

# Welcome to PORTUGAL

Portugal is inviting. Portugal is a world of experiences, places and landscapes.

In this newsletter, we suggest two destinations for the months of July, August and September: Torres Vedras and Cascais, respectively.

We are also launching the first of our sightseeing tours: The Beach Tour - a tour around the magnificent beaches of the Cascais, Sintra and western coastlines.

Accept this challenge and choose Portugal! We are seriously committed to providing the best holiday experience and, to do so, we are here to help with whatever you need. Our dialysis centres are manned by the best clinical teams and offer indisputably excellent care. In Portugal, you will feel all the security and confidence you deserve.

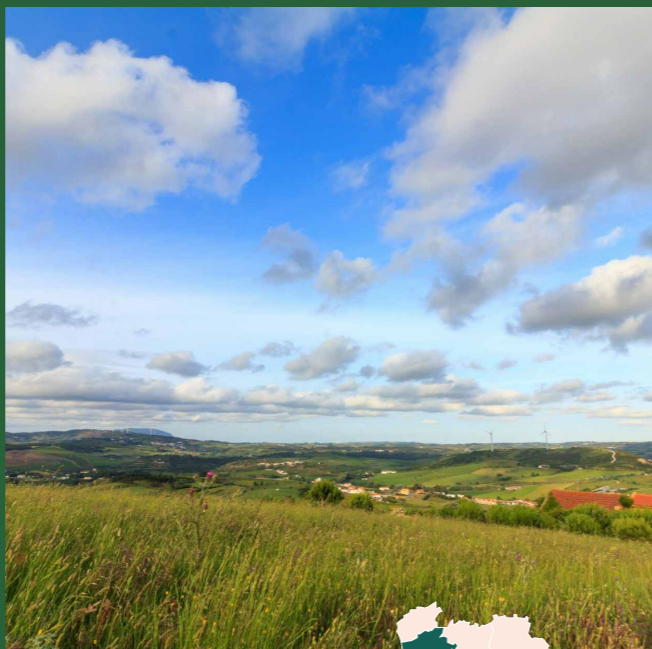


August

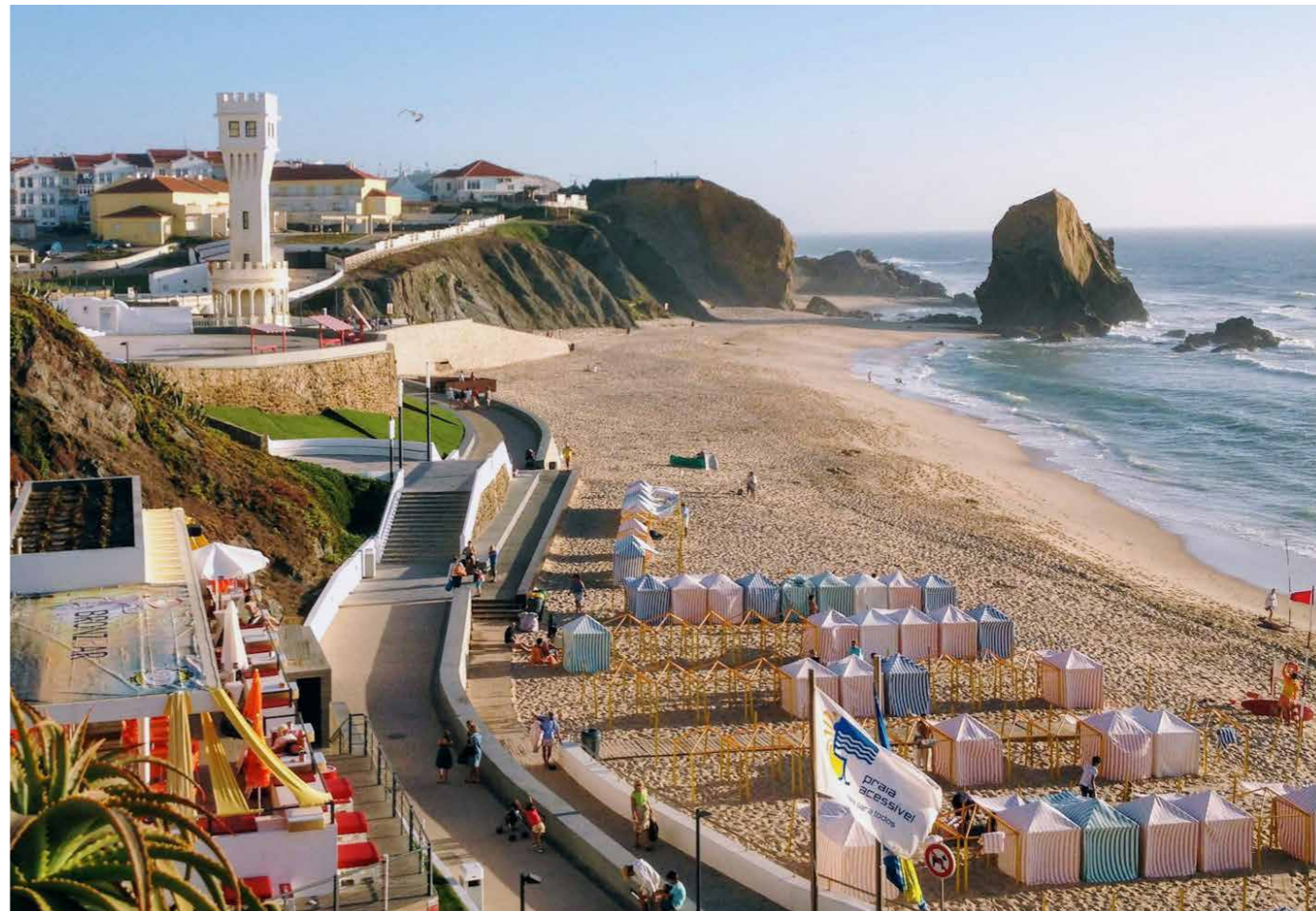
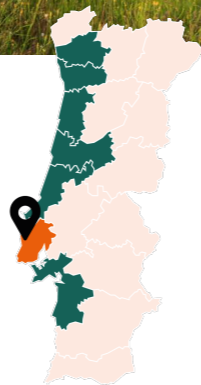
# Torres Vedras

Torres Vedras is a city of contrasts. The blue of the sea mixes with the green of the vineyards that paint the landscape throughout the Municipality, in a territory that is one of the largest wine producers nationally, focusing on the quality of its nectars. We can stroll along its beautiful beaches, 20km long, with sand as far as the eye can see.

The city invites you to stroll through the streets and alleys of unique beauty and inundates us with nature, with its vegetation and diversity of fauna and flora. Just a few km away from Lisbon, it is possible to find the peace of the countryside and the sea and admire the most beautiful sunsets on the cliffs. This area in the west of the country is also known for its people who are so welcoming and for their fabulous cuisine.



Diaverum  
**TORRES VEDRAS**





## September

# CASCAIS

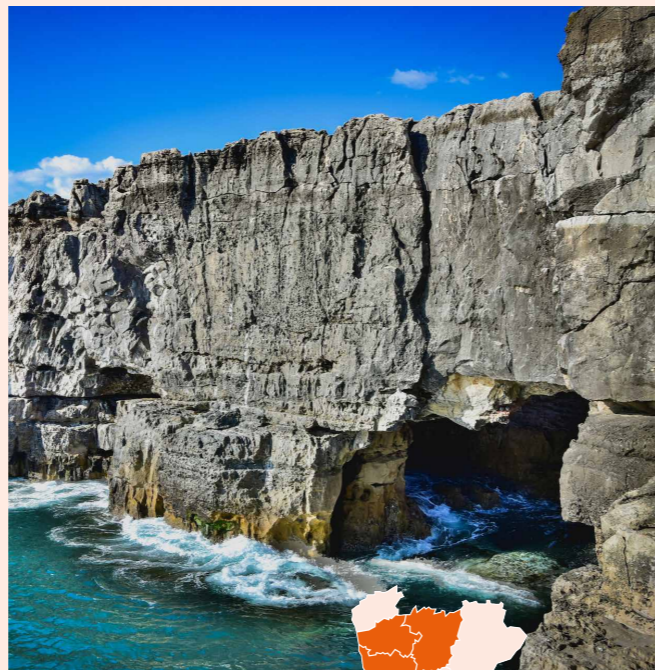
Cascais deserves to be immortalised on a postcard.

It unites a rich natural heritage, where the blue of the Atlantic Ocean, found on its magnificent beaches, combines with the splendid green of the Serra de Sintra mountains.

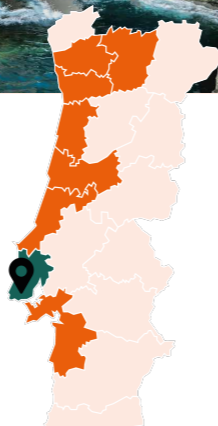
As an old fishing village, it still has the best fish and seafood, which is always served fresh on the outdoor terraces covered in flowers.

Cascais has a natural charm and is very inviting for those who enjoy strolling through the historic streets, where the Portuguese royal family took their summer holidays for many years.

October in Cascais is marked by many sunny days and good weather. Do not think twice about coming. We invite you to enjoy this whole experience, which never disappoints.



Diaverum  
ESTORIL





# Our CIRCUITS



## Religious Tour

This Tour invites us to an encounter with faith, spirituality and above all, with ourselves.

## Beach Tour

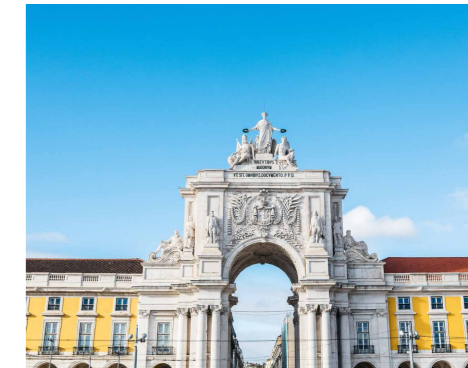
A tour around the magnificent beaches of the Cascais, Sintra and western coastlines.

## Golden Triangle Tour

The mandatory ports of call for all who come to the capital of Portugal: Lisbon, Sintra and Cascais.

## Douro Tour

Marvel at the Douro winemaking region and the emblematic cities of Porto, Amarante and Guimarães.





# Douro Tour



Marvel at the Douro wine region and the emblematic cities of Porto, Amarante and Guimarães, the birthplace of Portugal.

Enjoy the riverside walks and experience the best gastronomic traditions.

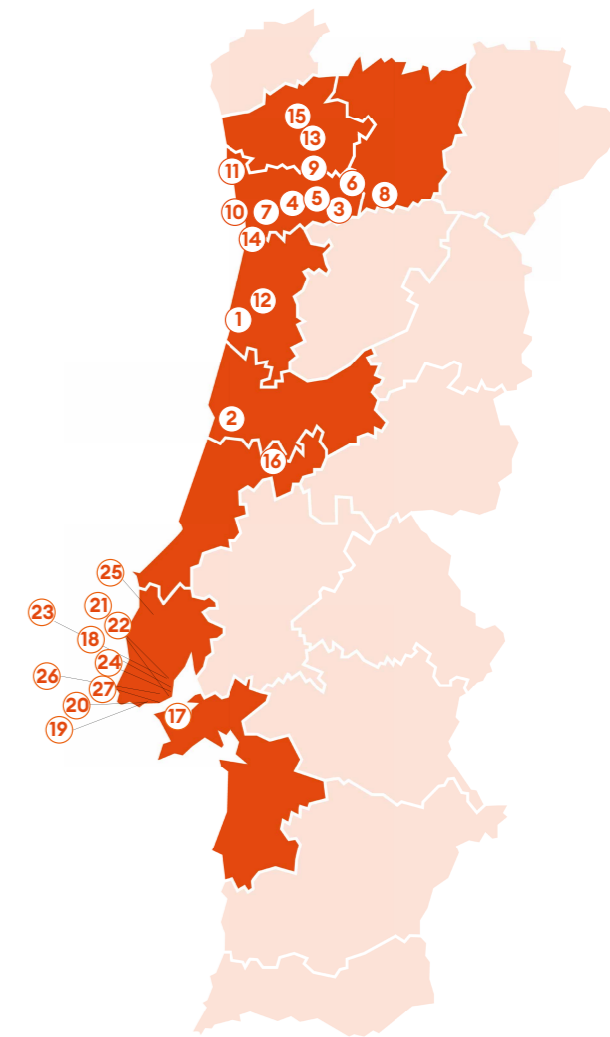
Discover each location and enjoy everything there is to discover. This is a historical and cultural trip that will leave its mark on the memory of everyone who takes it.







- 1 - Diaverum Aveiro
- 2 - Diaverum Figueira da Foz
- 3 - Diaverum Marco de Canaveses
- 4 - Diaverum Paredes
- 5 - Diaverum Penafiel
- 6 - Diaverum Amarante
- 7 - Diaverum Prelada
- 8 - Diaverum Peso da Régua
- 9 - Diaverum Riba d'Ave
- 10 - Diaverum CMDR
- 11 - Diaverum Vila do Conde
- 12 - Diaverum Águeda
- 13 - Diaverum Braga
- 14 - Diaverum Vila Nova de Gaia
- 15 - Diaverum Vila Verde
- 16 - Diaverum Pombal
- 17 - Diaverum Almada
- 18 - Diaverum Saldanha
- 19 - Diaverum Estoril
- 20 - Diaverum Linda-a-Velha
- 21 - Diaverum Loures
- 22 - Diaverum Lumiar
- 23 - Diaverum Sintra
- 24 - Diaverum Odivelas
- 25 - Diaverum Torres Vedras
- 26 - Diaverum SPD Amadora
- 27 - Diaverum Queluz



## CONTACTS

✉ [marta.olim@diaverum.com](mailto:marta.olim@diaverum.com)

☎ +351 96 301 69 86

