the Music Academy to mark 250 years of Beethoven. @muza.unizg.hr

THE FAIR OF LPs takes place at the court of the Classical gymnasium on Križanićeva street on September 18, from 10am to 6pm.



ANJA MUTIĆ

writes for *BBC Travel*,
the *Washington Post*
and many more.

Follow her at @everthenomad

Craft your own city

I write this with the view of a small seaside town through my window, some four hours' drive south of Zagreb. It's week six on the coast and islands, and just a couple of days before I return to the city for the season finale, to wave goodbye to summer.

The thing about September, it always feels like a fresh start. After the season of blissful disconnect from work, routine and duties, it's time to begin anew. Another school year starts, we slowly recollect our thoughts, make plans, look ahead...

There is so much power to these resets, to these first pages of new chapters. You get back into the flow of life with renewed energy, finding all those sweet spots that bring you joy. The weekday wanders through the woods of Maksimir. Coffee and cocktail rendezvous with friends along Martićeva. Day hikes on Sljeme.

And so begins the slow building of the everyday, the rituals that will sustain us through next June, when the school year ends and another summer comes around. Though we're often drawn to big changes, there are small ways to make things better and brighter, and our lives lighter.

When you think of it, all of us in cities create our own spaces. The urban fabric may be given to us but we are the ones who weave the tapestry of our own lives and communities. Each September is a reminder that it is up to us what we make of it, what we craft with the materials on hand. This September, I choose to craft my own beautiful slice of Zagreb.

Late summer by the lake



Sveta Nedjelja, a small town at the western edge of Zagreb, has loads of lakes. The biggest clutch of them, Rakitje, makes for a perfect summer retreat, with miles of lakeside walking and cycling trails. To get your heart racing, visit the nearby adrenaline park (Jagnić Dol village). Car lovers: don't miss Rimac visitors' center where Concept One is on display.



Tip: Show up at Rakitje lakes on Sept 4 (2pm) for the traditional fish feast; it features a free tasting of fish stew.



ANDREA PISAC

Global anthropologist and Zagreb writer with a twist. Follow her at @travelhonestly.com

Honestly, be ready for surprises

After a long summer at the beach, most of us think of Zagreb as a place that will kick us back to our routine. Yes, we love coming back. But our happiness has to do with coming back home to something familiar and predictable.

I love Zagreb in September because it always throws up something new. It can be a late summer event, a makeover of a street that happened while we were all away, or a curious city story. This year, the famous building of the Croatian Music Institute is under construction, but librarian Nada Bezić takes people for musical walks around the city. You won't listen to music but her stories about composers, musicians and music-theme locations will amaze you. Little Zagreb is another project with a surprise moment. You just need to look for miniature installations of historic houses and shops. Download the map at malizagreb.com and inspect sideway curbs, city gates and walls of public buildings. Duck down and turn on your frog's eye view.

As long as the Indian summer is on, there is plenty of excitement in Zagreb. So, while you wander around the city center, don't be surprised if you brush shoulders with historic or fictional characters in period clothes.

Tip: Visit the Zagreb City Museum where you'll find countless local stories, some chilling, others heart-warming.

Best of Zagreb

THE COOLEST MUSEUMS AND EXHIBITS

Zagreb is known as the city with the biggest number of museums per square mile. Because of this impressive choice, it is easy to overlook some of the most unique exhibits in the capital. Zagreb's treasure ranges from prehistoric exhibits to contemporary installations, including all types of art forms – with plenty of artefacts for science nerds, too.

1. Zagreb mummy

This 2,500-years-old Egyptian mummy, fondly called Rosie, is kept in the Archeological Museum. She was brought to Zagreb in 1848, wrapped in linen that contained inscriptions in old Etruscan. The fabric is known as the Zagreb Flax Book.



2. The clock room

High up in the attic of the Museum of Arts and Crafts there is an impressive collection of antique clocks and watches. Each is slightly ahead or behind time, so when they chime at noon, their rhapsody lasts for almost ten minutes.



4. Tesla's lab

In Zagreb's Technical Museum you can learn all about Nikola Tesla's inventions. In his lab, visitors can inspect models of turbines and watch fun experiments that include magnetic field gadgets and wireless transmission of current.

5. Double Slide

Before you explore the Museum of Contemporary art, stop to have a blast on the Double Slide. This 44-meter-long art installation is also a real slide that connects the upper level with the ground floor. Forget the stairs and take this 6-second ride down.

3. Baška Tablet

Displayed inside the main hall of the Croatian Academy of Sciences and Arts, this large stone tablet is a monument of Croatian literacy. The 11th-century Glagolitic inscriptions contain the first mention of the word 'Croatian'.

6. Nobel Laureates' Cabinet

This tiny but curious museum is snuggled inside the library building of the Croatian Academy of Sciences and Arts. It is dedicated to the work of Lavoslav Ružička and Vladimir Prelog, two Croatian Nobel Prize winners for chemistry.

NUMBERS

HELP

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TAXI

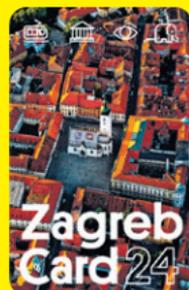
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THE MOST USEFUL CARD

With Zagreb Card, tourists get free transport and access to six attractions, plus ticket discounts for 56 locations. The daily card is 98KN, a three-day card is 135KN. @zagrebcard.com



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SIGHTRUN



HISSTORY



SPOTTED
BY LOCALS
ZAGREB



ZGPARK



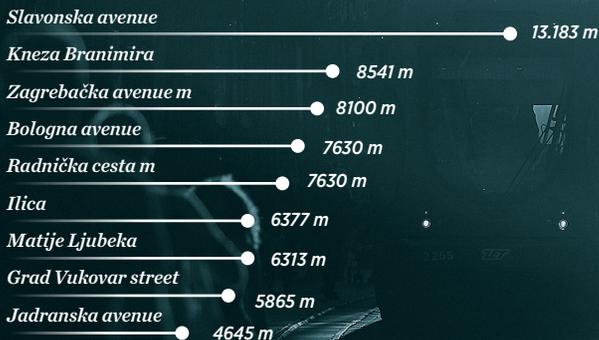
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THE LONGEST STREETS AFTER ILICA

For the longest time, Ilica, from Ban Jelačić square to the western suburbs, was the city's longest street. But Zagreb developed and expanded in the 20th century. Not counting Sljemenska road*, the longest city roads are now Slavonska and Zagrebačka avenues, stretching from the east to the west of town in full length of over 21 kilometers.

*According to the official statistics, Sljemenska cesta is 21,512 meters long.



TASTE OF ZAGREB

powered by Taste of Croatia



The sweet life of plums

On a branch, on a plate or at a market, plums always signal the nearing end of summer and the beginning of a tasty fall. Very versatile, these fruits can be savored fresh, preserved or distilled. In serious meals, they are an ingredient in the traditional *pašticada* and *stubička pisanica* (pork tenderloin), but their real purpose is to

sweeten our lives. Plum jam is a classic filling for homemade pancakes or *buhle*, sweet rolls. When fresh, they star in seasonal strudels, flaky pies and biscuit cakes like the old-fashioned *glajgeviht*. Around Zagreb, aromas and flavors of plum dumplings made of flour and potatoes take many straight back to childhood. Spiced with cinnamon, then served with butter-fried bread crumbs and/or cream. And when we run out of ideas on how to prepare them, the remaining plums always make good prunes. (**Gostionica Ficlek, plum dumplings 32KN; Zdravljak Sršek, plum strudel 16KN**)



PLAY FOODSIE

When fresh food is plentiful, cooking needs to remain simple. In Zagreb, we love to wrap our ingredients in phyllo pastry. Think apple strudel, creamy pumpkin strudel and the local star, *štrukli*. Next, we have savoury fillings, such as meat (*burek*), potato (*krumpiruša*) or spinach (*zeljanica*). You'll find these delights in bakeries, patisseries or restaurants. In fact, they are so ubiquitous, you'll be able to eat them for breakfast, lunch *and* dinner.



LAST MINUTE

Don't rush the good-byes Leave plenty of time before you jump on that plane. Zagreb locals are big on long goodbyes. So pick a shaded terrace and have a long farewell coffee. Allow your impressions to settle. Go through your favorite photos. Strike a conversation with the people sitting at the nearby table. There is a good chance you will make a promise to come back soon.

4am

FOUR NIGHTS OF ROCK CONCERTS

Not exactly till 4am, but till late hours and for four days in a row. Brijuničnica, an open-air festival in Hala Park hosts the best of regional rock, from Partibrejkers and Pocket Palma to Atheist Rapa and Mort. It is on September 8–11; daily schedule can be found at [#halazagreb](https://www.instagram.com/halazagreb)

Top 10 Zagreb attractions? Everybody has their own faves, but if you ask tourists, the best are in the Upper Town. Topping TripAdvisor charts are the Museum of Broken Relationships, St. Mark's Church and the entire Upper Town. Next are Tkalčićeva street, the Zagreb Cathedral and Ban Jelačić square. Mirogoj cemetery, Dolac market, Museum of Illusions and Maksimir Park complete the top 10.

Along with these, tourists do not miss Lotrščak tower and the Upper Town funicular.

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