



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 May and June: Régua and Figueira da Foz 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.

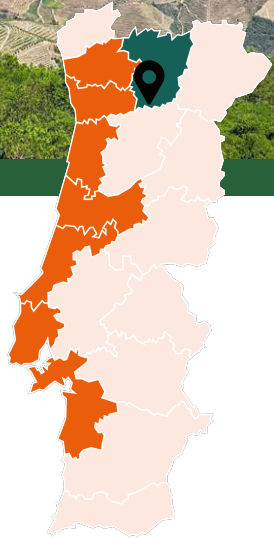
Accept this challenge and choose Portugal! We are seriously committed to providing the best holiday experience and, to do so, we are here to help with whatever you need. Our dialysis centres are manned by the best clinical teams and offer indisputably excellent care. In Portugal, you will feel all the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



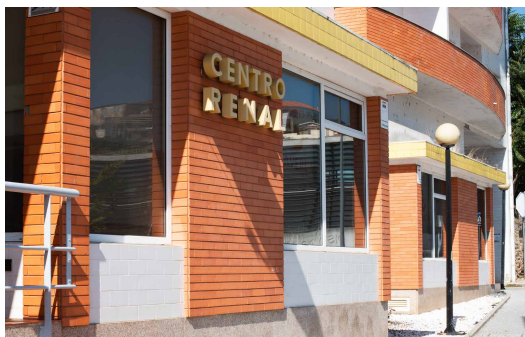
May RÉGUA

Peso da Régua is a magnificent place. The River Douro, the vineyards on its steep banks, the view from the belvederes in the region are more than enough reasons for the Alto Douro to have been classified by UNESCO as World Heritage.

We suggest a visit to Galafura and Covelinhas, where one of the most beautiful viewpoints of the whole Douro region is located. From this point, you are sure to be immersed in nature, given the sheer breadth of the landscape you can take in.



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RÉGUA



June

FIGUEIRA DA FOZ

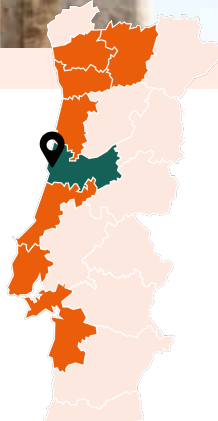
Known as the “Queen of the Silver Coast”, Figueira da Foz is a seaside town located at the mouth of the Mondego River. With an excellent geographical location, this city has gained enormous popularity as a reference seaside destination.

Claridade Beach lives up to its name because of its unique luminosity.

In front of the old fortress you can also find the Forte de Santa Catarina beach, known for its peaceful atmosphere and calm waters. The Marina is located on Av. Foz do Mondego. Ideal for going for a walk and relaxing on one of the terraces. If you are looking for nightlife, Figueira da Foz also has the Figueira Casino, the oldest on the Iberian Peninsula, and all the surrounding area, where you can enjoy a lively night out.



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FIGUEIRA DA FOZ



Our CIRCUITS



Religious Tour

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

Beach Tour

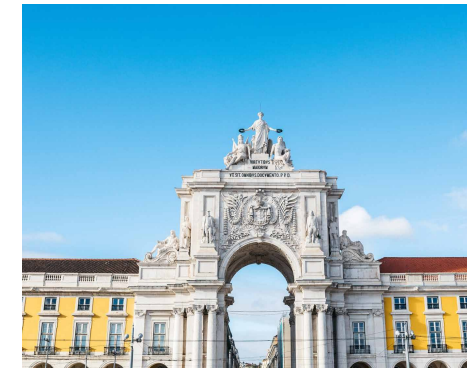
A tour around the magnificent beaches of the Cascais, Sintra and western coastlines.

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.



Beach Tour



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

Let yourself be enchanted by the beautiful beaches of Sintra and enjoy a trip with us to the famous beaches of Nazaré and Peniche.

We promise stunning landscapes and the best snacks with the best sunsets.



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