



Welcome to PORTUGAL

Portugal – a world of experiences, places and landscapes – is ready to welcome you with open arms.

In this newsletter, we will suggest two destinations for the months of March and April: Sintra and Aveiro, respectively.

We will also tell you about our tours, particularly the Douro Wine Tour, which passes through the marvellous Douro region and the iconic cities of Porto, Amarante and Guimarães.

Why not take on the challenge? Choose Portugal! We are seriously committed to providing the best holiday experience and, to do so, we are here for whatever you might need. Our dialysis centres are run by the best clinical teams and provide indisputably excellent care. In Portugal, you will feel all the security and confidence you deserve.



March

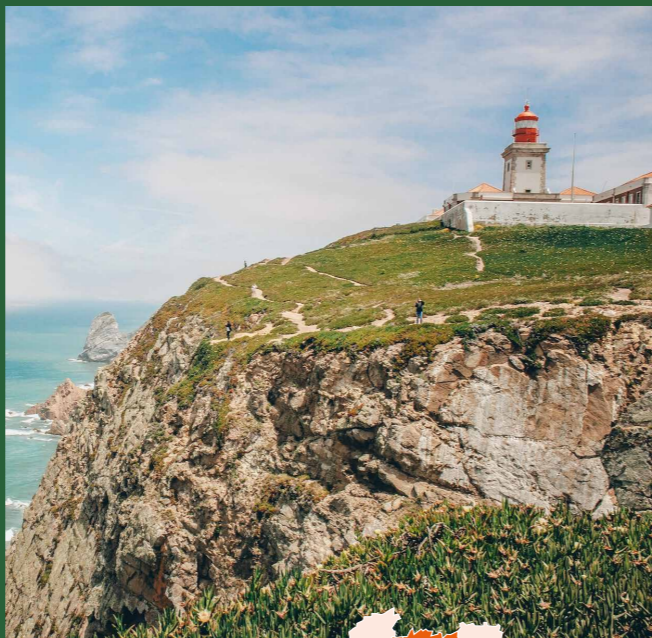
SINTRA

If fairy tales were real, Sintra would be the perfect setting.

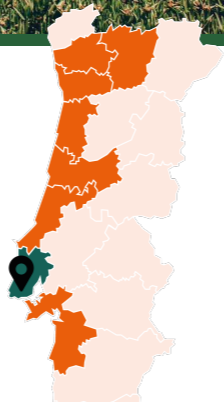
Competing with world-famous destinations in the category of the most romantic cities in Europe, and considered a UNESCO World Heritage Site, Sintra is especially known for the stunning Quinta da Regaleira, Pena Palace and the ruins of the Moorish Castle.

If you choose to visit Sintra, you must go on an outing to the most western point of continental Europe – Cabo da Roca. At about 150 metres above the sea, the amazing view of the Sintra Mountains and the surrounding coastline are an unmissable experience.

Luís de Camões referred to Cabo da Roca as “where the land ends and the sea begins.”



Diaverum
SINTRA



Destination with
**WELCOME
PACK**

Contact us to
find out more.

April

AVEIRO

Aveiro is a city that perfectly combines the contemporary and the traditional.

Nicknamed by many as “Portuguese Venice,” there are small boats that travel along its canals and on its lagoon: the “moliceiros.”

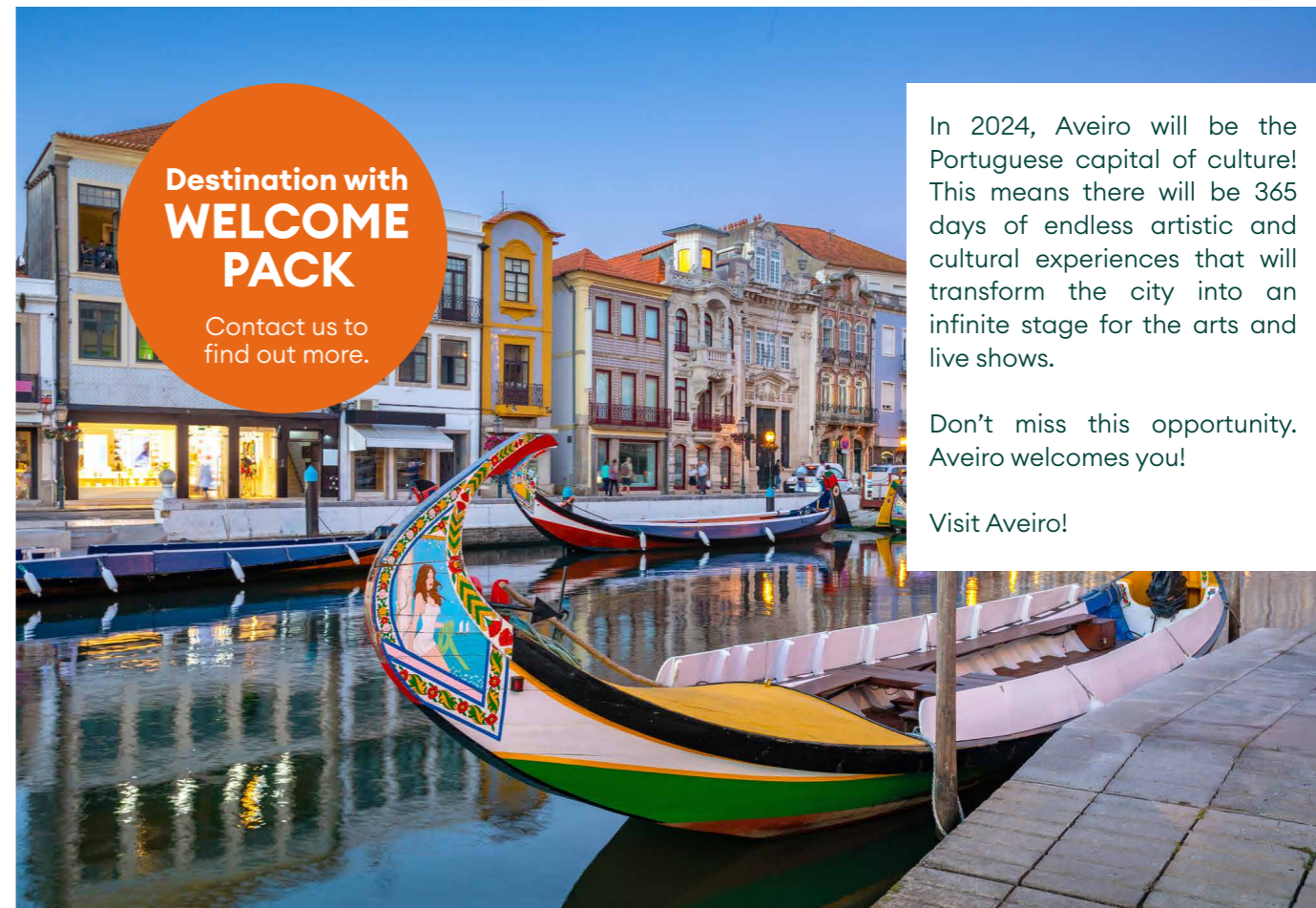
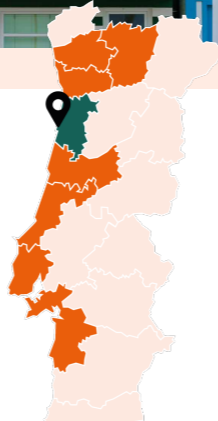
Outside the city centre, on Costa Nova beach, you’ll find another trademark of the city – the famous striped and coloured houses.

You really cannot miss going on a moliceiro ride in Aveiro. Once on board, you can navigate the city’s four canals, and even hear the peculiar stories told by the locals. The canals and narrow streets are magnificent and timelessly beautiful!

Discover the historical part of the city, the various Art Nouveau buildings, the renowned University of Aveiro, and much more. It’s an enchanting tour, believe me!



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AVEIRO



Destination with
**WELCOME
PACK**

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find out more.

In 2024, Aveiro will be the Portuguese capital of culture! This means there will be 365 days of endless artistic and cultural experiences that will transform the city into an infinite stage for the arts and live shows.

Don't miss this opportunity. Aveiro welcomes you!

Visit Aveiro!

OUR TOURS



Douro Tour

Feast your eyes on the Douro winemaking region and the iconic cities of Porto, Amarante and Guimarães.

Religious Tour

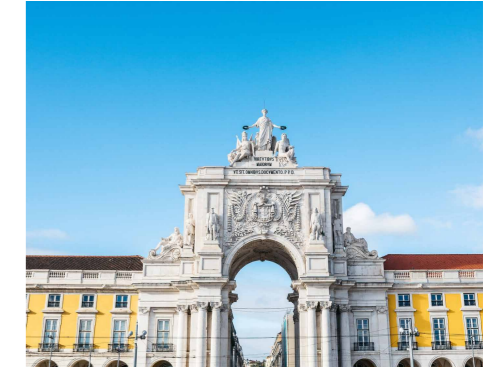
This Tour invites us on a journey to encounter faith, spirituality and above all, ourselves.

Beaches Tour

A tour around the magnificent beaches of Cascais, Sintra and the western coastline.

Golden Triangle Tour

The mandatory ports of call for anyone who visits the capital of Portugal: Lisbon, Sintra and Cascais.



Douro Tour



Feast your eyes on the Douro winemaking region and the iconic cities of Porto, Amarante and Guimarães, the cradle of Portugal.

Experience the stately farmhouses, riverside walks and the best traditional food.

Explore each location and enjoy everything there is to discover. This is a historical and cultural journey that is sure leave its mark on anyone who embarks on it.



A traveller's experience

Liviu Coiciu
Ottawa, Canada



Hi, everyone.

I was lucky enough to travel extensively in Europe during the summer holidays. In 2020 I had to undergo haemodialysis, which brought any trip I had planned to an abrupt halt. That was, until I discovered Diaverum's haemodialysis clinics all over Europe, which can accommodate travellers during their holidays.

We've been holidaying in Portugal since 2007, spending many summers there. It's one of our favourite European destinations, and we've visited much of this beautiful country.

On one of these trips, I recommend you stay in Estoril, a beautiful place with Cascais and Lisbon within easy reach. I travelled for 14 days thanks to Diaverum. It's easy to book appointments online at the Estoril clinic. The staff are incredible, including the nurses, doctors and administrative staff. They help patients, locals and tourists alike. I found an excellent hotel just 5 minutes' walk away, in a beautiful old neighbourhood. Every two days, at 7.30am, I had my treatment, after which I was free to visit the local beaches. On my free days, I could travel by car to nearby places: Sintra, Lisbon, Cascais, Cabo da Roca...

The food in Portugal is excellent, not to mention the friendly locals, the clean and safe streets and the great weather.

Thanks to Diaverum Estoril this trip was possible. Thank you, all of you!

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