

# Tourist guide for kidney patients

Help for choosing your holiday destination



**30**

**Spanish destinations adapted  
to your needs**

This production is endorsed by:



**New Opening  
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30 Spanish destinations  
adapted to your needs

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# Welcome

Dear patient,

We are pleased to present the 2nd edition of the **"Tourist Guide for kidney patients"**, produced by Diaverum. Our activities are focused on kidney patients, and one of our main priorities is to improve their quality of life, through excellent medical care and tools that help them to enjoy a full life.

We believe that travel is a right that should not be affected just because you suffer from kidney disease. During the last few years we have launched new dialysis centres in a number of very popular tourist and holiday destinations, so you can combine a well-deserved holiday with the highest quality treatment.

All Diaverum Group dialysis centres work with a standardised system, both in Spain and in other countries, thus ensuring that the treatments provided offer the same level of quality regardless of the location, so you have one less thing to worry about when travelling.

In order to adapt to the new situation after the last two years, all our internal rules and procedures have been reinforced, and adapted where necessary, to ensure continuity of care and guarantee the health and safety of both patients and professionals.

In this guide we present 30 tourist destinations in Spain where you can enjoy a few days of rest, while undergoing dialysis treatment and personalised quality care in any of our 49 clinics throughout Spain.

Our network of clinics is available to all patients, whether their original centre is Diaverum or not. Our team will check all the medical information necessary to ensure continuity of treatment with the highest quality standards. All you need to do is choose your destination and, of course, enjoy your holiday.

Spain is a world leader when it comes to health and tourism. Spanish healthcare, both public and private, is recognised for its high quality and for the high level of training of its professionals, offering state-of-the-art healthcare and a totally safe environment.

Together with us, many key institutions from the world of kidney care believe in the project and have given us their support, for which we would like to express our most sincere gratitude.

We are at your disposal and hope that the guide will be of interest to you, and that we can count on your full confidence during your holiday.

**José María Ordóñez**  
**Managing Director**  
**Diaverum Spain**

***“In this guide we present 30 tourist destinations in Spain where you can enjoy a few days of rest, while undergoing dialysis treatment and personalised quality care in any of our 47 clinics throughout Spain”***



# Medical recommendation

## Why are holidays important for kidney patients?

They are medically recommended.

Each and every one of us has the right to rest, to explore, to travel, to enjoy our free time, or in other words, to go on holiday. This is part of what we mean by "quality of life". In the case of those suffering from Chronic Kidney Disease (CKD) on haemodialysis replacement therapy, this right cannot be forgotten. On the contrary, it should be encouraged.

Living with CKD can be considered a full-time second job, requiring meticulous and constant dedication; a daily obligation that is often exhausting for the patient and their family and/or caregivers, which is a very important factor that we must take into account. Caring for a person, even a close relative, requires a significant investment of time and effort, which can lead to physical and psychological exhaustion. As such, caregivers should not forget that taking care of themselves means they can take better care of their family member, as they are a pillar of support for them. This is why holidays are important for both patients and family members and/or caregivers.

As medical specialists, we cannot offer a holiday from CKD, but we can recommend enjoying a few days of rest, leaving behind your usual surroundings to discover new places. A few days to do nothing but relax and cultivate good spirits and positive energy, essential for building strength and continuing the daily work of protecting your health and wellbeing.

We are proud to help challenge the idea that families and/or caregivers of CKD patients on haemodialysis cannot travel safely and also enjoy stays in the various Diaverum centres available.

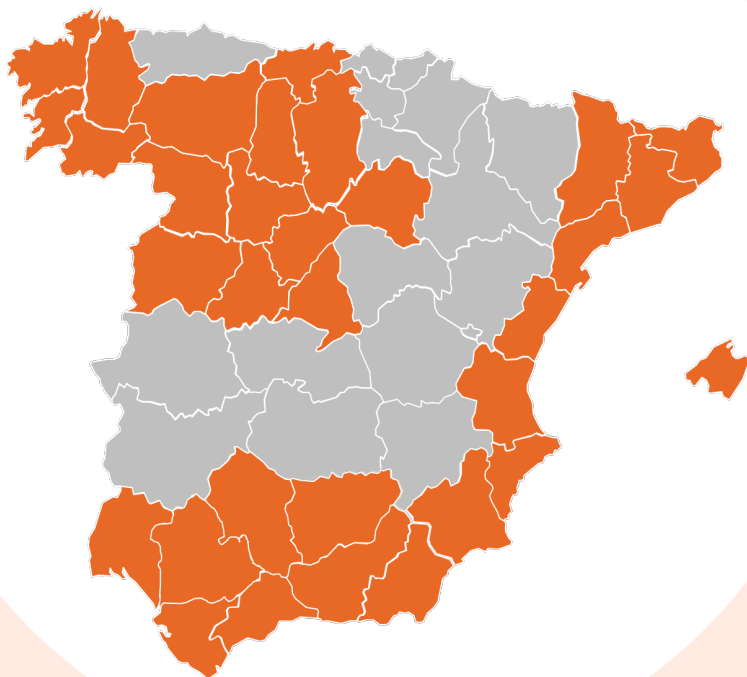
At the same time, we must not lose sight of the challenging times we are living in right now. If you are planning to travel, we recommend that you get fully vaccinated before doing so. This will make your trip safer and allow you to enjoy these moments more fully. Make sure you continue to take all the necessary precautions during your trip, to reduce the risk of any type of infection.

Stay safe and enjoy your well-deserved holiday.

**Dr Shaira Martínez Vaquera**  
**Medical Director Diaverum Spain**

*"A few days to do nothing but cultivate good spirits and positive energy, and enjoy new experiences, essential for continuing the daily work of protecting your health and wellbeing."*

Holidays  
are necessary and recommended  
for the physical and psychological  
health of patients



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# What positive impact has travelling had on your life as a kidney patient?

For many people, there is no better feeling than travelling and connecting with the world. Not only do you discover other ways of understanding life, facing daily challenges, living and engaging with the world, you also learn a lot about yourself. From my travels I have been able to discover other cultures and enjoy unique and authentic experiences. By travelling, I have met a lot of different people, many of whom are still very important to me, while also discovering other cultures, art forms, architecture and interesting places.

Over the years, I have learned that my disease does not define me. The only time I feel like a kidney patient is during haemodialysis sessions. When I finish my treatment, I am just like everyone else, with my own dreams, hobbies and aspirations. My goal is to live a full life, just like any other healthy person. I try to stay active, both physically and mentally, to be on the move and to go and see other places.

More than anything, I value my independence and being able to make my dreams come true, which include travelling and discovering other cultures.

It is true that people like me depend on a machine to survive, but this machine is available all over the world.

At the EKPF (European Kidney Patients' Federation), we promote and encourage world travel for people with kidney disease, including those who are dependent on haemodialysis.

Holiday dialysis programmes must allow kidney patients to move freely so they can travel, and, as president of the EKPF, I hope this guide will show you how this is possible.

The goal is to reach for the horizon, which is full of new experiences.

Personally, I believe that experiences, like travelling, are much more important than possessions.

Travelling has taught me to enjoy every moment and to always seek out new goals. Despite living with kidney failure, I always try to find the best new destinations in every situation: whether it's a few days of rest, an adventure or a grand tour of a city. All these moments allow you to switch off and take a break from your exhausting routine, to remind you that life can offer many wonderful opportunities.

*"Travelling has taught me to enjoy every moment and to always look for new goals"*



**Daniel Gallego**

President of the EKPF and the Alcer Federation

Kidney patient since 1995





# Nutritional advice for your trip

When we're on holiday, we forget about our daily routine and go with the flow. Our schedules become more flexible and we eat out much more often. For kidney patients, taking care of their diet and eating a suitable and balanced diet is essential to not neglect their quality of life, even when on holiday. However, this level of control need not stop you enjoying your holiday and your chosen destination to the fullest.

Each patient has their own special requirements and should follow the nutritional advice provided by their healthcare professionals, in addition to taking care with their consumption of liquids, potassium, sodium and phosphorus. At Diaverum, we understand how important it is for a patient to watch what they eat, so we wanted to provide some practical tips to help you follow a healthy diet, even when travelling and visiting bars and restaurants.

Above all, it is very important to try and follow a stable routine and not to skip meals; your body should follow its normal rhythm. If you change meal times and stop yourself





Do not skip meals

Follow a stable schedule

Control your consumption of liquids

Avoid fried and fatty foods

**Keep active**

from eating, you'll be more likely to choose larger portions and will find it more difficult to opt for healthy foods.

Furthermore, if you go to a restaurant, it is a good idea not to arrive on an empty stomach and always opt for the healthiest option; avoid fried and fatty foods in favour of boiled or grilled dishes. Even if you're planning on trying that tasty speciality, try to limit the portions of any foods that are not recommended and complement your dish with foods that are recommended for your diet. For example, it might be a good idea to choose restaurants that offer half portions on their menu, so you can combine more dishes. You might also want to contact the restaurant in advance and ask about any options that suit your needs as a kidney patient. They would be delighted to help!

Finally, every good meal should be accompanied by a good walk. Do not forget that, even on holiday, it's important to keep active: the best complement to a healthy diet to make you feel good.

Eating a balanced diet is essential to avoid neglecting **your quality of life**





Plaza de España in Seville

# Spain

Spain has been home to a diverse range of cultures and civilisations, and is now a country rich in art, gastronomy, culture and entertainment, offering visitors a fascinating mix of Gothic, Romanesque and Moorish architecture, traditional bullfights and unparalleled Spanish cuisine.

It also has almost 8,000 kilometres of coastline, with beaches for all tastes, and an irresistible sunny climate.

These are just some of the reasons why this country attracts thousands of visitors every year, who come back to enjoy it again and again.

With our d.HOLIDAY dialysis programme, you can choose the ideal Diaverum dialysis centre for your holiday, and we will help you manage your dialysis appointments.

Plan your holiday and enjoy this country full of contrasts and endless activities for all tastes.

Torremolinos

Estepona

Malaga

Torre del Mar

Huelva

Cartaya

Minas de Riotinto

Seville

Motril

Jaén



# Andalusia

Andalusia is an immense, safe and surprising region. There is something for everyone, whether you love sun and beaches, inland tourism, immersing yourself in history or discovering new flavours.

Andalusia has more to offer than any other tourist destination in the world due to its fantastic tourist attractions, climate, transport connections, hotel infrastructure and friendly residents. Millions of Spanish and foreign tourists go there for their summer holidays every year.



Huelva Beach, Spain

# Torremolinos

## Province of Malaga

Torremolinos is a town located just 12 kilometres from Malaga City, and is known as the access point to the Costa del Sol. Once home to many of the most ancient civilisations in the Mediterranean, Torremolinos is today a modern city that still preserves all the alluring charm of Andalusian traditions.

The main tourist attraction of Torremolinos is its beaches. It offers almost 7 kilometres of coastline, with the beaches of Los Alamos, Playamar, El Bajondillo, La Carihuela, Montemar and El Saltillo being the most impressive. Here visitors can enjoy more than 300 days of sunshine and pleasant temperatures throughout the year. There are endless different activities in Torremolinos: from taking a dip, enjoying the sun at almost any time of the year, and enjoying all kinds of sports, including golf, to the numerous restaurants where you can taste "pescaíto frito", a local dish consisting of fried fish.



### How to get there



By plane to Malaga airport and transfer by car (12.6 km).

By train, taking the AVE to María Zambrano Station and then transfer by car (24 km).

By the A-7 motorway, which bypasses the city to the north.

Clinic location: 1.1 km from the train station and 650 metres from the bus station.

### Get in touch with us:

**Torremolinos Dialysis Centre**  
C/ La Cruz, 58  
29620 TORREMOLINOS  
(Malaga)  
Tel: 00 34 952 374 869  
[torremolinos@diaverum.com](mailto:torremolinos@diaverum.com)





## Discover our cuisine

If you are a lover of traditional cuisine, *pescado*, *espetos* or rice with seafood, Torremolinos offers some incredible options with restaurants that provide the freshest food for you to enjoy. You will find all kinds of rice dishes, paella, grilled or skewered fish, and barbecued juicy meat, and that's without forgetting another popular option: the shellfish, available boiled and grilled. The Malaga Designation of Origin is also known for the excellent quality of its wines, particularly the sweet ones.

## Sites you shouldn't miss!

**Paloma Park in Benalmádena.**  
6 km from the clinic, 12 min. by car.

**Ronda.**  
112 km from the clinic, 1h 32 min. by car.

**Mijas Pueblo.**  
6.6 km from the clinic, 14 min. by car.

**Selwo Marina.**  
22.3 km from the clinic, 23 min. by car.

**Gibraltar.**  
50.3 km - 51 min. by car

**Sotogrande**  
22.1 km - 26 min. by car.

## A cultural tour through Torremolinos

**9am** Take a stroll along **Playamar**, breathing in the fresh sea air.

**10am** Have breakfast at a bar in Bajondillo and visit Casa de los Navajas (Calle Las Mercedes).

**10:30am** Wander through **La Carihuela**, the old fishermen's quarter.

**12pm** Walk along the Puerto Marina port.

**2pm** Have lunch at Los Mellizos in La Carihuela.

**4:30pm** Head up to

**Calle San Miguel** to enjoy the city's most famous street and have a coffee at **Plaza de la Nogalera**.

**6:30pm** Visit Pueblo Blanco.

**7:30pm** Walk through Parque de la Batería, a stunning garden in the city with 74,000 m2 to explore.

**8:30pm** Wander along Los Álamos and enjoy some delicious "espeto" sardines, a typical dish in Malaga.



# Estepona

## Province of Málaga

Estepona is an idyllic little town surrounded by both the Mediterranean and the mountains. Its town centre is full of colourful flowerpots that go beautifully with the planters and the Orchid House and Botanical Garden. Aside from its natural beauty, Estepona offers art and culture, beautiful sunshine and beaches, and a wide range of leisure activities: you can try kite surfing, enjoy a taste of the African savannah, discover the world of horses or even watch whales and dolphins. There are many things to do in Estepona so you won't be bored for a second. They may be fun activities you want just to just do there and then, or they may become a new lifestyle.

### A cultural tour through Estepona

**9am** Wander through **Los Pedregales:** a natural site of great beauty that stands out for its beautiful panoramic views of the African coast and Gibraltar.

**11:30am** **Parish church of Nuestra Señora de los Remedios:** an eighteenth century church used as a convent by the Franciscan Fathers of the Tertiary Order from 1725 to 1766.

**12pm** **Calvario Chapel:** erected in the 18th century, this chapel was originally used to care for the sick.

**12:30pm** **Clock Tower:** this building dates back to the 15th century and is part of the destroyed

Fortress Church.

**1pm** **Plaza de las Flores:** in the old town and just a few minutes from the sea you will find one of the most famous squares in Estepona.

**1:15pm** **Town Library and Casa de la Cultura:** visiting hours are Monday to Friday, 10am to 2pm and 5pm to 9pm.

**2:15pm** **Lunch at Plaza de las Flores**

**3:30pm** **Castle of San Luis:** an ancient fortress built by the catholic Queen Isabella in the early 16th century. Today only the ruins of its walls remain.

**4:30pm** **Palacio de Congresos:** this building is surrounded by 15,000 m2 of gardens and offers 300 parking spaces and even

a heliport.

**5:30pm** **School of Equestrian Art:** one of the most important and renowned Spanish equestrian centres, with some of the most modern facilities in Europe.

**7:00pm** **Punta Doncella Lighthouse:** a 22-metre tall lighthouse for air and sea traffic located between the promenade and the port.

**7:30pm** **Marina and Fishing Port:** the small but charming port of Estepona is located just 5 minutes from the town centre, and there you can enjoy wonderful views and the maritime atmosphere.







## Get in touch with us:

### Estepona Dialysis Centre

Avd. Puerta del Mar, 54,

29680, Estepona

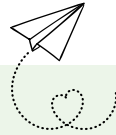
Tel: +34 951 31 65 83

estepona@diaverum.com

## Discover our cuisine

Another key tourist attraction in Estepona is its cuisine. Due to its geographical location, Estepona is able to offer a highly varied cuisine based on products from the countryside and the sea.

Although it is generally very similar to the Costa del Sol, it does have some of its own dishes, such as sardines “a la teja”, salt fish and octopus salad.



## How to get there

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By plane to Malaga airport and transfer by car (90 km).

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By train, taking the AVE to María Zambrano Station in Malaga and then transfer by car (76 km).

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Estepona bus station.

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A-7 motorway.

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Clinic location:  
just 1.3 km from the Pedro Manrique promenade.

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## Sites you shouldn't miss!

### Selwo Aventura.

13.8 km - 19 min. by car.

### Puerto Banús.

24.6 km - 27 min. by car.

### Marbella.

34.3 km - 25 min. by car.

### Ronda.

69.2 km - 1h and 10 min. by car.

### Gibraltar.

50.3 km - 51 min. by car.

### Sotogrande.

22.1 km - 26 min. by car.



# Malaga

## Province of Malaga

Malaga is one of the best known and most prominent tourist centres in the country, remarkable for its Mediterranean coastline, the Guadalmedina River and the proximity of the Montes de Málaga mountain range. The city is also known for being the birthplace of the famous painter Pablo Ruiz Picasso, to whom two spaces have been dedicated in the old town: 'Casa Natal de Picasso', which houses the foundation of the same name and objects preserved from his childhood (located in Plaza de la Merced), and the Malaga Picasso Museum, one of the three most important museums about the artist.



### Discover our cuisine

The seafood cuisine here has been influenced by all parts of the Mediterranean, with the most famous examples being the Phoenician and Roman salted fish, the Arabic pastries made with honey and dried fruits, and the Castilian cooking techniques.

You can also easily find numerous beach bars and restaurants along the promenades on the city's coastline: true havens for good traditional Malaga cuisine, where the main attractions are "pescaito frito" (fried fish) and "espetos" (sardine skewers).



## Get in touch with us:

### Malaga Dialysis Centre

C/ Ayala, 33

29002 MALAGA

Tel: 00 34 952 365 780

malaga@diaverum.com

Port of Malaga, Pier One

### A cultural tour through Malaga

**9am** Stroll along **Calle Larios**. We suggest starting the day with a walk along the main high street of Malaga, the best place to go shopping. Have breakfast at Plaza de la Constitución, where you can order up to 9 different types of coffee.

**9:30am** Continue along **Calle Granada** towards Plaza de La Merced. From there you can walk to the Picasso Museum, a must for lovers of cubism, then continue to the artist's birthplace. And along the way, don't forget to take a picture with Picasso himself!

**11:30am** After this visit you can wander around the **Roman Circus**, the oldest in Spain, then enjoy the Alcazaba, the great jewel of Malaga that served as a

fortress for the Muslim rulers.

**12pm** This is the perfect time to visit the **Cathedral of Malaga** (known as "la manquita"), one of the city's iconic sites.

**2pm** Enjoy some tapas in the **the city centre**.

**4:30pm** From the cathedral you can start strolling through the old town, and don't forget to walk through **Pasaje Chinitas**. Then lovers of romantic paintings should pay a **visit to the Thyssen Museum**.

**6pm** After lunch, there's no better way to start the afternoon than climbing up to the **Gibralfaro Castle!** You can get there by taking bus number 35 from Paseo del Parque. From the castle you can enjoy some impressive views of the city and the bay

of Malaga.

**7:30pm Paseo del Parque.** This road full of palm trees and buildings of different architectural styles is another of Malaga's star attractions.

**The port** The port is another essential stop. Here you can stroll through the shopping and entertainment area of Pier 1 and Pier 2, also known as the "palm grove of surprises". This is also a perfect place to enjoy the colourful sunset.

**9pm Paseo de la Farola.** Next to the pier you'll find the Paseo de la Farola, which leads to the lighthouse of Malaga. This is one of only two lighthouses in Spain referred to with the feminine word "farola", rather than the masculine "faro".







Malaga Cathedral

## Sites you shouldn't miss!

### **In the centre of Malaga.**

Picasso Museum, Thyssen Museum, Pompidou Centre of Malaga, Museum of Malaga, Museum of Flamenco Art, Contemporary Art Centre of Malaga, Automobile Museum of Malaga, Museum of Art and Popular Traditions, Atarazanas Market.

### **La Concepción Historical-Botanical Gardens:**

in the northern part of the city.

### **Montes de Malaga Natural Park:**

about 25 kilometres north of the city centre.

### **Caminito del Rey.**

1 hour by car.

### **Caves of Nerja.**

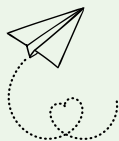
50 min. by car.

### **Ronda.**

1 hour and 30 min. by car.

### **Granada.**

1 hour and 40 min. by car.



## How to get there

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By plane to  
Malaga-Costa del Sol  
Airport and transfer  
by car (8.5 km).

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Malaga Bus Station.

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By train, taking the AVE to  
María Zambrano Station

---

The A 45 motorway.

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Clinic location:  
Very close to the train  
station and just 2 km  
from the port of Malaga.

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La Concepción  
Botanical-Historic Gardens  
of Malaga



# Torre del Mar

## Province of Malaga

Nestled in the easternmost part of the province of Malaga you will find the beautiful region of Axarquía. With a relatively steep coastline, the region is crowned by the impressive mountains of the Sierra de Almijara, where the Penibética mountain range ends as it reaches the sea. The region has a long and exciting history, with roots that go back to Phoenician, Carthaginian and Roman times, and it was thanks to these civilisations that trade developed in the region. It would later become one of the last Arab vestiges in the Iberian Peninsula. The long and rich history of Axarquía has endowed the area with excellent heritage, a rich culture and popular traditions. The most popular towns in this region, also known as the eastern Costa del Sol, are Torre del Mar, Vélez and Nerja.

### A cultural tour through Torre del Mar

**9am Breakfast** at one of the many cafés available in the city.

**9:30am** A stroll along the wonderful **Paseo Marítimo**.

**11:30am** A tour of **Calle del Mar** (a pedestrianised high street).

**1pm** Time for an aperitif at some of the **famous bars** along the "Tapas Route".

**2:15pm** Enjoy the **cuisine on offer** at our bars and restaurants.

**4:30pm** Enjoy a coffee and spend the rest of the afternoon relaxing on **the beach or by the pool**.

**8pm** Enjoy the spectacular **sunset** on the beach.

**10pm** For dinner, there's nothing better than visiting one of the **restaurants in the area**.

### Sites you shouldn't miss!

**Balcón de Europa and the Caves of Nerja.**  
36.3 km, 36 min. by car.

**Frigiliana.**  
27.6 km, 26 min. by car.

**Burriana Beach and Maro Beach.**  
27 min. and 25 min. by car.







## Get in touch with us:

### **Axarquía Dialysis Centre**

Paseo Marítimo del Levante, 88

29740 Torre del Mar (Malaga)

Tel: +34952544024

[axarquia@diaverum.com](mailto:axarquia@diaverum.com)

## How to get there

Torre del Mar Bus Station.

By train, taking the AVE to María Zambrano Station in Malaga and then transfer by car (45 km).

A-4 and A-44 motorways.

Clinic location: On the seafont, 9 minutes walk from the Torre del Mar Bus Station.



Caves of Nerja

## Discover our cuisine

Lovers of good food will want to pay a visit to Torre del Mar and its restaurants, where you can enjoy various famous dishes, such as some *migas* at lunchtime, or delicious sardine skewers in the evening, in the light of the moon and the flames that cooked them.

Some other notable dishes are coquina clams with garlic, seafood soups, paella and roasted pepper salad.

Balcón de Europa in Nerja



# Huelva

## Province of Huelva

Huelva, the capital of the province by the same name, is an outstanding destination on the Andalusian coast, located at the confluence of the rivers Tinto and Odiel and renowned for its fine sandy beaches, so characteristic of the Costa de la Luz. Huelva offers a natural environment and fantastic cuisine. Due to its links to the discovery of America, it also has important ties with Ibero-American organisations. Among the most important events of the year is the pilgrimage of El Rocío, which preserves a centuries-old festive and religious tradition and attracts almost a million people every year.

### A cultural tour through Huelva

**9am** Visit **the centre of Huelva**. Have some breakfast then stroll through the city centre and the iconic Plaza de las Monjas.

**10:30am** This is a good time to take a beautiful ride aboard the historical Canoa. This boat crosses **the Huelva estuary** to Punta Umbria, a coastal town with extraordinary white sandy beaches, where you can visit many different sites, including the Juan Carlos I dock, the salt flats or the Punta del Sebo.

**1:30pm** With the wide variety of food available in Huelva, you will definitely want to take a break to enjoy a snack at the **Port of Huelva**.

**2:30pm** Have lunch at one of the magnificent restaurants located in the **centre of Huelva**, where you can taste the typical products from the province.

**4:30pm** Visit **Casa Colón** and the monument dedicated to the Virgin of El Rocío.

**6pm** Visit the historical area of La Rábida. Here you will find **the monastery and the Muelle de las Carabelas**, a location that was vital to the later discovery of America.

**10pm** For dinner, there is nothing better than a visit to one of the restaurants in the area.







El Rocio, Huelva

## Get in touch with us:

### **Costa de la Luz Dialysis Centre**

C/ Lucena del Puerto, 9- 11

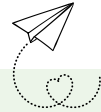
21002 HUELVA

Tel: 00 34 959 23 38 35

huelva@diaverum.com

## Discover our cuisine

The cuisine and typical food in Huelva is very notable for products as well known as Jabugo ham and white shrimp. In addition to these well-known products, you will find an abundance of quality fish and seafood caught along its coast, as well as meat and sausages produced from the local Iberian pigs.



## How to get there

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By plane to Seville airport and transfer by car (107 km).

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Huelva-Término Train Station.

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A-5 and A-49 motorways.

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Location of the clinic 500 metres from the Aqualon shopping centre, located near the Muelle de Norte.

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## Sites you shouldn't miss!

**The Monument to the Discovery Faith.**

**La Rábida Monastery.**

5 minutes from the centre of the capital.

**Market of El Carmen.**

**Barrio Obrero.**

**The Muelle del Tinto.**

**Parque Moret.**

**The Zenobia Campubrí and Juan Ramón Jiménez House Museum.**

20 minutes from the centre of the capital.

**The Columbus Monument.**

**La Merced Cathedral.**

**The Muelle de las Carabelas.**

# Cartaya

## Province of Huelva

On the one hand, Cartaya offers sunshine and white sandy beaches, and on the other hand you have nature, with a pine forest of 11,500 hectares and the Marismas del Río Piedras and Flecha del Rompido Natural Park, with a spectacular landscape along one of the rivers with the richest and most varied fauna and flora in all of Huelva.

The town of Cartaya maintains all the classic characteristics of a typical Andalusian village. It perfectly combines quality tourism, based on respect for the environment, and a wide range of leisure activities designed to offer visitors the best environment to experience new emotions that will make them want to come back again and again.

### A cultural tour through Cartaya

**9am** Visit the town centre, taking a stroll along its streets after breakfast.

**10:30am** Explore the town of **El Rompido** (8 km from Cartaya). This fishing village is a delight for tourists that maintains all the characteristics of its first settlers, with low whitewashed houses and a lighthouse that is the star attraction of this town.

**11am** Stroll along the Flecha; the only virgin beach left in Huelva. This beach is part of the Marismas del **Río Piedras** Natural Park and contains fauna and flora of great natural value. To get there you will need use maritime

transport, which offers services throughout the day.

**1pm** Boat ride along the **Piedra river**, which leads to the sea.

**4:30pm** Return to the magnificent fishing village of El Rompido.

**6pm** Climb up to the lighthouse, with a shopping centre and bars where you can taste the widest variety of coffees and cocktails in an unbeatable setting.

**9:30pm** From the same lighthouse you can enjoy the best sunsets in Spain.



## Discover our cuisine

It is worth mentioning that the cuisine in Cartaya is very diverse, due to its privileged location between the coast and the mountains. Typical dishes are prepared with local products from the land and the sea, with a local touch. Fish and meat are complemented with local vegetables, seasoned with oils and vinegars, accompanied with good wine and finished with fruits and desserts that are typical to the area.



## Get in touch with us:

### Cartaya Dialysis Centre

Pol. Industrial La Barca Parcela BU1

21450 CARTAYA (Huelva)

Tel: 00 34 959 235 252

cartaya@diaverum.com

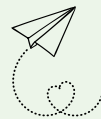
## How to get there

By plane: to Seville Airport, and transfer by car (110 km); or to Faro Airport (Portugal), and transfer by car (90 km).

Huelva Train Station and transfer by car (25 km).

A49 motorway.

Clinic Location Located 1.5 km from the centre of Cartaya.



## Sites you shouldn't miss!

Convent of Nuestra Señora de la Merced.

Cruz los Milagros Hermitage.

Hermitage of Nuestra Señora de Consolación.

Parish Church of San Pedro.

San Miguel Castle.

Lighthouses of El Rompido.

Bridge of La Tavirona.

# Riotinto Mines

## Province of Huelva

If you explore Huelva you will find a reddish landscape with a smell of sulphur surrounded by arid black mountains, along with abandoned buildings and rusty railroads, which is worth visiting at least once in a lifetime. We are talking about the Riotinto Mines, one of the largest mining sites in the world.

At the Riotinto Mining Park you can enjoy a different kind of railroad trip, explore a mine, visit an authentic Victorian house or go to the museum and learn about the history of a region completely transformed by mining activities.

A curious fact: Riotinto is the birthplace of football in Spain, when British workers began playing the sport there around 1873.

### A cultural tour of the Riotinto Mines

**10am** First of all, we'll visit the **Mining Museum**. It offers an exhibition area of 1,800 m<sup>2</sup> in size, with 8 exhibition spaces, including a Reproduction of the Roman Mine, the Ethnographic Section, and Casa Number 21 in the Bella Vista English Quarter. Casa Number 21 was opened in 2005. It gives you the opportunity to travel back in time to the Victorian era and experience an environment similar to that you can see in films such as *Out of Africa* or *A Passage to India*.

**12:30pm** If it's a nice day, you can take a ride on the **mining railroad**, following the old Riotinto commercial line for 12 km. They offer trips on restored locomotives and wagons from the old mining company's fleet, where you

can follow the course of the Riotinto River and enjoy a natural environment and impressive landscapes, such as the old industrial centre for the region.

**2pm** Stop for lunch at a **restaurant in the area** to enjoy some local dishes, such as cured pork products.

**4:30pm** The **Riotinto Mining Museum** organises tours to help you discover one of the most beautiful and exceptional places in the region: **Peña de Hierro**. As you explore this fascinating area, accompanied by specialist guides, you will be able to enjoy unparalleled

panoramic views of the landscape and La Corta, and venture into an authentic mine gallery that is 200 metres long. You can also discover the place where the **C.A.B. (Spanish Astrobiology Centre)** and **N.A.S.A** carry out their research for the MARTE project, and visit the source of the famous Río Tinto river that lends its name to this unique territory.



## Get in touch with us:

### Minas de Riotinto Dialysis Centre

Avenida Juan Ramón Jiménez, 4 -6  
21660 MINAS DE RIOTINTO (Huelva)  
Tel: 00 34 959 59 28 40  
riotinto@diaverum.com



## Discover our cuisine

The cuisine here offers a rich variety of dishes, such as stewed blood sausage, morcón, asadura, sausages in wine, migas, homemade menudo and much more. You can also try garlic soups with poached or scrambled eggs. Over Easter, you can taste torrijas, rosas and melojas; and at Christmas there are roscos, pestiños and gañotes, also available at the Virgen del Rosario. Another typical dessert is "poleás", made with flour, milk, cinnamon, fried bread and anise, to warm you up in winter.



## How to get there

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By plane to Seville airport and transfer by car (91 km).

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Seville-Santa Justa Station and transfer by car (85.2 km).

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Seville Bus Station and transfer (81.4 km) or Huelva Bus Station and transfer by car (73.9 km).

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A461, A-66 and A-4 motorways.

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Clinic location 400 m from the Town Hall or 1.2 km from the Corta Atalaya Golf Club.

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## Sites you shouldn't miss!

### Source of the Río Tinto.

**Peña de Hierro Mine.** Here you will find the mine's Interpretation Centre and the entrance to the mine itself.

**Montera de Gossan Natural Monument.**  
An immense crag that houses the old open pit.

**Peña de Hierro.** Now declared a Natural Monument.

**Roman Necropolis of La Dehesa.**

**Corta Atalaya.** An impressive open-pit mine, one of the largest in the world.

**Bellavista Quarter.** A typical English Victorian quarter, where a British community developed, distinct from the native population and proud of its traditions.

**Bellavista English Cemetery.**

**Cerro Colorado.**



# Seville

## Province of Seville

Seville is heir to a rich Arab legacy and its town centre is home to an impressive collection of monuments declared a World Heritage Site by UNESCO, consisting of the Cathedral, the Alcazar and the Archive of the Indies. During spring you can experience two of the most iconic celebrations of the year: Semana Santa and the April Fair, both declared Fiestas of International Tourist Interest. The April Fair consists of a week of festivities that begins with the “Alumbrao”, where the entire fairground is lit up and people can enjoy “pescaito” (fried fish) for dinner, then it ends with an extraordinary firework show.

But this is not the only good time to visit; there is also Christmas, for example. The city is particularly magical with the joy of the Christmas holidays: traditions, food, lights and the most impressive nativity scene fair in Spain.

### Sites you shouldn't miss!

#### **Carmona.**

37,3 km from the clinic, 31 min. by car.

#### **Italica archaeological site.**

7,9 km from the clinic, 10 min. by car.

#### **Matalascañas Beach (Huelva).**

98.5 km from the clinic, 1 h 7 min. by car.

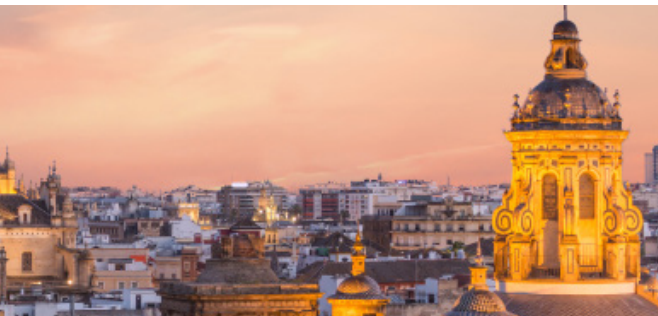
#### **Monastery of San Isidoro.**

7.2 km from the clinic, 9 min. by car.



Casa de Pilatos





## How to get there

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By plane, to Seville San Pablo airport (12 km).

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By train, taking the AVE to Santa Justa Station in Seville

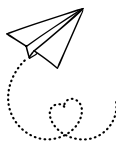
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By taking the A4 or Ruta de la Plata motorways.

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Clinic location: Located in the Olympic Stadium of La Cartuja. 7.2 km from Santa Justa Station and 2,000 meters from Plaza de Armas Station.

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## Discover our cuisine

The food and local dishes in Seville are strongly influenced by Andalusian cuisine, which is dominated by fish, seafood, vegetables and meat dishes. Some of the dishes on offer include fried fish, marinated Cazon fish, soldaditos de pavía, huevos a la flamenca, oxtail, grilled squid, pringá and Andalusian stew.

One of the most typical dishes that you should definitely try is tapas, which you can find in most of the bars in Seville.





San Telmo Palace in Seville

### A cultural tour through Seville

**9am** Enjoy the beautiful weather of this city as you wake up. You can have breakfast at one of the restaurants with a terrace that you can find in the **old town**.

**10am** Get ready to visit the **Cathedral** with its magnificent **Giralda Tower**, which offers great views of the whole city. It also has a ramp, which makes it easier to climb to the top. Afterwards, you can visit the Archive of the Indias.

**12pm** Then wander over to the **Royal Alcazar and the Church of El Salvador** (World Heritage Site), the oldest habitable royal palace in Europe.

**1pm** Next you can take a walk along **Calle Sierpes**, which is full of shops and tapas bars.

**4pm** In the afternoon, you can stroll through **Barrio de Santa Cruz** and follow the path through the Murillo Gardens and Paseo Catalina de Ribera until you reach the Old Tobacco Factory.

**5pm** From there you can head to **Plaza de España**, which is just a stone's throw away. You cannot leave without admiring the majesty of this building and the natural layout of the Maria Luisa Park.

**6pm** You can spend the rest of your time enjoying tapas, wandering around and enjoying the light and atmosphere of a city that welcomes you with open arms. At night: **Flamenco shows** at any of the tablaos that the city has to offer. We recommend the route along Paseo Colón and the banks of the Guadalquivir River. Finally, you can enjoy a boat ride on the Guadalquivir.



## Get in touch with us:

### **Isla de Cartuja Dialysis Centre**

Estadio Olímpico. Torre Noreste. Planta Baja

41092 SANTIPONCE (Seville)

Tel: 00 34 954 900 377

[cartuja@diaverum.com](mailto:cartuja@diaverum.com)

Plaza de España in Seville



# Motril

## Province of Granada

Motril is a city of contrasts, where any visitors who come to discover it are overwhelmed by a wide variety of sensations. Colours, aromas and flavours blend together to surprise even the most experienced travellers, who will find our city a true paradise for the senses. A blue sky allows the sun to shine for more than 320 days a year, illuminating the crystal clear waters of our beaches and the green of the plains, against the backdrop of the impressive Sierra Nevada. Nowhere else in the world can you enjoy a landscape like this.



### A cultural tour through Motril

**10am** Begin with a visit to the **Sanctuary of Our Lady of Cabeza**. Built on the ruins of a Nasrid castle, it was the residence of Queen Aixa Alhorra, mother of Boabdil. Next head to Las Americas Park, which is located at the foot of the mountain that is home to the Sanctuary of Our Lady of Cabeza, where you will find more than 50 exotic and subtropical trees and shrubs brought over from different parts of the American continent, each with its own information panel.

**12pm** Nearby you will find the **Calderón Theatre**. This Italian-style building dates back to 1880, and is decorated in a neoclassical design. It is now fully restored, preserving its original appearance,

and has been declared a **"Bien de Interés Cultural"** (a site of cultural interest), under the Monument category.

**2pm** This is a good time to enjoy **the culinary delights of Motril**. We suggest eating in a restaurant on the beach, where you can taste the delicious local fish and seafood.

**4pm** Next you can visit the **Pre-Industrial Sugarcane Museum** to learn about the sugar manufacturing and marketing practices between the 12th and 17th centuries. There are original-scale reproductions of the mills and presses, as well as the baking and purging rooms for the sugar loaves. It is a unique museum that offers an educational and entertaining tour through almost a thousand years of sugar cane culture.

The oldest mill in Europe is preserved there and its collection of tools is truly unique. It offers an authentic reflection of the position that Motril held at an international level in terms of sugar production.

**6pm** And finally you can visit **Bodega Ron Montero**, founded in 1963 by Francisco Montero Martín. This rum factory belongs to a family with a long tradition in the production of sugar cane products, who owned a number of important sugar factories and distilleries (Azucarera del Guadalfeo and Azucarera Montero). Bodega Ron Montero has access to the very best spirits for producing its rums, made using the traditional method of soleras and criaderas.





## Sites you shouldn't miss!

**Iglesia Mayor de la Encarnación.**

**Calderón de la Barca Theatre.**

**Residence of Queen Aixa Alhorro.**

**Pre-industrial Sugar Museum.**

**Bodega Ron Montero.**

**El Berenjena Bullring.**

**Port** and promenade of Motril.

**Alhambra.** 47 minutes by car.

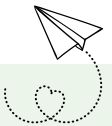
Alhambra of Granada



## Discover our cuisine

The landscapes and nature of Motril, its climate, the quality of its land and its proximity to the sea have enabled it to successfully develop its agriculture and fishing industry, offering fresh food from the sea and the fertile plains directly to your table. The fishing port of Motril provides an unbelievable variety of fish and seafood.

Be sure to try the dried octopus or migas with fish—traditionally eaten on rainy days—grilled pescaíto, fideos aparte or a la marinera, the variety of rice dishes or the traditional choto stew.



## How to get there

By plane to Granada Airport (80 km) and transfer by car from Granada (45 min).

By train, to Granada Train Station and then transfer by car (67 km).

Clinic location: The clinic is located at the first entrance to Motril, in the direction of the city centre.

## Get in touch with us:

### Motril Dialysis Centre

C/ Río Duero, 11  
18600 MOTRIL (Granada)  
Tel: 00 34 958 608 525  
motril@diaverum.com

# Jaén

## Province of Jaén



This city holds the title of the "Very Noble and Very Loyal City of Jaén, Guardian and Defender of the Kingdoms of Castile" and is known as the "Capital of the Holy Kingdom".

You will be amazed when you discover the incredible historical and cultural heritage of Jaén, which is the result of Muslims, Christians and Jews living together in harmony for centuries.

Some examples are its Cathedral, a key piece of the Spanish Renaissance; the Arab Baths, the largest and most important in Europe; and the Provincial Museum, with its impressive archaeological remains of the Iberian people.



### A cultural tour through Jaén

**10am** We will start at **Plaza Santa Luisa de Marillac**, popularly known as "Plaza del Pato". It is home to the Villardompardo Palace, which houses the Museum of Art and Popular Traditions, the International Museum of Naïf Art and the Arab Baths. We will then continue along Calle Martínez Molina, heading towards the old

Jewish quarter. Down Calle San Andrés you will find a church that is believed to have been a synagogue, demonstrated by its arches, its orientation, and the austerity of its façade. As you approach Callejón de Gato, you will notice the Jewish style of the buildings and their layout. Then return to Calle Martínez and climb Calle Madre de Dios to the Arc of San Lorenzo.

**2pm** Now it's time to enjoy **the cuisine of Jaén**.

**6pm** Other places of interest would be the **Provincial Museum** or the various convents and churches, or you could stroll along the boulevard in the new area of the city.

**8pm** Have a seat at one of the various terraces to get your energy back.

Jaén Cathedral





## Get in touch with us:

### Santa Catalina Dialysis Centre

C/ Juanito Valderrama, 2 23005 JAÉN

Tel: 00 34 953 273 973

scatal@diaverum.com



## Discover our cuisine

The typical dishes of Jaén are influenced by the cuisine of La Mancha and Granada. Furthermore, due to the olive production in the area, olive oil is the primary ingredient in much of the cooking in Jaén. In Jaén cuisine, migas made with bread and flour are very popular dishes.

Vegetables and legumes are also common ingredients in typical Jaén dishes, with many of them being used in stews, such as aubergines, for example. It is also common to find various meats, such as picadillo, white blood sausage and ham.

There are many traditional dishes from Jaén that are prepared with fish as well, with a couple of highlights being salted cod and grilled sardines. As for desserts, there are a lot of similarities with typical Andalusian dishes.



## How to get there

By plane to Granada Airport and transfer by car (60 min.).

By train, to Jaén Train Station

On the A-4 motorway.

Location of the Clinic  
5 minutes from the Infanta  
Leonor Theatre.

## Sites you shouldn't miss!

**Úbeda:** Unesco World Heritage Site. This is one of the best locations when it comes to cultural tourism, due to the quality and quantity of the heritage on offer in the old town. There are numerous workshops for pottery, ceramics, forging, stained glass, tapestry and esparto grass.

**Baeza:** This was declared a World Heritage Site along with Úbeda, which is just 8 km away. Its old town offers one of the most impressive collection of monuments from the Renaissance period.

If you have time, you might like to take a trip to one of the natural parks:

**Natural Park of Cazorla, Segura and Las Villas.** There is also a biosphere reserve.

**Natural Park of Sierra de Andújar.** With the Sanctuary of the Virgen de la Cabeza.

**Natural Park of Sierra Magina.**

**Despeñaperros Park.** As well as the Valdeazoreco ravine, with impressive flora.

Valencia

Gandía

Sagunto

Requena

Oropesa del Mar

Vinarós

Alicante

Elche



# Valencian Community

There are many factors that make the Valencian Community one of the most attractive regions, not only in Spain, but also in the whole of Europe. To explore it is to enjoy an authentic artistic and cultural legacy. Many civilisations of various kinds have passed through this territory, and each of them has left its mark.

Here you can enjoy a very pleasant climate throughout the year, with an average temperature of 18°C (64°F). The region offers more than 300 days of sun every year and very mild winters, thanks to the effects of the Mediterranean Sea. Its cuisine, based on the world famous Mediterranean diet, includes a wide variety of natural products.



# Valencia

## Province of Valencia

It leads the way in many different economic activities, a fact that is reflected by the reputation of its key institutions, such as Feria Valencia, the port of Valencia, the Palacio de Congresos and its universities. It also has a number of important cultural institutions: the Palau de les Arts, the IVAM, the Palau de la Música and the City of Arts and Sciences provide undeniable added value to the city.

Las Fallas, one of the most international festivals, is celebrated here from 15 to 19 March. A festival that offers a mixture of tradition, satire and art, combining fun with a passion for fire. Its origins lie in an ancient custom of carpenters, who, on the night of 19 March, would celebrate the arrival of spring by burning pieces of wood (“parots”).

The city of Valencia has the privilege of being both an urban and a coastal destination, with Las Arenas, Malvarrosa and El Cabañal just a 15-minute walk from the city centre, beaches that have been awarded with blue flags and other recognitions, such as the Q for tourist quality.

### A cultural tour through Valencia

**9am** Enjoy a local breakfast at **Santa Catalina**. Visit the old town: Plaza La Reina, the Miguelete Tower, the cathedral.

**10:30am** Visit the **Central Market** of Valencia and **La Lonja** de la Seda.

**12:00** Take a tour of **the IVAM Museum**, of modern art.

**1pm** Visit the **Albufera and El Saler Natural Park** (we recommend taking a boat ride on the albufera).

**4:30pm** Take a stroll through **the Turia Gardens**.

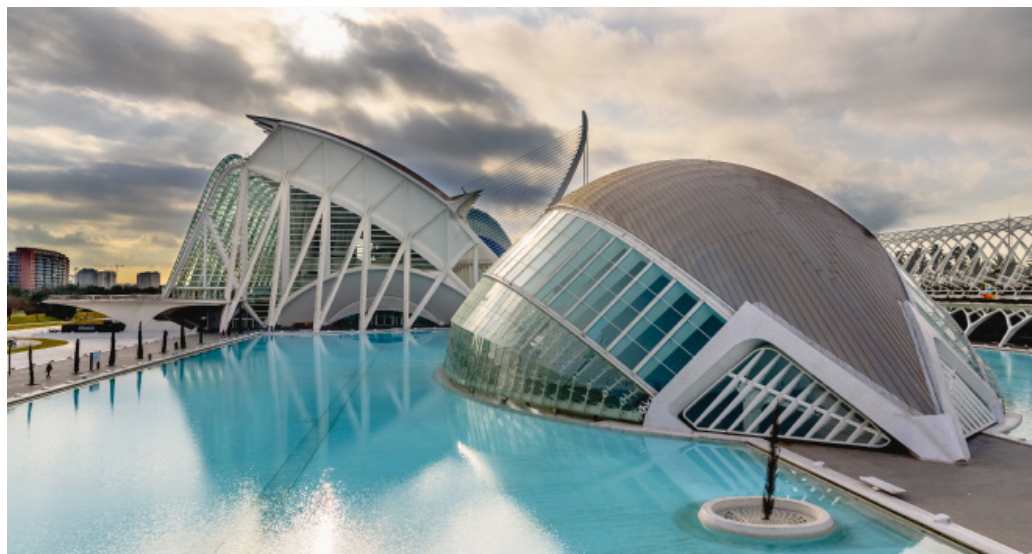
**5:30pm** Explore the **City of Arts and Sciences**.

**8pm** Visit **Malvarrosa beach** to enjoy the sunset.

**10pm** Go for dinner in **the Marítimo district**, with its numerous late-night entertainment venues.







City of Arts and Sciences

## Discover our cuisine

The cuisine and local food in Valencia is characterised by dishes based mainly on fresh fish and seafood and vegetables from its renowned “huertas” (farmlands).

Their rice and paella dishes deserve a special mention, and there are a great deal of varieties available, as each one is made with very different products.

There is no doubt that paella is the most typical and traditional dish of the Valencian community. The dish has now spread not only throughout the rest of Spain, but also to other countries.

Valencia is a city that has the privilege of being both an urban and a coastal destination.





## How to get there

By plane to Manises Airport and transfer to the centre of Valencia (9 km).

By train, taking the AVE to Joaquín Sorolla Station in Valencia and then transfer by car (1.5 km).

Main access roads: The AP-7, the Mediterranean motorway that runs from north to south along the entire Levantine coast, and the A-3 from Madrid.



Cathedral of Valencia

Fallas of Valencia





## Get in touch with us:

### **Diaverum Valencia Dialysis Centre**

C/ Alcásser, 54  
46014 VALENCIA  
Tel: 0034 960 905 195  
valencia@diaverum.com

### **Gamapal Dialysis Centre**

C/ Reina Violante, s/n Esquina Padre Barranco, 42  
46015 VALENCIA  
Tel: 00 34 963 406 560  
gamapal@diaverum.com

### **Nefroclub Dialysis Centre**

Avenida Primero de Mayo, 16  
46017 VALENCIA  
Tel: 00 34 963 787 419  
nfclub@diaverum.com

### **Burjassot Dialysis Centre**

C/ Sequía de Montcada, s/n  
46100 BURJASSOT (Valencia)  
Tel: 00 34 963 160 586  
burjassot@diaverum.com

## Sites you shouldn't miss!

### **The Caves of San José.**

56.2 km from the clinic, 45 min. by car.

### **Sagunto Castle.**

35.2 km from the clinic, 36 min. by car.

### **Town of Jávea.**

114 km from the clinic, 1h 17 min. by car.

# Gandía

## Province of Valencia

Located in the heart of the Safor region, Gandía is in a perfect location, nestled between the sea and the mountains. It offers a rich historical heritage that permeates its monuments and the spirit of its people. This is one of the most appealing characteristics of the city, whose tourist attractions are able to satisfy even the most demanding visitors, due to the structure and variety on offer.

To visit Gandía is to discover a very special city. It is a tourist destination that combines beaches with natural and mountain areas; leisure with culture, history and commerce; and a variety of recreational activities with rest and tranquillity.

Gandía has a coastline of more than 5 kilometres, which is divided into several sections.

The north beach, where all the apartments and hotels are located, is the most famous. It stretches for over 3 kilometres and offers soft and clean sand, and guaranteed good weather throughout the summer. As a result, each year it receives quality awards for its cleanliness and the services it offers.

### A cultural tour through Gandía

**10am** The first visit will be **the Collegiate Church of Santa Maria**. Construction began on a primitive 13th century Christian church in the middle of the 14th century and lasted until the beginning of the 16th century. It serves as an example of the Catalan Gothic style.

**11am** On your way to the Ducal Palace, the next destination, you will pass by the front of the **Gandía City Hall**, which was built back in 1772. The façade is neoclassical in style and is the work of Vicente Gascó.

Near the City Hall, as you go up Calle de Santo Duque, you will come to the **Ducal Palace**,

which served as a residence for the Dukes of Gandía.

**1pm** Once you're in the heart of the old town, you will arrive at **Plaça del Rei** en Jaume I, where you'll find **the Convent of Sant Roc**, which was founded by the 5th Duke of Gandía, Don Carlos de Borja y Meneses, and opened in 1591. Today the building houses **the Central Library and the Municipal Archives**.

**2:30pm** Time to get your strength back at one of **Gandía's restaurants**.

**5pm** After lunch the tour continues along **Passeig de les Germanies** as you head to **the Casa de Quirós Marqués González de Cuadró**, better known as **the Casa de la Marquesa**. At the back of

the building you'll find a cosy romantic garden with a wide variety of native species, where you can enjoy a nice cup of coffee.

**6:30pm** If you follow the same street for 200 metres after **the Casa de la Marquesa**, you will see the façade of **Teatro Serrano**. Built in honour of the Valencian musician Jose Serrano, it was opened in 1900 as **Teatro Circo** and changed its name to Teatro Serrano in 1912.

**10pm** Time to enjoy a nice dinner.







## How to get there

By plane to Valencia Airport and transfer to Gandía (82 km).

By train, taking the AVE to Joaquín Sorolla Station in Valencia and then the train to Gandía Station, or transfer by car (68 km).



The AP-7 motorway.

Clinic location

The clinic is located 750 m from Gandía Train Station.

## Discover our cuisine

The cuisine in Gandía is typically Mediterranean and the area provides many natural ingredients for preparing excellent food, including fish and seafood that come directly from the Gandía fish market. Although fideuà is the best known dish, there is a wide variety of other options worth discovering as well, such as rice dishes, stews or pastries.



## Get in touch with us:

### **Diaverum Gandía Dialysis Centre**

C/ Jaime II, 51 - 5546701  
GANDÍA (Valencia)  
Tel: 00 34 960 901 184  
[gandia@diaverum.com](mailto:gandia@diaverum.com)

## Sites you shouldn't miss!

**Ducal Palace of the Borja family.**  
**Collegiate Church of Santa Maria de Gandia.**  
**Monastery of Sant Jeroni de Cotalba.**  
**Archaeological Museum of Gandía.**  
**Ausias March Park.**  
**Alquería del Duc.**  
**Church of San Nicolás de Bari.**  
**Parpalló Cave.**  
**Platja dels Marenys de Rafalcaid.**



# Sagunto

## Province of Valencia

Sagunto is a fantastic destination strategically located between the Calderona and Espadán mountain ranges and on the coast, making it the perfect place to enjoy all kinds of activities, such as hiking, cycling, Nordic walking, surfing or bird watching.

Sagunto's thirteen kilometres of coastline are home to some excellent beaches with crystal clear waters and natural dunes. Its European Blue Flag and its environmental quality seals demonstrate its prestige and the great experience it offers tourists.

### A cultural tour through Sagunto

**10am The castle.** In your visit to Sagunto you cannot miss the climb up to the castle. It is a fortress on top of the Sierra Calderona surrounded by walls built during different periods by various civilisations. The fortress is divided into seven squares, where you will find remains of walls and public and religious buildings scattered throughout.

**The Roman theatre of Sagunto.** This building excavated in a hollow in the rock dates back to the 1st century B.C. It offers incredible acoustics and can accommodate up to 8,000 spectators.

**The Jewish quarter.** Due to its unique charm, the Jewish quarter is one of the essential visits in Sagunto. It is located in the oldest part of the city and its layout is very well preserved. Here you can discover the important legacy left by the Hebrew culture in Spain. You

will fall in love with its narrow cobblestone streets between buildings brimming with history.

**Old town of Sagunto.** This is one of the most beautiful and interesting parts of the city; a place where you can lose yourself and discover beautiful sights around every corner. You can visit the **Church of Santa Maria** next to **Plaza Mayor**, discover the Muslim quarter next to the **Town Hall**, or explore **the Historic Museum, the Ermita de la Sangre and the Jewish quarter.**

**Almardá Beach.** This beach is famous for its peaceful environment and its 2 km stretch of sand bordered by a series of dunes of great ecological value. It offers all the basic services and an ideal location to switch off and appreciate the sea, or to enjoy some watersports.







Parish Church of Santa María

## Sites you shouldn't miss!

If you have more time, just 20 km away from Sagunto is **La Vall d'Uixó**, where you will find some fantastic underground caves. Navigating one of the longest underground rivers in Europe is an experience you will never forget.



## How to get there

By plane to Valencia Airport and transfer by car (33 km).

By bus to Sagunto Bus Station and then a taxi (6 km).

By car, taking the AP-7 motorway.

By train, taking the AVE to Joaquín Sorolla Station in Valencia and then transfer by car (40 km).

Clinic location:

The clinic is located 1.5 km from the beach and the port of Sagunto.

## Discover our cuisine

Sagunto is known to have some of the best rice cooks in the province. You cannot leave without enjoying a delicious rice dish at the port. The promenade offers many rice restaurants, just wander along and choose the one you like the most.



Sagunto Castle



## Get in touch with us:

**Diaverum Sagunto Dialysis Centre**  
C/ Urani, 27  
46520 PORT DE SAGUNT (Valencia)  
Tel: 00 34 961 801 690  
sagunto@diaverum.com

# Requena

## Province of Valencia

Requena is one of those places that manages to captivate you after just one day exploring its streets, wineries and monuments. It is located in the westernmost part of the Valencian Community, about 692 metres above sea level.

Requena has a rich history due to its strategic location, where, since ancient times, it dominated the natural route that linked Valencia with the Meseta Central, through the Sierra de Cabrillas and the Puerto de Contreras.

Its old town reflects the splendour of those times where, curiously, the municipality's economy did not depend on the wine industry, but was more focused on the production of silk, as is demonstrated by the College of High Silk Art, located in Barrio de la Villa.

### Sites you shouldn't miss!

**Barrio de la Villa.** This is a medieval area where visitors can find sites like Casa del Arte Mayor de la Seda or the Church of San Nicolás, among others.

**Casa del Arte Mayor de la Seda.** This building is located on a Muslim “adarve” (a dead-end street), and on its façade you can see the altarpiece of San Jerónimo (patron saint of silk workers).

**La Villa Caves.** These caves were built by the Arabs and run under Plaza de La Villa and most of the adjacent houses. Here you will find a lot of winemaking equipment preserved from ancient times (trullos, piqueras, trulletas, vents and jugs from the 12th century).

**Church of San Nicolás.** This is the oldest church in the town, dating back to the 13th century. It was initially Gothic in style, and then was rebuilt in a neoclassical style in the eighteenth century.

It has been declared a “Bien de Interés Cultural” (Asset of Cultural Interest), with the category of Monument.

**Church of Santa María.** This church was built in the 14th century and is the largest in La Villa. It has an ornate Elizabethan Gothic style, with a single nave and attached chapels between its buttresses. It has been declared a Spanish National Monument.

**The Alcazaba.** This building was built by the Almohads in the 11th century, located in the highest part of La Villa for defensive reasons. From here you can see the two towers, the wall and the access gate to the enclosure.

**The Jewish quarter.** This was a place of commerce, where the artisan guilds met in both the square and in the adjacent streets. The streets were named after the trades that were practised there.

Temple of Santa Maria





## Discover our cuisine

Thanks to its privileged location and inland climate, the cuisine in Requena offers many succulent dishes based on traditional recipes, produced with olive oil and other natural products from the land. And the local wines offer the perfect pairing.

The food is delicious and varied, with many dishes made using pork meat, such as “olla”, stews, “bollos” or “tortas” (bread topped with lean meat or sardines), and the famous cured meats and ham from this region. Other typical dishes include ajoarriero, arroz a la cazuela, arroz con bajocas, patatas en caldo, and other dishes cooked with game, such as morteruelo.

And there are many sweet delicacies here as well, made with honey, including the alajú (of Arab origin), burruecos, turruncillos, sweet potato pastries, pasties and butter cakes.

## Get in touch with us:

**Diaverum Requena Dialysis Centre**  
 (The Dialysis Centre is located inside Requena Hospital)  
 Paraje Casablanca, s/n  
 46340 REQUENA (Valencia)  
 Tel: 00 34 962 304 352  
[requena@diaverum.com](mailto:requena@diaverum.com)



## How to get there

By plane to Valencia Airport and then 70 km by car.

Main access roads: A-3, N-330 and N-322.

By train, taking the AVE towards Valencia, getting off at Requena-Utiel Station or Joaquín Sorolla Station in Valencia and then transfer by car (67 km).

Clinic location:

The clinic is located in the centre of town, next to the town market.



# Oropesa del Mar

## Province of Castellón

The lively, vibrant and attractive town of Oropesa del Mar offers multiple opportunities to enjoy an invigorating experience as you spend a few days switching off and relaxing. Located next to the Mediterranean Sea, it is home to numerous beaches and natural small coves where the mountain landscapes contrast with the marine environment. The panorama of orange groves is particularly impressive along the trails near the Sierra de Oropesa, framed by the sea.

In this city, tourism is the predominant industry, with the most impressive example being the huge Marina d'Or Ciudad de Vacaciones holiday resort, located on Oropesa's coastline, 2 kilometres from the town centre.

### A cultural tour of Oropesa del Mar

**9am** Put on your backpack and prepare yourself, because there are many things to see in Oropesa del Mar. **In the Old Town** is where you'll find most of the interesting sites. One of them is the castle, built in a strategic location by the Muslims in the 11th century. Then there is the Chapel of Our Lady the Virgin of Patience, where you can see an image of the town's patron saint and Alcora tiles from the 18th century. In the same square you will find the Museo de Oropesa del Mar, an interactive museum that represents the magical relationship forged over time between the Mediterranean and Oropesa del Mar.

Another alternative is to walk along the wonderful nature trail that runs between Oropesa and Benicàssim, an easy route

suitable for any age.

**10am** You should also remember to stop by **the Playing Card Museum**, where you can discover the wonderful art of card decoration and stamping in different countries and cultures; or the Iron Museum, which contains nearly 500 pieces that show how the iron trade was elevated to the highest level. Also in the old town, you can visit the old prison, the castle wall ruins and the Pou del Ravalet.

**11am** If you leave the Old Town, next to the coast you will find one of the town's most iconic monuments: **the King's Tower**, a fortress built in 1413 to defend the town from pirates. Next to it stands the lighthouse of Oropesa del Mar, built in 1859 to guide maritime traffic, and it is still in use today.

**1pm** Finally, further south, on a steep terrain and

surrounded by local fauna, you have **the towers of La Corda and La Colomera**, built in the 16th century to help the King's Tower guard the coastline.

**2:15pm** Time to enjoy some **typical dishes** from the Mediterranean coast.

**4:30pm** In the afternoon, after a well-deserved rest, you can choose to visit one of the three coves (**Platgetes de Bellver, Playa de la Renegà and Cala del Retor**) or the fine sandy beaches located along the seafront, such as Playa de la Concha, Playa de les Amplies and Playa de Morro de Gos.







## Discover our cuisine

The food in Oropesa del Mar is directly influenced by Mediterranean cuisine. Natural products from the land and delicious fish and seafood from the bay are masterfully combined to create most of the town's classic dishes.

Rabbit, chicken and pork from inland is also used to make superb stews and cured meats, as well as the popular tombet. What's more, as you can probably imagine, Oropesa del Mar also offers a wide range of rice dishes of all varieties: paella, arroz negro, arroz caldoso, arroz a la banda, arroz al horno and arrosejat, a traditional fisherman's stew that is easy to prepare and offers delicious flavours. And let's not forget the famous fideuà.

## Get in touch with us:

### Diaverum Oropesa Dialysis Centre

C/ José Rivera Forner 94-96  
12594 OROPESA DEL MAR  
(Castellón)  
Tel: 00 34 964 313 387  
oropesa@diaverum.com



## How to get there

By plane to Castellón de la Plana Airport and transfer by car (28 km).

By train to Castellón de la Plana Train Station and then another train to Oropesa del Mar Station, or transfer by car (26 km).

N-340 and AP7 motorways.

Clinic location Three minutes' walk from the town hall square and just 1.5 km from the beach.



## Sites you shouldn't miss!

**Coves of Sant Josep.** The longest navigable underground river in Europe, where visitors are transported by friendly boatmen/guides to a world of fantasy, light and colour formed by stalactites and stalagmites. A wonder of nature that is not easy to forget. They are located about 50 km from Oropesa del Mar, to the south.

**Columbretes Islands.** Near the coast of Castellón, 28 miles from Cap d'Oropesa, you will find the former Snake Islands (now called the Columbretes Islands), a small volcanic archipelago emerging defiantly from the sea halfway between the mainland and the Balearic Islands.



# Vinaròs

## Province of Castellón



Vinaròs is located at the northern end of the Castellón coastline, and is the capital of the Bajo Maestrazgo region. It is home to more than 28,000 people.

Two of the key elements in the town are the lighthouse and the port, and there is also the fish market, where the fish and seafood arrive daily for auction.

It also has various well-known beaches, such as Fora Forat. This expansive beach is integrated into the town and offers more than 800 m of golden sand, with characteristics that enable all sorts of watersports to be enjoyed there. Vinaròs also offers numerous coves and small beaches, such as Playa Sur, Ameradors, Playa de Els Cossis, Saldonar, Boverals, Barbiguera, El Triador and Cala Puntal.

### A cultural tour through Vinaròs

**9am** Go for a wander to discover some of the town's buildings, such as **Casa de la Vila, Casa Giner**, the town market, the auditorium and Casa Sendra, then take a stroll along the promenade.

**11:30am** Now you can enjoy the town's beaches along the **promenade**, such as **Playa Fora Forat, Playa del Clot and Playa del Fortí**. All of them have been awarded the blue flag.

**2:15pm** Enjoy a good meal at one of our recommended restaurants.

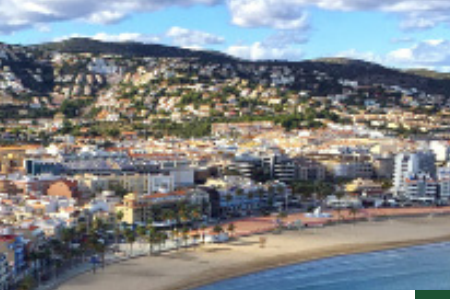
**4:30pm** Visit the crystal clear coves located on the north and south coast. You can find more information on all the coves and beaches at [http://turisme.vinaros.es/es/playas-y-](http://turisme.vinaros.es/es/playas-y-calas)

[calas](http://turisme.vinaros.es/es/playas-y-calas).

**8pm** We suggest a route that begins where the GR-92 ends, at the mouth of the **Aiguadoliva ravine**. If you follow it along you will come across the Iberian settlement of **Puig de la Nau**, some

dry stone constructions, a micro-reserve of flora with large patches of oak and strawberry trees, and the Sanctuary of La Misericordia.





## Sites you shouldn't miss!

**Peñíscola:** The ancient rock that this town sits on measures 54 metres tall, and is nestled in the blue Mediterranean Sea. It is 20.9 km from the clinic and 21 minutes away by car.

**Morella:** The town of Morella was recognised as a historic-artistic site, and is located about 1000 m above the sea. Its important castle housed the Prince of Viana and the Cid Campeador, among other well-known figures. It is 62.6 km from the clinic and 55 minutes away by car.

**Valltorta Natural Park:** This park was declared a Historic-Artistic Monument and a World Heritage Site by UNESCO, and its wall paintings are a great example of Levantine rock art. It is 47.5 km from the clinic and 45 minutes away by car.

## Discover our cuisine

The food in Vinaròs is one of its greatest attractions. Its fishing tradition and the richness of its local vegetables provide the town with a whole world of flavours and aromas, with a clear Mediterranean influence. Rice, fish and seafood form the basis of a cuisine that is bound to satisfy even the most demanding visitors.

But, without a doubt, it is the Vinaròs prawn, renowned worldwide for its flavour, texture and unparalleled quality, that is the star of this city's cuisine.

Among the many traditional dishes on offer, you can find fish suquets, red mullet llandetes with potatoes, marinated anchovies or sardines, octopus sulsit, cuttlefish brutesca, mackerel xapada, or countless different rice recipes, such as arroz de galeras, arroz a banda, arrossejat or arroz con esparidenyes, which are just some of the most popular options.

There are also various traditional sweets, including sweet potato and angel hair pastissets and llepostins, and prawn-shaped almond teacakes with orange extract.

## Get in touch with us:

**Diaverum Vinaroz Dialysis Centre**  
Avenida Pablo Ruiz Picasso, 35  
12500 VINARÓZ (Castellón)  
Tel: 00 34 964 402 034  
cedivina@diaverum.com

## How to get there

By plane to Castellón de la Plana Airport and transfer by car (54 km).

By train, to Castellón de la Plana Train Station and then a train to Vinarós Station, or transfer by car (80 km).

By car from Castellón de la Plana or Tarragona, taking the AP-7 or the N-340.

**Clinic location:** The clinic is located near Carrer de Febrer de la Torre. 1.8 km from the train and bus station.



# Alicante

## Province of Alicante

Alicante is undoubtedly the one province in the Valencian Community that is most reminiscent of a dream holiday in the Mediterranean. Although there are many things to see in the province of Alicante beyond its beaches, Alicante's Costa Blanca is a true paradise and the main tourist destination. It is no surprise either that almost all the key cities in the province are on the coast, from the capital to other iconic cities such as Benidorm or Jávea. However, if you plan to take a tour of the province, there is much more on offer than just the sea. There are many beautiful villages, stunning castles and amazing natural landscapes awaiting you there.

### A cultural tour through Alicante

After a good breakfast you can begin your tour at **Plaça de l'Ajuntament**, Alicante's town hall square. Marvel at this beautiful 16th century building's Baroque façade and continue strolling along the **Explanada de España**, one of the busiest thoroughfares in the city.

You can then wander through **Plaça Portal de Elche** and **Plaça Gabriel Miró**. Afterwards, wander down **Calle San Francisco**, with its curious mushroom statues and hopscotch squares.

Next you can stop by the neoclassical **Teatro Principal**, followed by the **Cathedral of St.**

**Nicholas of Bari** and the **Convent of the Precious Blood of Christ**. There are also several other places of interest to see in the area, such as the **Ferrisa Gate** or the **Alicante Museum of Contemporary Art**.

Finally, you can wonder at the **Basilica of Santa Maria**, the oldest temple in the city, built in a Valencian Gothic style.

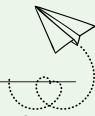




## Discover our cuisine

The cuisine and typical food of Alicante is characterised by dishes based mainly on fresh fish and seafood caught along its coasts and the quality vegetables from its farms. There is also a wide variety of rice dishes and paellas on offer, all produced with very different products, to turn them into such exquisite dishes as arroz a banda, vegetable paella, rice with chicken, baked rice, and many other options.

## How to get there



By plane, to Alicante-Elche Airport and transfer to Alicante (10 km).

Alicante Bus Station.

By train, taking the AVE to Alicante Station and then transfer by car (3 km).

Main access roads: A70, N330, N-332 and N340.

Clinic location:  
Alicante Dialysis Centre, 2 km from Alicante Train Station.

San Vicente Dialysis Centre, 7.6 km from Alicante Train Station.

## Sites not to be missed!

Any visit to the old town of Alicante should begin or end in **Plaça de l'Ajuntament**, which is surrounded by a number of buildings with arcades, demonstrating some beautiful architecture.

Climb up to the **Castle of Santa Barbará**, at the top of the Benantil mountain. This is one of the most iconic places in Alicante. It is an Arab castle that was built in the 9th century, and was used as a detention centre during the Spanish Civil War. It is best to go at sunset to enjoy the most stunning views of Alicante.

**The Santa Cruz district**, with its network of narrow streets, bars and white buildings full of flowers, is definitely a visit not to be missed in Alicante.

In the district of Santa Cruz you will find the **Cathedral of San Nicolás**, which is built on what was an old mosque and combines both Renaissance and Gothic architectural styles. It is considered the most famous religious temple in the city.

## Get in touch with us:

### Diaverum Alicante Dialysis Centre

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03006 ALICANTE  
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### Diaverum San Vicente Dialysis Centre

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(Alicante)  
Tel: 00 34 965 357 657  
sanvicente@diaverum.com





# Elche

## Province of Alicante

Elche is a Spanish city and municipality located in the province of Alicante. It is the capital of the Bajo Vinalopó region, on the banks of the Vinalopó River.

The Palmeral of Elche and the sacred mystery play of Elche were declared a World Heritage Site and a Masterpiece of the Oral and Intangible Heritage of Humanity respectively by UNESCO. These symbols of Elche's identity are one of the main tourist attractions in this traditionally industrial city.

Elche is the only place in the world where white palms are still made by hand. Every year, the City Council sends the white palms to various ecclesiastical and political leaders, such as the King and Queen of Spain, the Pope and the President of the Government.

### A cultural tour through Elche

If you visit the old town in Elche you will find various buildings from different periods, with a variety of architectural styles, exciting stories and popular festivals. Right in the centre of the city is **Plaça Glorieta**, with the famous **replica of the Lady of Elche** and an angel representing the **Mystery of Elche**, the well-known drama that tells the story of the Ascension of the Virgin Mary and attracts thousands of tourists every year.

Just a 2-minute walk away, at **Plaça de la Mercé**, you'll find a pleasant family-friendly atmosphere with lovely terraces where you can enjoy an aperitif, and in the centre, there is a stone fountain surrounded

by benches. With its back to the square stands the former convent of Santa Lucia, a three-story building with a beautiful neoclassical cloister and a Renaissance façade. It was occupied for years by an order of nuns called the Poor Clares, although long before that it was a favourite place for Muslims to relax.

In the foundations of the convent you'll find the **Arab Baths**, with three vaulted rooms (cold, warm and hot) and a changing area. In front of the convent façade stands **Calahorra Tower**, a Muslim watchtower dating back to the 12th century.

On the other side of the tower, **Plaça de Santa Isabel** will transport you back in time in the company of **the Three Marias**, a statue that recreates the apparition

of the Virgin Mary and her retinue in the Mystery of Elche.

Although it is somewhat further away than the other monuments in the centre, it is worth the effort to visit **Santa Teresa Bridge**, the oldest bridge in Elche, originally made of wood.



The Lady of Elche





## Sites you shouldn't miss!

**Archaeology and History Museum of Elche.** Here you can discover the exciting history of Elche, from its origins to the present, displayed in an entertaining and interactive format throughout two different spaces, establishing a historical/chronological discourse about the city.

**Palmeral of Elche.** This palm grove was declared a World Heritage Site by UNESCO in 2000 and offers a unique cultural landscape of exceptional value and universal significance.

**Huerto del Cura Garden.** The Huerto del Cura was declared a National Artistic Garden in 1943 and contains all kinds of tropical plants.

**Beaches of Elche.** Here you'll find 9 kilometres of beaches in a natural environment, with dunes, pine forests and rich vegetation growing near the sea. It is a perfect place to enjoy water sports due to the Mediterranean winds and the seabed. Five of the six beaches have been awarded the Blue Flag.

## Discover our cuisine

In addition to its rich culture, Elche also offers fantastic cuisine, made with a diverse range of products provided by the area. The city's culinary history has been shaped by lush farmlands and its proximity to the coast. The best known dish in Elche is Arroz con Costra, although we should also highlight Arroz con Conejo and the traditional Puchero con Pelotas. Mujol del Hondo with aioli and seafood from the coast are also very popular.

Among the various desserts on offer, the Tortada de Elche and fig bread are worth mentioning.

## Get in touch with us:

### Diaverum Elche Dialysis Centre

Avenida Jubalcoy, 36  
03202 ELCHE (Alicante)  
Tel: 0034 966 901 336  
elche@diaverum.com

### Diaverum Orihuela Dialysis Centre

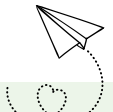
C/ Médico Temístocles Almagro, 30  
03300 ORIHUELA (Alicante)  
Tel: 00 34 966 901 510  
orihuela@diaverum.com

## How to get there

Elche Dialysis Centre, 11 km  
from Alicante-Elche Airport.

Orihuela Dialysis Centre,  
750 m from Orihuela Train Station.

Clinic location: The clinic  
is located in the centre of town,  
next to the Manuel Martínez  
Valero Stadium.



Barcelona

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Pineda del Mar

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Mataró

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Badalona

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Hospitalet de Llobregat

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# Catalonia

Catalonia is a land of wonder: the gateway to Europe, a place full of culture and history, vineyards and rich gastronomy. Explore its monasteries and ancient castles, and enjoy its beautiful landscapes, from the Pyrenees to the miles and miles of Mediterranean coastline with charming coves. Its cities contain great historical monuments that narrate the country's past, and hidden areas that haven't changed since medieval times. Visit its natural parks and World Heritage Sites, as well as its small towns and villages—some very close to Barcelona—which are worth a visit at any time of the year. It is so easy to find the ideal destination for every occasion, whether you're looking for a simple beach getaway during the summer months, or a mountain adventure in colder weather. Or maybe you'd like to visit some charming villages? In any case, there are endless destinations to explore!



The Sagrada Família

# Barcelona

## Province of Barcelona

With 1.7 million inhabitants, the city of Barcelona has the second largest population in Spain. The Catalan capital is a Mediterranean and cosmopolitan city with important historical, artistic and cultural heritage, thanks to its rich history shaped by a strong economy.

Barcelona hosted the World's Fair in 1888 and 1929, the Olympic Games in 1992 and the Universal Forum of Cultures in 2004. It is home to one of the most important ports in the Mediterranean, and serves as a key point of connection between Spain and France, through its motorways and high-speed railways.

### A cultural tour through Barcelona

**9am** Start with the most historical areas of the city: the **Barri Gotic** and the fantastic **Barcelona Cathedral**. We recommend visiting **El Camello Market**.

**11am** From the **Barri Gotic** you can head towards **Placa Catalunya**, via the lively shopping promenade of **Portal de l'Angel**.

Near to **Placa Catalunya** you'll find **Passeig de Gràcia**, home to **Casa Batlló** and **Casa Milà**. Another place you must visit is **Las Ramblas**. On the promenade you will find the **Boqueria Market**.

**1pm** From the Boqueria you can take a detour to **El Raval**, for a change of atmosphere away from Las Ramblas. This multicultural and lively district is full of various theatres and small shops and restaurants from all over the world. After

a stroll through El Raval, you can follow **Carrer de Sant Pau** to head back to Las Ramblas.

**2:15pm** Enjoy a good meal.

**5pm** Once you've seen the **Columbus Monument**, you can cross the **Moll de la Fusta** to arrive at the **Maremagnum** shopping centre. From here you can head towards **the Sagrada Família**. This basilica is a **Gaudi** masterpiece and has become a symbol of the city, making it a must-see. Our favourite place is the iconic park to the north of the city that offers fantastic views: **Park Güell**. Acquired by the **Count of Güell** at the end of the 19th century, the park was designed by **Gaudi** as a pathway to spiritual elevation.

**7pm** Here you can spend a quiet afternoon strolling and enjoying the genius of this artist. Among its most impressive features are the

unique viaducts and the famous dragon, although one of the most striking is the **Hyposite Room**. This venue is made up of 86 visibly inclined columns that support the Plaza de la Naturaleza and also serve as water drainage, and it offers wonderful acoustics that the musicians who play there take advantage of on a regular basis.



## Discover our cuisine

The cuisine and typical food in Barcelona is one of its main attractions. Among the most typical dishes you will find recipes from both the sea and the mountains, since the local cuisine is influenced by both. Among its most typical dishes you can find bread with tomato, calçots with romesco sauce, cannelloni, coca catalana, butifarra with mongetes, escudella i carn d'olla, suquet de peix, escalivada, esqueixada de bacallà, fricandó and Catalan-style roast chicken, with crema catalana for dessert.



National Art Museum of Catalonia



## Get in touch with us:

### Rotellar Dialysis Centre

C/ Concepción Arenal, 151  
08027 BARCELONA  
Tel: 00 34 933 116 011  
rotellar@diaverum.com

### Nephros Dialysis Centre

C/ Harmonia, 7  
08035 BARCELONA  
Tel: 00 34 933 575 725  
nephros@diaverum.com

### Virgen de Montserrat Dialysis Centre

C/ Gran de Sant Andreu, 467  
08030 BARCELONA  
Tel: 00 34 934 359 007  
vmonts@diaverum.com

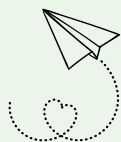
### Barcelona Haemodialysis Institute

C/ Arístides Maillol, 15  
08028 BARCELONA  
Tel: 00 34 934 407 803  
ihb@diaverum.com

### Palau Dialysis Centre

C/ San Antonio María Claret, 135  
08027 BARCELONA  
Tel: 00 34 936 241 396  
palau@diaverum.com





## How to get there

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By plane to El Prat Airport and transfer to the centre of Barcelona (15 km).

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By train, taking the AVE to Barcelona Sants Station

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By road, via the A2 motorway

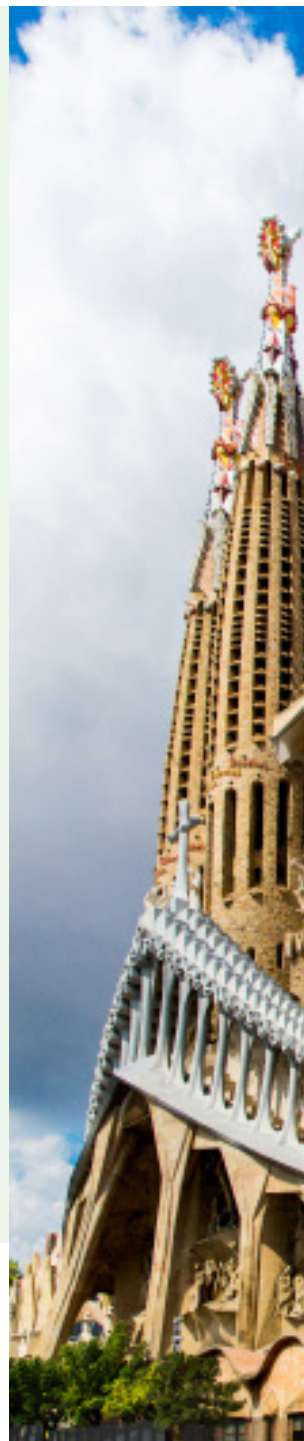
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Clinic locations:

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- The Nephros Dialysis Centre is only 2 kilometres from Park Güell.
- The Virgen de Montserrat Dialysis Centre is 12 minutes from Barcelona Sants Train Station.
- The Barcelona Haemodialysis Institute is only 350 metres from Camp Nou.
- The Rotellar Dialysis Centre is 100 metres from Sagrera Station.
- The Palau Dialysis Centre is a 5-minute walk from the Sagrada Familia.

Basilica of the Sagrada Familia





# Pineda de Mar

## Province of Barcelona

The Maresme is a region between Barcelona and the Costa Brava that combines an internationally renowned tourism area with beautiful Mediterranean beaches, active marinas, culture, gastronomy, traditional popular festivals and lush vegetation in its three parks: Cordillera Litoral, Montnegre and Corredor, and Serra Marina.

Pineda de Mar offers a wealth of possibilities, where you can explore an environment full of nature, relax and have fun with your family, enjoy culture, heritage, traditions and good food, etc. Come and pay us a visit. We look forward to seeing you!

### A cultural tour of Pineda de Mar

**9am** Start the day on board a small cruise ship to visit the various beaches of **southern Costa Brava** in comfort, with stops at **Lloret de Mar, Fenals, Santa Cristina, Blanes S'Abanell, Malgrat de Mar, Santa Susanna, Pineda, Poble nou, Calella and Sant Pol de Mar.**

The tickets are for a round trip and can be used all day to go from beach to beach.

**1pm** Time for some vermouth. Enjoy an aperitif at the **Pineda Promenade** to get your strength back before enjoying some lunch.

**2:15pm** Get some lunch and enjoy the local cuisine of the **Costa Brava.**

**4:30pm** Follow the **Four Hermitage Route**, which takes you through the whole town, stopping at **Sant Rafael, Sant Jaume, Sant Antoni and Gràcia.** And along the way you can also take advantage of the opportunity to do some shopping in the city centre.

**10pm** Time to enjoy a nice dinner at one of the restaurants in **Pineda de Mar.**



## Get in touch with us:

### Maresme Dialysis Centre

C/ Marconi, 2

08397 PINEDA DE MAR (Barcelona)

Tel: 00 34 937 672 576

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## Sites you shouldn't miss!

Travel to Barcelona to visit some of Gaudi's works, such as **Park Güell** or the **Sagrada Família**, as well as Las Ramblas or the Olympic Port. You could also enjoy a day of shopping at La Roca Village.

Visit the **Marimurtra Botanical Garden**, in Blanes, to discover some native Mediterranean flora on the top of a cliff. Visit **Tossa de Mar** and the charming inland town of **Peratallada**.



## Discover our cuisine

The local cuisine is dominated by fish suquets and stews made with local vegetables. Some of the products from Maresme have acquired a strong reputation, such as Roca cherries from Arenys de Munt or grapes from the Alella Destination of Origin.

In terms of seafood, the squid, prawns, crayfish and clams from Arenys de Mar are worth a mention, without forgetting the wide range of fish from the Mediterranean coast.

And all of this is finished with a wide variety of different sweet treats available in the area, such as Coca de Llavaneres or cookies that are reminiscent of the architectural style of Domènech i Montaner.

## How to get there

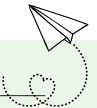
By plane, to Girona Airport and transfer by car (32 km); or Barcelona Airport (75 km).

Pineda de Mar Station, Maresme railway line (line 1 of Rodalies Renfe).

Car: by the N-II highway.

Clinic location:

The clinic is located 2.5 km from the train station and bus station.



# Mataró

## Province of Barcelona



Mataró, located in the Maresme region, is a Mediterranean city perfect for visiting at any time of the year. The capital of Maresme has a population of over 127,000 people and a privileged location between the sea and the Serralada Litoral, just 30 kilometres from Barcelona, making the location even more interesting and offering much more than just beaches.

Mataró is home to a wide variety of tourist attractions, ranging from beaches to cultural heritage, including its long history, dating back to when it was the Roman city of Iluro.

So what are you waiting for? Come and discover everything Mataró has to offer.

### A cultural tour through Mataró

**9am** Have breakfast at one of the cafés in the Mataró old town.

**11am** Then visit the **Basilica of Santa Maria**, the main religious temple of the Barcelona town of Mataró, built in the 17th century in an Italianate baroque style with Byzantine elements. Especially interesting are the side chapels, such as the chapel of Els Dolors, one of the jewels of the Catalan Baroque. Here you will find an organ and a large baroque altarpiece by local artist Antoni Riera i Móra.

**1pm** You can now go and enjoy a snack at **Playa del Varador**, the main beach of the coastal town of Mataró. With a length of one kilometre and a width of about 50 metres,

it is a typical beach on the Barcelona coast, covered with golden sand.

**2pm** Time to go get lunch at one of the restaurants in the old town.

**4pm** You can now take a guided tour of the **Torre Llauder Archaeological Site**.

**6pm** In the **Can Xammar country house**, you can visit the remains of a prosperous Roman city called Iluro, which were discovered in the 1960s. It served as public baths for the city's people, demonstrating how Iluro was in its time.

**8pm** Now you can go for some dinner at **Mercado El Rengle**, a small market in the centre of Mataró. This 20th century building incorporates modernist elements (wrought iron, ceramics) and its roof is

the work of the famous architect Josep Puig i Cadafalch.



Santa Maria Church







## Sites you shouldn't miss!

**The Nave Gocé**, Gaudi's first work.

**Casa Cuello y Riegàs**, a building designed by the architect Josep Puig y Cadafalch.

**Varador Beach and Callao Beach.**



## Discover our cuisine

Mataró offers an utterly unique cuisine with food from the sea and the land. Whether you're looking for a snack or a good meal in a relaxed, laid-back atmosphere, you'll find everything you're looking for in this city.

One of the specialities is Plat de Mataró, a stew with peas, cuttlefish and potatoes, which is the subject of a conference held in spring: the Jornades Gastronòmiques del Plat de Mataró, which involves participation from thirty of the city's restaurants.

## Get in touch with us:

**Mataró Dialysis Centre**  
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## How to get there

By plane to El Prat Airport (Barcelona) and transfer to Mataró (48 km).

By train, taking the AVE to Barcelona Sants Station and then a train to Mataró Station or transfer by car (35 km).

By car, taking the A-2 and then the AP-2.

Clinic location: The clinic is located in the city centre. 4.5 kilometres from the train station and 4.1 kilometres from the bus station.

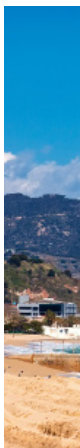
# Badalona

## Province of Barcelona



With more than 2000 years of history, Badalona is one of the oldest cities in Catalonia. Badalona has a splendid legacy and is home to a number of well-preserved sites that deserve a visit. In Badalona you can visit the important remains of the Roman city of Baetulo, the “masías” (local country houses) and the Monastery of San Jerónimo de la Murtra, declared a historic/artistic monument of national interest.

And what's more, at Badalona you can also discover the anise distillation process at the famous Anís del Mono factory, while contemplating the effect that the arrival of industry and modernism had on the city as a cultural and artistic movement. You can also discover the Badalona of today, a city that offers a multitude of services, promotes culture and traditions, and is a leader in the world of sports; all this in addition to its coastal location that is also very close to Barcelona.



### A cultural tour through Badalona

**10am** Follow a tourist route through the city's **old town**, which should take around 90 minutes.

**12pm** Visit the **Badius** (inner courtyards of private houses).

**1pm** Stop by the **Monastery of Sant Jeroni de la Murtra**.

**2:15pm** Get your strength back with a good meal.

**4:30pm** Visit the **Anís del Mono** factory

(90 min.).

**6pm** Explore the **Parc de Can Solei and Ca l'Arnús**.

**7pm** Go shopping along the most pleasant pedestrianised streets of Badalona: Carrer del Mar and La Rambla. The Carrer del Mar, which runs perpendicular to the coast, is a lively shopping street where much of the city's activities are concentrated.

**8pm** Time to enjoy a nice dinner at one of the restaurants in Badalona.





## Get in touch with us:

### Badalona Medical Institute

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(Barcelona)

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## Discover our cuisine

The cuisine in Badalona stands out for all the dishes influenced by its seafaring tradition, rural origins and products from the sea and the land.

If you visit the area you must try the octopus with potatoes and aioli, the bullabessa or the cod with potatoes and aioli, popularly known as "Grandi colloni" among the sailors of the city. Another dish worth mentioning is the vineyard peaches stuffed with meat, and finally the "Judías de la Francis".

## How to get there



By plane to Barcelona El Prat Airport and transfer to Badalona (28 km).

By train, taking the AVE to Barcelona Sants Station, then a train to Badalona Station or transfer by car (14 km).

The A2 motorway.

Clinic location: Next to the seafront, 10 minutes' walk from Badalona Train Station.



## Sites you shouldn't miss!

Visit the **Parxet Cellars** in Tiana (Mas Perxet.Tiana). Enjoy a guided tour to see their cava being produced.

Travel to **Port Vell in Barcelona**, which is 16 minutes from Badalona (about 12 km), and visit the Maritime Museum or the Maremagnum, a large leisure area where you can also find the Barcelona Aquarium.

# Hospitalet de Llobregat

## Province of Barcelona

Hospitalet de Llobregat is an undiscovered jewel with a unique character that houses a wealth of historical heritage, the result of its medieval origins, its industrial past and its open and cosmopolitan present. Beyond its historical relationship with Barcelona, Hospitalet stands alone as a unique destination with its own attractions.

From the iconic Fira towers that stand out on the horizon with an avant-garde and colourful touch, to the 16th century watchtower and the stately homes of Pubilla Cases and Can Rigalt, and let's not forget the iconic Carrer Xiperet, Hospitalet de Llobregat is a place of wonder, with many different environments and attractions. It is a booming destination for tourism, conferences and business, as well as a great setting for fairs and festivals.



### Discover our cuisine

Catalan cuisine is very varied and rich in flavours, smells and colours. A wide variety of products from the sea, the mountains and farmlands are used to prepare typical dishes such as esqueixada, escudella, cannelloni, xato, escalibada, butifarras, fricandó, excellent grilled red meats, fresh fish and seafood, without forgetting the most popular dishes, such as fideuás, suquet de peix and the unmistakable "calçots". In terms of desserts, you have crema catalana, panellets or neulas. When it comes to wine, the area is known for its D.O. Penedés and Priorat wines, as well as its excellent and renowned cavas.

### Sites you shouldn't miss!

**Colònia Güell Crypt**, in Santa Coloma de Cervelló. This crypt was designed by Gaudí and declared a World Heritage Site by UNESCO in July 2005.

### How to get there

By plane, to Barcelona El Prat Airport and transfer by car (12 km) or metro Line 9S Can Tries/Gornal.

By train, taking the AVE to Barcelona Sants Station and then a train to Hospitalet de Llobregat Station, or transfer by car (4 km).

A-2 and B-23 motorways.

Clinic location: The clinic is just a 10-15 minute walk from Fira de Hospitalet de Llobregat.

### Get in touch with us:

#### Baix Llobregat Dialysis Centre

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8902 Hospitalet de Llobregat (Barcelona)  
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baix@diaverum.com



## A cultural tour through Hospitalet de Llobregat

**9am** The tour starts at **Carrer Major**, heading along the streets between Femades and **Avinguda del Carrilet** up to the Rambla Marina roundabout, then continuing along the streets near Plaça de la Vila, such as **Carrer de les Roselles** and **Carrer Príncep de Bergara**, until you reach the town hall.

**11am** Then, as you stroll along **Carrer Major** you will come to the historical **Carrer Xipreret**, where the first centre that gave its name to the city was founded. There are two extraordinary palaces here: **L'Harmonia** and **Casa Espanya**, which houses **L'Hospitalet Museum**. Also noteworthy is **the Atalaya defense tower**, at the beginning of the street, and the numerous well-preserved rural houses, in addition to various country houses, including Can Sumarro, which offers beautiful gardens and is the current home of the city's library.

**1pm** Take a stroll through

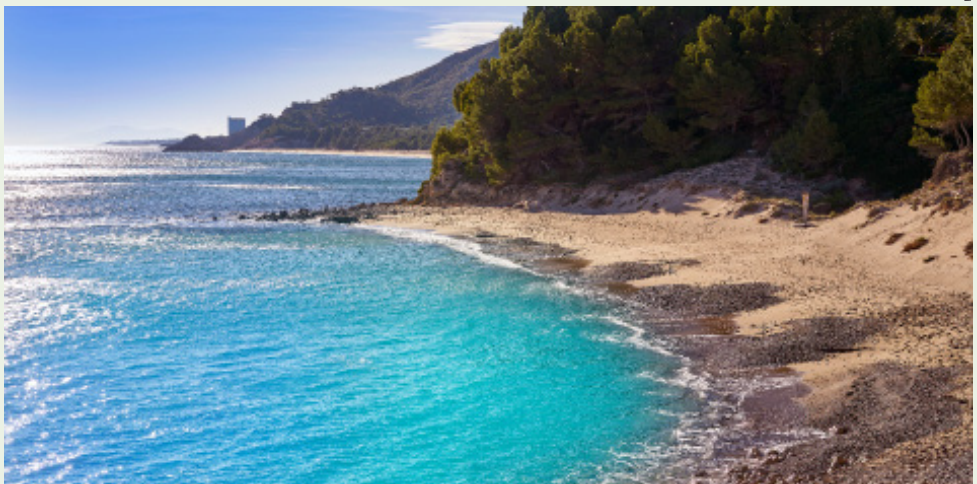
the quadrant of streets formed by **Avinguda Alvarez de Castro**, **Avinguda Josep Tarradellas**, **Carrer Barcelona** and **Rambla Just Oliveras**, with some other notable streets being **Carrer de Molines**, **Carrer de l'Església**, **Carrer de Tecla Sala** and **Carrer Centre**. Then finish at the delightful Plaça del Repartidor with its fountain in the centre and the old post office building renovated to now house a cooking school and restaurant on the initiative of **El Llindar** Foundation, which is dedicated to offering second chances to young people.

**2:15pm** Enjoy lunch at one of the restaurants in the area.

**5pm** Return to the previous quadrant by following **Carrer Lleida** to visit the group of old houses on **Carrer Santa Bàrbara**, and go up **Riera de la Creu** to the entrance of the **Parc de Can Buxeres**, but not before turning off along the very secret **Carrer de Parral**, which is invisible to the naked eye and hides a series of beautiful houses.

**7pm** Can Buxeres is always worth a visit for its gardens and to enjoy the palace and its surroundings. Then leave by following **Carretera d'Esplugues** to the Renfe train station, to visit the quadrant of streets including **Rambla Just Oliveras**, **Josep Tarradellas**, **Avinguda Isabel la Catolica** and **Enric Prat de la Riba**. The old **Can Vilomara factory** is today a public school, next to it is **La Farga shopping centre**, and on **Carrer Barcelona** there is **La Farga** events and trade fair centre. As you explore **Carrer Girona** and Las Ramblas, it is worthwhile to go and check out the small streets and passages with their period houses.

**9pm** All that is left is to explore the few streets of the quadrant between **Prat de la Riba**, **Avinguda Fabregada**, **Carrilet** and **Rambla Marina**, with the modern **Plaça de Lluís Companys**, a fantastic entertainment space. Then you can finish your tour at the town hall square.





Santiago de Compostela

Pontevedra

Vilagarcía



# Galicia

"The last frontier of Spain" is located on the northwestern edge of the Peninsula, and includes Cape Finisterre, which was believed in Spain to be the end of the known world until the discovery of America, and is today home to a typical fishing village, named after this special cape.

Galicia is as famous for its wonderful landscapes, its green fields and silver seas as it is for its beautiful buildings, ranging from picturesque traditional houses to the more impressive monumental jewels.

Inland Galicia is largely mountains, with a coastline criss-crossed by numerous estuaries, where the moderate effects of the sea can be felt. This is what makes the Rías Baixas the warmest area in the north of the country. Its coastline offers significant contrasts, between the smooth shapes of As Mariñas and the dangerous cliffs of Costa da Morte. The inland is divided by numerous rivers, a feature that led Álvaro Cunqueiro to name it "the country of a thousand rivers".

It is a region that stands out for its cuisine and its people, making it one of the top ten destinations in the world.



Camino de Santiago Scallop Shell

# Santiago de Compostela

## Province of La Coruña

For centuries, thousands of pilgrims have walked the Camino de Santiago every year with a dream to fulfil: to reach the capital of Galicia and enter its now mythical Cathedral. Tradition has it that the remains of the apostle Santiago are buried in this monument, which were discovered in the 9th century.

However, Santiago de Compostela is a lively city with many other attractions that will dazzle visitors, whether they are pilgrims or not: countless restaurants and bars where you can taste the delicious seafood of Galicia, an old town declared a World Heritage Site by UNESCO, contemporary art, and much more. There are many activities to enjoy in this city that combines history with a younger and more modern side.

### A cultural tour through Santiago de Compostela

**10am** Start the day with a visit to **the Cathedral**. Once inside you can visit the **Roofs of the Cathedral**, which will help you get your bearings and understand a little of the city's history as you enjoy the incredible views.

**11:30am** After this stop you can start exploring the streets. When you leave the cathedral you will walk into **Praza de Obradoiro**, where you can stay a while to admire the beautiful façade and the buildings surrounding it.

**12pm** From here you can follow a small passageway to the right of the cathedral that will lead you to **Praza da Inmaculada**, where you will find the **Monastery of San Mariño Pinarío**. Continue climbing towards **Praza de Cerventes** and then go down towards Carrer Casas Reais, the starting point for the

Camino de Santiago. Then cross the street to **Bonaval Park**, passing by the **Contemporary Art Centre of Galicia** and the **Museum of the Galician People**.

**2:30pm** Time to enjoy some lunch.

**5pm** After you have tasted the fantastic Galician food, continue your journey to **Praza da Quintana**. It is located at the back of the Cathedral and is the best place to see **the Clock Tower** and the Berenguela. Along the way you will pass by **Praza das Praterias**, where there is a curious baroque house called **Casa del Cabildo**.

You'll then continue your tour through the beautiful Rúa do Vilar, with its stores and arcades; a must-see for any visit.

**7pm** End the tour with a walk through **the Alameda**, from where you can enjoy some incredible views of the old city and its cathedral. This

is a cosy, green and spacious meeting place for the people of Santiago.

You can then head back into the old town through any of its streets and stroll around until dinner time.

**9pm** You will have no problem finding somewhere to eat and drink from the dozens of fantastic places on offer.





Cathedral of Santiago de Compostela

## Discover our cuisine

One of the highlights of Galicia, and of Santiago de Compostela specifically, is its delicious cuisine. Galician cuisine is undoubtedly one of the best, especially the cuisine of the city. It is varied, healthy and simply exquisite. We invite you to take a gastronomic tour, which will also help you to explore the city and discover its history.

Among its many delicacies, we would like to highlight 5 typical dishes of the city: scallop gratin, Galician octopus, Galician empanada, Galician turnip green broth and, of course, tarta de Santiago, a sweet almond cake.



## Get in touch with us:

### Diaverum Santiago Dialysis Centre

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SANTIAGO DE COMPOSTELA  
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santiago@diaverum.com

## Sites you shouldn't miss!

**Ponte Maceira.** This is a transit point for the Camino de Santiago and a perfect place to go swimming in summer. It is 21 km from the clinic and 19 min. by car.

**Gundián viewpoint.** Alto do Castro viewpoint: These viewpoints are close to each other and offer incredible panoramic views. They are both accessible by car. 25.6 km from the clinic and 25 min. by car.

**Padrón.** Padrón is one of the best towns to visit near Santiago. There you can walk in the footsteps of Rosalía de Castro and Camilo José Cela, and follow the Camino de Santiago. 26.6 km from the clinic and 22 min. by car.



## How to get there

By plane, to Santiago de Compostela Airport and then transfer (16 km).

Santiago Bus Station and transfer by car.

The AP-9 motorway.

Clinic location: The clinic is located 3 kilometres from the train station and 2 kilometres from the bus station.

# Pontevedra

## Province of Pontevedra



Patiently built over the centuries, this "boa vila" with its delightful streets and squares named after guilds is full of cultural buildings and stunning architecture, making it one of the most beautiful and best preserved historical sites in Galicia.

It is a city made for pedestrians, so it's perfect for taking long walks, relaxing in parks and squares, and enjoying tapas, coffee or drinks on one of its lively terraces.

### A cultural tour through Pontevedra

**9am** Enjoy a healthy breakfast, while of course being very careful regarding consumption of potassium and excess liquids. You'll find many cafés at **Praza da Ferrería**, for example, which will give you a boost of energy to start your day.

**10am Alameda de Pontevedra.** This is the best place to start your walk through this old city. There are a number of large buildings surrounding it, including the City Hall, the Provincial Council and the Institute, and the counterpoint is **the Ruins of Santo Domingo**.

**10:30am** If you go behind the Town Hall you will find the **Palacete de los Mendoza** and the great **Basilica of Santa Maria**, an attraction beloved by all visitors. As a curiosity, in the Basilica there is a saint wearing glasses and Christ is mistakenly located to the left of God the Father.

**12pm** If you continue walking

and head down a small street called Isabel, you will end up at **Praza das Cinco Rúas, with its 18th century cross**. Here you will find Valle Inclán's house and that of "his neighbour", as stated on the wall plaque. As you continue walking you will likely pick up the aromas of octopus, chistorra sausage, squid and good Albariño wine, as you will now be in the tapas area.

**1pm** Continue along **Rúa Princesa** and you will arrive at **Praza da Ferraría**, a very crowded square that is a highly popular meeting place. On the way you will pass by **Praza do Teucro, the Liceo Casino and the Soportales**, designed to allow you to cross the whole city without getting wet. What a good idea! If you stop to look around, you will find camellia gardens, fountains with powerful jets of water, and the Convent of San Francisco with its stone staircase.

**2:15pm** If you'd like to try some innovative cuisine, take a look at our restaurant recommendations.

**4:30pm** You will now be at **Praza da Leña**, where you can continue your walking tour. You'll start at a small square with two rows of arcades, five bars and restaurants with terraces. Two notable attractions are the old cross and the **Museo de Pontevedra**: a mind-boggling museum with six different buildings full of history, culture and art.

**8pm** It's now close to dinner time, so you can start your tapas tour at **Praza das Cinco Rúas**.

**10pm** If you head along one of the five streets, specifically Rúa do Barón, you will end up at the Parador de Pontevedra.







## Sites you shouldn't miss!

**Marín.** This town offers an unbeatable series of beaches. You can also visit the eco-park, the Naval or Military School or the Castañearas Lake Nature Reserve. 7.9 km from the clinic and 11 min. by car.

**Islands.** On the Pontevedra estuary you have Ons, Tambo and the Cíes Islands.

**Sanxenxo, Portonovo and Combarro.** Fishing villages where you'll find many "hórreos" (typical Galician buildings). You will also find internationally renowned nightlife, with a very popular tourist port.

**Campo Lameiro.** The Galician capital of rock art, with the largest number of rock engravings anywhere in Europe. 22.5 km from the clinic and 27 min. by car.



## Discover our cuisine

The cuisine in the province of Pontevedra is made up of a set of dishes, recipes and culinary traditions typical to the area. One of its specialities that you'll find throughout Galician cuisine is "lacón con grelos" (pork shoulder with turnip greens). As it is a coastal area, it also has a wide array of fish and seafood to offer.

## Get in touch with us:

**Pontevedra Dialysis Centre**  
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36004 A PARDA (Pontevedra)  
Tel: 00 34 986 869 519  
pontevedra@diaverum.com



## How to get there



By plane, to Vigo Airport (32 km).

Pontevedra Train Station.

Drive along the A6.

Clinic location: Next to Praza Fermín Bouza Brey. 700 metres from the train station and 850 meters from the bus station.

# Vilagarcia de Arousa

## Province of Pontevedra

Vilagarcía de Arousa is the capital of the Ría de Arousa and a natural port for Santiago de Compostela. It has a population of almost 35,000 people, making it the eighth largest city in Galicia. Its geographical characteristics attract a lot of visitors, who choose the city for a holiday destination or even to make a home.

Vilagarcía is also an ideal place to use as a base for an unforgettable holiday around the rest of Galicia. Many fiestas at Vilagarcía have been declared of tourist interest (Procession of San Roque, Water Festival, Carril Clam Festival, Naval Combat fireworks, Albariño Festival), and it also offers a wide range of commercial and recreational activities. It is half an hour from Santiago de Compostela and Vigo, and only 25 kilometres from Pontevedra.

### A cultural tour through Vilagarcia de Arousa

**10am** Start with a pleasant walk along the promenade, passing along the **A Concha and Compostela beaches**, where you can stop to discover "Marisqueo con Raño", an ancient shellfishing trade, and watch the famous Carril clams being caught. Then continue through the passenger port and **Cavadelo Park**, next to the flea market that is held every Tuesday and Saturday. You'll then arrive at the market square, where you can find a wide variety of fish and seafood caught in the estuary.

**12pm** Nearby you'll find the tourist information centre, where you can book a trip around Vilagarcia and the surrounding area aboard the tourist train.

**2pm** This is a good time to enjoy the delicious food on offer at Vilagarcía de Arousa.

**4pm** You could also take a guided tour of the **Pazo de la Marquesa de Rubiáns**, an 18th century palace that would serve as a nice addition to your journey. Towards the **Vilaxoán promenade** you will find the archaeological remains of **Castro Alobre**, located in what is now part of the Montinho park, where you can also enjoy a pleasant walk under the umbrella of the lush native foliage.

**6pm** Another area of interest is the 16th century **Convent of Santa Rita**, where a pilgrimage is celebrated on May 22nd, combining religious acts with popular festivities. Next to the convent you'll find A Xunqueira Park and the Arousa Shopping Centre.

**7pm** Along the various pedestrianised streets in the centre of Vilagarcía there are a wide variety of shops and restaurants where you can take a breather. You can also round this off with visits and tastings at nearby wineries.

Make sure you don't miss the wonderful views from our city centre.

**8pm** If you still have the energy and feel up for it, you could go and discover Pontevedra's nightlife, with the numerous bars scattered throughout the old town.





## Discover our cuisine

The main attraction of Vilagarcía's cuisine, and Galician cuisine in general, is its variety. There is so much on offer that it's impossible to say which is the typical dish of the area. But if all of them have one thing in common, it is the way they are prepared: a wide variety of homemade, traditional and handmade dishes cooked slowly and served in generous portions, and, above all, made with love.

In any case, if you are in Vilagarcía, you cannot leave without trying these typical local dishes: octopus á feira, padrón peppers, steamed mussels, empanada, filloas. And make sure you accompany them with a glass of fragrant and refreshing Albariño wine.

## Get in touch with us:

### Vilagarcía Dialysis Centre

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36600 VILLAGARCÍA DE AROSA  
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## Sites you shouldn't miss!

**A Illa de Arousa.** Declared a Natural Reserve by the European Union, this island offers numerous beaches and the Carreirón Natural Park. 14.4 km from the clinic and 18 min. by car.

**Cambados.** A historical town carved in granite, considered one of the most beautiful, admired and interesting tourist destinations in Galicia. Complement your visit with the Rías Baixas Wine Route. 13.7 km from the clinic and 18 min. by car.

**Caldas de Reis.** A thermal town where you can find several spas and the water route, which is about two hours long. 15 km from the clinic and 15 min. by car.

## How to get there

By plane to Santiago airport and transfer by car (53 km). By plane to Vigo airport and transfer by car (60 km).

Vilagarcía de Arousa Train Station.

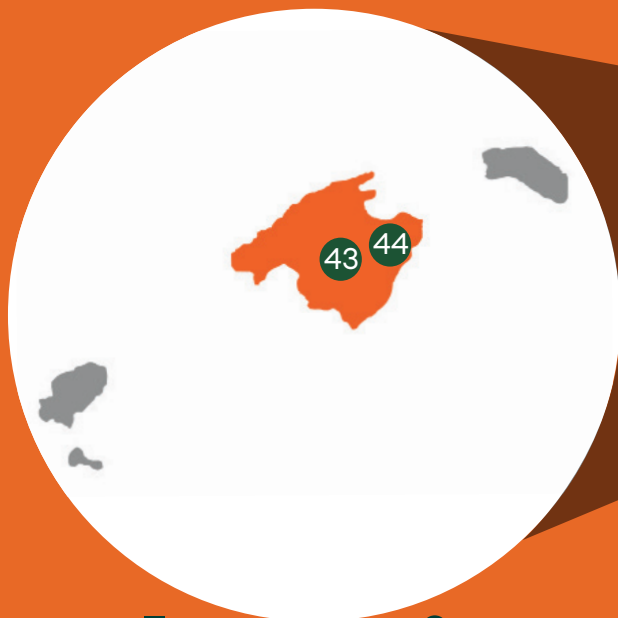
By car on the A-6 and then the AP-9.

**Clinic location:** It is located on the beachfront. 1.2 km from the train station and 1.5 km from the bus station.



Palma de Mallorca

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# The Balearic Islands







This beautiful archipelago is made up of five islands and several islets. It offers a mild climate with more than 300 days of sunshine a year. It has beautiful landscapes and beaches, a wide array of cultural activities and many different options for leisure and relaxation, and the hospitality of its residents have made it a cosmopolitan destination that attracts visitors from all over the world, sometimes for a holiday, and sometimes to stay forever.

It is no surprise that its capital, Palma de Mallorca, is one of the most popular destinations in Spain. The Balearic Islands are surprising and fascinating; each island has its own personality and is different from the other, but one thing they all have in common is that it's difficult to leave without wanting to come back again and again.





# Palma de Mallorca

## The Balearic Islands

The beautiful island of Mallorca is located off the coast of the Levant, in the Mediterranean Sea. It forms part of the Balearic Archipelago along with the islands of Formentera, Ibiza, Cabrera and Menorca, covering an area of 5000 km<sup>2</sup> and 1239 km<sup>2</sup> of coastline. Palma is the capital of the island of Mallorca.

The climate in Mallorca is mild and temperate, with minimal variations. In spring the average temperature is 19.5°, in summer it increases to 27°, then 20.5° in autumn, and finally 15° in winter.

With its varied and beautiful landscapes, such as mountains and coastlines surrounded by idyllic and calm crystal waters and soft sands, its rich culture and history, its people, its customs, its local cuisine and its pleasant climate, Mallorca is a top tourist attraction for visitors all over the world. In fact, many have called it "The Centre of World Tourism", and not in vain, as the island of Mallorca has become the primary and most important tourist destination in Spain.

### **A cultural tour through Mallorca**

**9am** Start your walk along the Paseo Marítimo and have breakfast while gazing out at the sea.

**10:30am** Visit the old town of Palma de Mallorca.

**11am** Visit the old town of Palma de Mallorca.

**1pm** Stroll through Plaça Major, exploring its popular shopping streets where you can taste local delicacies or buy a souvenir.

**2:15pm** Enjoy lunch at one of the magnificent restaurants located near Plaça Major.

**4:30pm** Visit the Fundació March Museum of Contemporary Spanish Art, which is housed in a beautiful building with a traditional Mallorcan courtyard. **Another option in the afternoon is to take a stroll through the**

**district of La Lonja and lose yourself among its narrow streets that are full of restaurants.**

**6pm** Climb the hill to visit Bellver Castle.

**9pm** You can then enjoy the best sunset from the castle itself.



Cathedral of Santa Maria de Mallorca



## Get in touch with us:

### Diaverum Palma Dialysis Centre

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### Diaverum Inca Dialysis Centre

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## Discover our cuisine

The cuisine in Mallorca is a collection of dishes and typical local ingredients. The island is divided into three parts: the Tramontana mountain range, the Levante mountain range and the plain in between. The cultivation of vegetables and grain inland, along with the rearing of pigs, is complemented by fishing along the coast. This explains the variety of local dishes, cured meats and, of course, the ensaimada. There are many delicacies on offer, but these are the ones you absolutely must try: sobrassada, coca de trampó, roast Mallorcan suckling pig, tumbet, Mallorcan soup and, of course, arrós brut.

## How to get there



By plane, to Palma de Mallorca Airport, and transfer by car to the Palma clinic (8.8 km/11 minutes).

By ferry, from the ports of Barcelona, Valencia or Alicante to the port of Palma de Mallorca, and transfer by car to the clinic in Palma (5 km/11 minutes).

Clinic location: The Palma clinic is 350 metres from the beach and 1.6 km from Palma Cathedral.

## Sites you shouldn't miss!

**The Jewish quarter of Palma.** This quarter, known as "Call" in Mallorcan, is one of the most fascinating places in the city because of the treasured history hidden among its streets.

**The district of Santa Catalina.** This old fishermen's district, with its white façades and colourful shutters, offers a wide range of cultural activities, some of the best restaurants in the city and the popular Santa Catalina Market.

**The Drach Caves.** Located in the village of Porto Cristo, these caves are one of the island's main tourist attractions. With a horizontal development of about 1,200 m in length and depth, the caves hide a large underground lake called Lago Martel, one of the largest of its kind in the world.

Madrid

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# Madrid

Madrid is the capital of Spain and offers many elegant boulevards and large, well-kept parks, such as Buen Retiro. It is famous for its incredible collections of European art, with works by Goya, Velázquez and other Spanish masters in the Prado Museum. In the heart of old Habsburg Madrid you'll find Plaza Mayor, surrounded by porticos, and nearby is the Royal Palace and the Armoury, which showcases historic weaponry.



Royal Palace

# Madrid

## Province of Madrid



El Retiro Park

Madrid, the capital of Spain, is a cosmopolitan city that combines the most modern infrastructure and its status as an economic, financial and administrative centre with an immense cultural and artistic heritage, the legacy of centuries of exciting history.

Here you can visit some of the most renowned museums in the world—such as El Prado, the Reina Sofía or the Thyssen—enjoy Spain's best shows in the the entertainment area of Gran Vía, or visit the stadiums of some top-level teams, such as the Santiago Bernabéu or Wanda Metropolitano stadiums.

### A cultural tour through Madrid

**10am** You can start your tour with a stroll through **Retiro Park**, the green lung of Madrid. The park dates back to the 17th century, when Philip IV ordered it to be built as a place of recreation and rest for the royal family.

**11am** You can leave the park via **Plaza de Independencia**, where you'll find the **Puerta de Alcalá**, one of the city's most iconic monuments. The Puerta de Alcalá is one of the five gates that provided access to the city of Madrid. From the gate you can see the fountain of the goddess Cibeles, another of the city's icons. Part of its fame is due to the fact that it is where the Real Madrid team goes to celebrate wins with its fans. In front of the goddess stands the **Palace of Telecommunications**, which currently houses the **Madrid City Hall**. Now take Calle Alcalá to head towards the **Puerta del Sol**, the nerve centre of the capital and

“kilometre zero” for all roads in Spain. It is also the most popular place in the city, as every New Year's Eve television cameras point to its famous clock during the chimes.

**12pm** Continue walking towards **Plaza Mayor** to enter “El Madrid de los Austrias”, an area full of narrow streets where you'll find palaces, churches and convents from the Golden Age, when the city became the capital of the Spanish Empire in the eighteenth century and today is home to the Government of the Community of Madrid.

**2:15pm** Enjoy some of Madrid's tapas dishes in the bars around Plaza Mayor.

**5pm** Nearby is the **Almudena Cathedral**, the city's main church dedicated to its patron saint, where the current King and Queen of Spain were married. Next to the Cathedral is the impressive Royal Palace, opposite the **Royal Theatre**, which was declared a National

Monument.

**6pm** Stroll on towards one of the city's main thoroughfares: the **Gran Vía**. It is famous for its never-ending activities and its numerous theatres and musical shows. At the end of the Gran Vía you'll find **Plaza de España**, one of the largest squares in Madrid. In the centre are statues dedicated to Don Quixote and his faithful squire, Sancho Panza.

**8pm** The **Temple of Debod** is a perfect place to end the day. This Egyptian monument is dedicated to the gods Amun and Isis. It is more than two thousand years old and offers some beautiful views of the city.





## How to get there

By plane to Adolfo Suárez Madrid-Barajas Airport and transfer by car (13.9 km).

By train, to the Atocha or Chamartín stations.

By bus, to the Madrid Estación Sur, Madrid Moncloa or Avenida de América stations.

By car, taking the A-1, A-3, A-4 or A-6.

Clinic location: 1.2 km from the well-known Plaza de Castilla and 9.4 km from the centrally located Puerta del Sol.

## Sites you shouldn't miss!

Madrid has many more attractions than those mentioned above. If your stay lands on a Sunday, for example, in the morning we'd recommend taking a walk along **El Rastro de Madrid** and finish afterwards with an aperitif and some tapas in the famous **La Latina district**. If you have more time, you can take a trip to some of the very interesting towns in the area, such as **Alcalá de Henares, El Escorial or Aranjuez**.

## Discover our cuisine

Madrid, the capital of Spain, is also known for a number of dishes that are iconic in the world of Spanish cuisine, such as cocido madrileño or callos a la madrileña.

The gastronomy in Madrid is a fusion of dishes from other parts of the Peninsula, adapted to the capital. It is influenced by the cuisine of both La Mancha and Al-Andalus. It also incorporates many other ingredients brought over from the Spanish colonies, such as chocolate and coffee. Its most iconic dishes are cocido madrileño, callos a la madrileña, garlic soup, sea bream a la madrileña, squid bocata, gallinejas and huevos estrellados. Don't miss their churros and their doughnuts, whether they be of the plain ("tonta"), glazed ("lista") or Santa Clara variety.

Cathedral of Santa María la Real de la Almudena

## Get in touch with us:

### Diaverum Madrid Dialysis Centre

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Caravaca de la Cruz



# Region of Murcia

This community is an absolute paradise. Bathed by the Costa Cálida, it offers great inland and coastal landscapes, of seas and mountains, which have blown away residents and visitors for years. Its extraordinary climate—with more than 300 hours of sunshine every year—its diverse landscapes, its extensive and varied cuisine, and its combination of history and culture have led countless tourists to come and visit this Mediterranean paradise, from inside and outside of Spain, looking to discover a land that has much to offer and lots of stories to tell.



Roman Theatre of Cartagena

# Caravaca de la Cruz

## Province of Murcia

Caravaca de la Cruz is a city located on the border between Murcia and Granada. The town has been home to Iberians, Romans and Muslims, in that order, and was built around its castle, which was constructed in the 15th century by the Knights Templar. But Caravaca is, essentially, the Holy City, the city of the cross that bears its name. According to legend, in 1232, the Moorish king Abu Zeid converted to Christianity when he saw two angels lowering a cross from heaven so that a priest imprisoned in the castle could say mass. And in 1617, this legend gave rise to the construction of the first monument for this town in the northwest of Murcia, in the grounds of the fortress itself: the Vera Cruz Sanctuary. The most impressive part of this building is its front face made of Cehegin red marble, where the Holy Cross takes pride of place.

### A cultural tour of Caravaca de la Cruz

**10am** There is a very nice old town here that is worth exploring, with its medieval origins and narrow irregular streets. It is not too big, so you can easily visit it in one day. The food is also fantastic and there is a great atmosphere. As you stroll through the town you will discover many nice little spots, such as: The Church of the Convent of Santa Clara, Casa de la Tercia, Casa de Encomienda, the Convent of Santa Clara, Calle Mayor, Plaza del Arco, **Basilica de la Vera Cruz**, Caballos del Vino Museum, Church of San José, Parish Church of El Salvador, the Temple or the Paraje Natural Fuentes del Marqués.

You can start your visit to Caravaca de la Cruz at the Basilica de la Vera Cruz, and from there, walk down the street and pass through **Plaza del Arco** as you head towards **Calle Mayor**, the most important street in the town.

### Discover our cuisine

The cuisine in Caravaca de la Cruz is influenced by the agricultural and livestock products from the area. As such, lamb pie, migas and rice dishes of all varieties (with rabbit, chicken or chickpeas) are very popular in this area.





## Sites you shouldn't miss!

**The Vera Cruz Museum.** Here you can learn about the history and Christian traditions of Santa Vera Cruz de Caravaca, through collections of paintings, gold and silver work and sacred art.

**The Monument to the Caballos del Vino.** This was donated to the town of Caravaca de la Cruz by Teodoro García Trabadelo and inaugurated on 29 April, 2007.

**Town Council of Caravaca de la Cruz.**

**Church of El Salvador.**

**Caballos del Vino Museum.**

If you have more time, it is worth visiting **the Northwest Vía Verde**. This nature trail was built along an old railway line that existed between Murcia and Caravaca de la Cruz, and as you follow the route you can discover three different natural areas, which are included in the Spanish Natura 2000 Network and are listed as being of “Cultural Interest”. It is 78 km long and passes through nine municipalities in Murcia.

## How to get there




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By plane, to Alicante airport and then transfer by car (140 km).

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Caravaca de la Cruz Bus Station (800 m).

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By road, taking the RM-15.

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Clinic location: The clinic is located in the town centre.

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## Get in touch with us:

### Diaverum Caravaca Dialysis Centre

C/ Diego Cortes, 1

30400 CARAVACA DE LA CRUZ (Murcia)

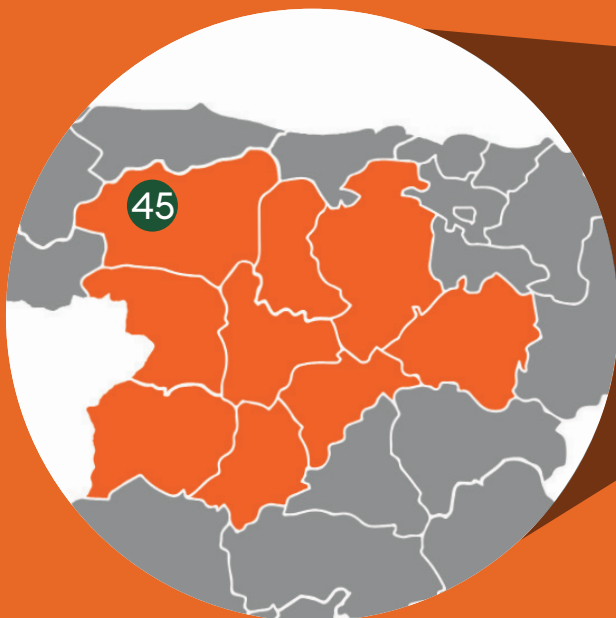
Tel: 00 34 968 785 400

caravaca@diaverum.com



Ponferrada

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# Castile and León

Castile and León is a perfect paradise for tourism. It is one of the Spanish destinations with the greatest natural diversity, where you can find spectacular monuments, the most varied and exquisite gastronomy, nature trails, city tours and, of course, a friendly welcome from the locals who open their arms to tourists.

It stands out for its three **World Heritage Cities**, Ávila, Segovia and Salamanca. The Camino de Santiago, which crosses through three of its provinces (Burgos, Palencia and León), from east to west, is equally impressive. The Atapuerca archaeological site (Burgos), the rock art archaeological site of Siega Verde (Salamanca), the Cathedral of Burgos and Las Médulas (León) are the other sites recognised by **UNESCO** for their great cultural, natural and historical value.



Leon Cathedral

# Ponferrada

## Province of León



Ponferrada is the capital of the region of "El Bierzo", a province of León, and is famous for its historical heritage and its incredible mountain scenery.

There are many things to do in Ponferrada, and in the whole region of "El Bierzo", but tasting the cuisine should be one of your priorities. It has several designations of origin and quality products, such as Bierzo wines, Reineta apples, chestnuts and botillo.

The city of Ponferrada is a must-see. It has a lot to offer from a tourism point of view, as the province of León is an outstanding stop along the Camino de Santiago and has a wide range of incredible food and cultural activities.

### A cultural tour through Ponferrada

You can begin your day in Ponferrada at the Templar Castle, taking some time to learn about its history. To learn about the importance of the Order of the Temple we recommend taking a tour of the Castles of El Bierzo.

You will find plenty of bars and cafes around the castle where you can take a little detour before continuing to discover all that Ponferrada has to offer. Take a seat on a terrace at Plaza Virgen de la Encina, next to the basilica of the same name.

Take a stroll along the famous Calle del Reloj and the surrounding area. The clock tower is located on one of the gates of the medieval wall, which is also the only one left standing. You also must try the tapas and wines while in Ponferrada. You will find many bars and restaurants in the narrow streets of the old town, in Plaza de la Encina and Plaza Ayuntamiento.



Ponferrada Castle

## How to get there

By plane to León Airport and transfer to Ponferrada (104 km).

Ponferrada Bus Station (1.8 km).

By road, taking the A-6.

Clinic location: the clinic is located 1 km from Ponferrada old town.





Ponferrada Castle

## Sites you shouldn't miss!

In the province of León you will find one of the most important natural tourist attractions in the entire Cantabrian Mountain Range: the **Picos de Europa National Park**, which is shared with Cantabria and Asturias. The Cares Trail and the Naranjo de Bulnes offer some of the most spectacular landscapes at the Picos de Europa.

**Las Médulas.** This World Heritage Site offers a unique landscape of reddish ground that the Romans used as a gold mine from the 1st century B.C. onwards.

## Discover our cuisine

As the capital of Bierzo, Ponferrada is a magnificent showcase for some of the region's best dishes. Botillo is a marinated and smoked pork sausage served with cachelos (boiled potatoes) and vegetables. This dish should be paired with Bierzo wine, which has its own Denomination of Origin.

The area is influenced by Galician cuisine as well, which means that you will also find specialities like octopus or cod amongst its other local dishes.

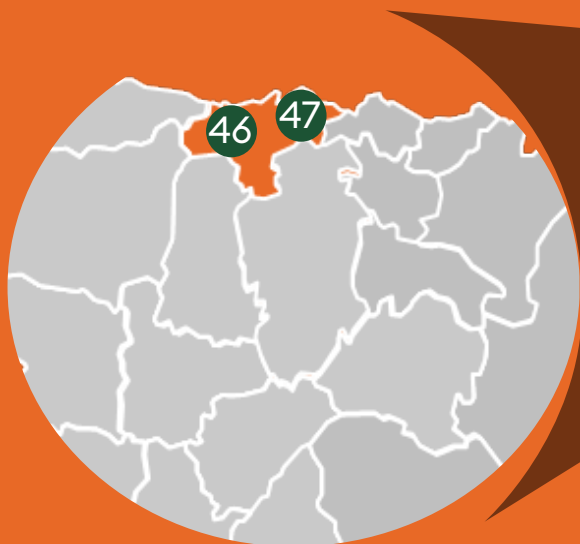


Basilica of the Virgin of La Encina

## Get in touch with us:

### Diaverum Ponferrada Dialysis Centre

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# Cantabria

The northern region possesses a special power to captivate all those who dare to visit its lands. The lush vegetation, the blue of its coasts, the elegance of its valleys and cities with a unique charm make Cantabria a destination full of authentic wonders. Among them, you can find the famous Altamira Caves, the majestic Magdalena Palace in Santander, the historic Monastery of Santo Toribio de Liébana, and Gaudí's astonishing creation, the Capricho de Comillas.

Get ready for a journey that will take you to explore nature at its fullest expression and discover historical treasures that will amaze you at every step. Moreover, Cantabria is divided into two equally captivating halves, with its evergreen mountains and its stunning coasts, offering a unique experience that combines the best of both landscapes.





# Santander

## Province of Cantabria

Santander, a beautiful coastal city in the north of Spain, in the region of Cantabria, captivates tourists from around the world thanks to its fascinating history, stunning landscapes, and a vibrant culture.

This city offers a unique blend of natural beauty, historical heritage, and an active cultural scene, making it an ideal destination for those who want to enjoy the sea, savor delicious food, and immerse themselves in the rich heritage of Cantabria.

### A cultural tour through Santander



#### Day 1:

In the morning, start your day at El Sardinero, enjoying the views and strolling along the 1st and 2nd beaches of El Sardinero. Then, head to Playa de El Camello, where you can discover the rock that gives it its name.

Proceed to the La Magdalena Peninsula, a historic and curious place. Explore the Palace, the former summer residence of King Alfonso XIII and Queen Victoria Eugenia. Afterward, walk along Reina Victoria Avenue, where you can visit the Maritime Museum of Cantabria. Don't miss the view from the Gamazo Dam, in front of the Palace of Festivals.

At noon, savor local cuisine at the typical restaurants and bars along the Paseo Marítimo. After lunch, visit Plaza Alfonso XIII, where the historic Correos and Banco de España buildings are located. Stroll through the Jardines de Pereda and admire the Centro Botín. In Plaza Velarde, also known as Plaza Porticada, you can find the Archaeological Center of the Medieval Wall and visit the Cathedral of Our Lady of the Assumption and its cloister. End the day at the Town Hall Square, and if you have time, explore the streets to discover more of the city's essence.

#### Day 2:

Begin the day at the Town Hall Square and visit the Mercado de La Esperanza, the city's most important market, to discover local products. Continue to the Mercado del Este, where you'll find the Church of the Annunciation or La Compañía and the Museum of Prehistory and Archaeology of Cantabria (MUPAC), which houses remains from famous sites like La Gama, El Castillo, and Altamira.

Take the funicular on Calle Río de la Pila for a panoramic view of the city. Then, visit the Church of Santa Lucía and Plaza Cañadío, popular for evening drinks. Explore the Atlantic Park of Las Llamas, the city's green lung, and take a walk in the Mataleñas Park or visit the Cabo Mayor Lighthouse for spectacular views.



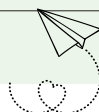
## How to get there

To Santander Airport and transfer by car (8.6 km).

Santander Train Station and transfer by car (5.2 km).

The highway that runs along the northern coast bordering the Cantabrian Sea and reaches Santander is the AP-8. To get here from other cities, take the A-67.

Clinic Location:  
Approximately 5.2 km from the train and bus station, and 8.6 km from the airport.





## Sites you shouldn't miss!

**The Magdalena Palace:** The Royal Magdalena Palace is a building located on the Magdalena Peninsula, in front of Mouro Island, in the city of Santander. It was constructed between 1909 and 1911 through public subscription to house the Spanish royal family.

**El Sardinero:** A neighborhood and a popular tourist spot in Santander known for its expansive beaches and its status as one of the city's most exclusive areas.

**The Botín Center:** An art center located in the city of Santander, affiliated with the Botín Foundation. The building was designed by architect Renzo Piano and was inaugurated on June 23, 2017.

**Porticada Square and Pereda Promenade:** Porticada Square, also known as Plaza Porticada, is a bustling central square in Santander built in a neoclassical Herrerian style after the devastating 1941 fire that destroyed much of the city's historic district. It was inaugurated in 1950. On the other hand, the Pereda Gardens are a public park in Santander, Cantabria, established on land reclaimed from the sea that was once a port dock. They were officially opened in 1905 during an Exhibition of Arts and Industries.

**Peña Herbosa Street** and its tapas scene.



## Discover our cuisine

Santander is a privileged region due to its location and climate, making it an ideal place to cultivate fresh and high-quality food. One of the most iconic products of the area is fresh fish caught in the Cantabrian Sea. Fish like anchovies, tuna, and hake are very popular and are used in a variety of delicious dishes. Additionally, the region is famous for its cheeses, such as Picón Bejes-Tresviso, its "cocido montañés" (a hearty mountain stew), "rabas" (deep-fried squid), cider, and "sobaos pasiegos" (a type of buttery sponge cake).

## Get in touch with us:

### Diaverum Santander Dialysis Centre

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### Diaverum Santander II Dialysis Centre

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# Who is Diaverum?

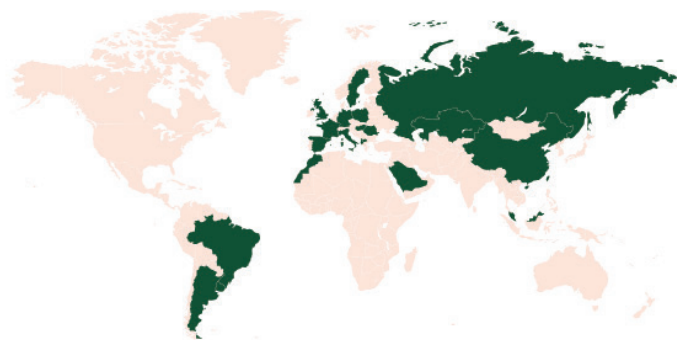
## A leading independent supplier in Europe

Diaverum provides renal care focused on improving the quality of life of patients with Chronic Kidney Disease (CKD).

Without any ties to product companies, we are free to choose the suppliers that offer the best, most cutting-edge technology so we can focus and concentrate on what is most important: patient care. We provide efficient and transparent management.

Our vision is to transform renal care and provide the highest quality patient care.

## International presence



**450**

Clinics



**40,000**

Patients



**13,000**

Health professionals



**24**

Countries

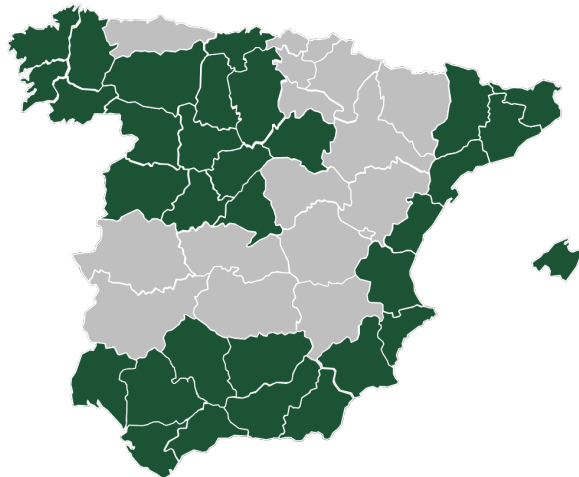
# Focused on renal care

Our main focus is haemodialysis; we offer a global portfolio of services ranging from preventive care, peritoneal dialysis and home care to coordination of teams to treat different patient comorbidities and transplant services (HD only available in Spain).

We work in coordination with nephrology services at leading hospitals to meet the individual needs of patients and help them to better understand their disease.

In Spain, Diaverum has 47 clinics open to all temporary patients who wish to receive their regular dialysis treatment with us.

## Spanish presence

**9**

Regions

**47**

Clinics

**1,200**

Health professionals

**4,500**

Patients



# Warm and comfortable atmosphere

On average, patients undergo haemodialysis treatment for over four hours at least three times a week in our units.

For us at Diaverum, it is essential that patients receive excellent quality medical treatment, but also that they don't feel like they are in a hospital environment.

We have 47 dialysis centres throughout Spain, with different sizes and capacities, depending on the needs of the areas where they are located and the patients who are treated in them. They normally provide 15 to 30 haemodialysis stations.

They are also designed to be able to accommodate patients who are not treated there on a regular basis, in anticipation of potential urgent cases, emergencies that may come from the hospital, or temporary patients (in the latter case places must be arranged with the dialysis centre with enough notice to allow the centre to confirm availability for treatment, and also to make sure the patient can meet the requirements in full and within the appropriate timescales).



# Highly qualified and trained personnel

Our goal is to ensure that all patients receive renal care with a high degree of medical excellence, regardless of the clinic where they are treated, and this is only possible thanks to the professionalism and competence of our personnel. People who care and want to make a difference.

Diaverum's international presence and our network of clinics provide our staff with great opportunities for professional growth and development. Our more than 25 years of experience in haemodialysis, and our highly trained, skilled and committed professionals, have enabled us to position ourselves as one of the leading companies in kidney treatment.

Our clinics have multidisciplinary teams that work in coordination to provide the best patient care, with the highest standards of medical quality and an individualised care plan for each patient.



# What is the d.HOLIDAY programme?

What all travelling dialysis patients have in common is the need to receive their regular treatment while away from home.

**It is for this reason that Diaverum has developed the d.HOLIDAY programme, a service for all dialysis patients worldwide.**

A pioneering initiative by Diaverum that offers patients on renal replacement therapy, regardless of their origin, a seamless experience that gives them easy access to Diaverum dialysis care in another city or country, making it possible for them to visit family, travel for work or go on holiday.

Diaverum has 450 dialysis centres in 24 countries throughout four continents, so we can offer kidney patients looking for a place to receive their treatment all the necessary guarantees and high standards of medical quality, with numerous different options and locations. Thanks to our high standards of medical quality, patients who visit one of our centres can be assured that they will receive treatment personalised according to their needs, with all medical guarantees and total security, regardless of the clinic they choose to travel to.



## Feel at home even when away - The Diaverum approach step by step:

With our help, you are just a few steps away from enjoying a holiday or a business trip. Your Diaverum clinic will be happy to explain the process to you.

## Booking your place has never been so easy!





1

## **Patient sends a request**

By e-mail, fax or through our website: <https://d.holiday/en> or [www.es.diaverum.com](http://www.es.diaverum.com).

2

## **The Diaverum clinic makes a provisional reservation**

Once the request for a place has been made, Clínica Diaverum sends an e-mail confirming receipt of the request and informs the applicant about availability.

3

## **Documentation**

When making the provisional booking, your chosen Diaverum Clinic will request all the necessary documentation, according to local requirements.

4

## **Final confirmation of your place**

Once the centre's nephrologist has received and approved all the required documentation, a final confirmation of the dialysis place will be sent to the applicant.

5

## **Arrival of the patient at the Diaverum clinic**

Once at the clinic, the patient will receive a Welcome Packet that includes general information about the unit and their dialysis schedule, as well as information about our d.HOLIDAY programme.

6

## **Last day of treatment**

On the last day of treatment, the patient has the opportunity to complete a satisfaction survey. They will also receive a final medical report, as well as holiday information for future occasions.

# What you will need to make a holiday dialysis request

To make a provisional reservation request at one of our centres, please send the following information to **spain@diaverum.com** / **holiday@diaverum.com**:

- Exact dates for treatment
- Complete and up-to-date medical report
- Request for patient information, signed by the attending physician (booking form)
- Laboratory report with the latest available serology, including the 5 parameters required by our unit: Hepatitis B (HBs Ag), Hepatitis B antibody (HBs Ac and HBc Ac) and Hepatitis C antibody and HIV
- Copy of ID card/passport
- Copy of Social Security Card (EHIC/GHIC in case of foreign patients who are members of the EU)



# Once you've made your reservation, we will ask you for the following documentation

To confirm your appointment and holiday dialysis time\*, you need to send the following:

- Complete and up-to-date medical report (if necessary).
- Patient serology lab results from less than 30 days ago, which must include Hepatitis B antigen (HBs Ag), Hepatitis B antibody (HBs Ac and HBc Ac) and Hepatitis C and HIV antibody (carried out within the 30 days leading up to your first treatment at our unit). In the event that the patient is HBc Ac positive (regardless of the HBs Ac result), serology should be expanded with a hepatitis B viral load (PCR).
- Authorisation for dialysis (PI0, SIFCO, EHIC, GHIC, or others).

\*If any other information is required aside from that mentioned above, the clinic will let you know



# Our Centres







## ANDALUSIA

### **Isla de la Cartuja Dialysis Centre**

Estadio Olímpico. Torre Noreste.  
Planta Baja  
41092 SANTIPONCE (Seville)  
Tel: 00 34 954 900 377  
cartuja@diaverum.com

### **Torremolinos Dialysis Centre**

C/ La Cruz, 58  
29620 TORREMOLINOS (Malaga)  
Tel: 00 34 952 374 869  
torremolinos@diaverum.com

### **Estepona Dialysis Centre**

Avenida Puerta del Mar, 54  
29680 ESTEPONA (Malaga)  
Tel: 00 34 951 31 65 83  
estepona@diaverum.com

### **Malaga Dialysis Centre**

C/ Ayala, 33  
29002 MALAGA  
Tel: 00 34 952 365 780  
malaga@diaverum.com

### **Santa Catalina Dialysis Centre**

C/ Juanito Valderrama, 2  
23005 JAÉN  
Tel: 00 34 953 273 973  
scatal@diaverum.com

### **Axarquía Dialysis Centre**

Paseo Marítimo, 88  
29740 TORREDELMAR (Malaga)  
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### **Minas de Riotinto Dialysis Centre**

Avenida Juan Ramón Jiménez, 4 -6  
21660 MINAS DE RIOTINTO (Huelva)  
Tel: 00 34 959 59 28 40  
riotinto@diaverum.com

### **Costa de la Luz Dialysis Centre**

C/ Lucena del Puerto, 9- 11  
21002 HUELVA  
Tel: 00 34 959 23 38 35  
huelva@diaverum.com

### **Playas de Cartaya Dialysis Centre**

Pol. Industrial La Barca Parcela BU1  
21450 CARTAYA (Huelva)  
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cartaya@diaverum.com

### **Motril Dialysis Centre**

C/ Río Duero, 11  
18600 MOTRIL (Granada)  
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motril@diaverum.com

## GALICIA

### **Pontevedra Dialysis Centre**

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### **Villagarcía Dialysis Centre**

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### **Diaverum Santiago Dialysis Centre**

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15702 SANTIAGO DE COMPOSTELA  
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## CATALONIA

### **Emilio Rotellar Dialysis Centre**

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### **Virgen de Montserrat Dialysis Centre**

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vmonts@diaverum.com

### **Baix Llobregat Dialysis Centre**

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### **Nephros Dialysis Centre**

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### **Barcelona Haemodialysis Institute**

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### **Palau Dialysis Centre**

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### **Mataró Dialysis Centre**

Ronda Païses Catalanes, 47 - 49  
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### **Badalona Medical Institute**

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badalona@diaverum.com

### **Maresme Dialysis Centre**

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## VALENCIAN COMMUNITY

### **Gamapal Dialysis Centre**

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### **Nefroclub Dialysis Centre**

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nfclub@diaverum.com

### **Burjassot Dialysis Centre**

C/ Sequía de Montcada, s/n  
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### **Diaverum Sagunto Dialysis Centre**

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sagunto@diaverum.com

### **Diaverum Gandía Dialysis**

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### **Diaverum Requena Dialysis Centre**

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requena@diaverum.com

### **Diaverum Alicante Dialysis Centre**

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03006 ALICANTE  
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### **Diaverum San Vicente Dialysis Centre**

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03690 SAN VICENTE DEL RASPEIG  
(Alicante)  
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### **Diaverum Elche Dialysis Centre**

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03202 ELCHE (Alicante)  
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### **Diaverum Orihuela Dialysis Centre**

C/ Médico Temístocles Almagro, 30  
03300 ORIHUELA (Alicante)  
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### **Diaverum Castellón Dialysis Centre**

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12004 CASTELLÓN  
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cedicas@diaverum.com

### **Oropesa Dialysis Centre**

C/ José Rivera Forner 94-96  
12594 OROPESA DEL MAR (Castellón)  
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### **Diaverum Vinaroz Dialysis Centre**

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### **Diaverum Valencia Dialysis Centre**

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### **Diaverum Xirivella Dialysis Centre**

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### **Diaverum Paterna Dialysis Centre**

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### **Diaverum Torrent Dialysis Centre**

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## BALEARIC ISLANDS

### **Diaverum Palma Dialysis Centre**

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## MADRID

### **Diaverum Madrid Dialysis Centre**

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## CANTABRIA

### **Diaverum Santander Dialysis Centre**

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## LEÓN

### **Diaverum Ponferrada Dialysis Centre**

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### **Diaverum Inca Dialysis Centre**

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## MURCIA

### **Diaverum Caravaca Dialysis Centre**

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### **Diaverum Santander II Dialysis Centre**

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## CENTRAL OFFICES

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# Institutional Support



ADER (the Catalanian Kidney Disease Association) is an independent representative for people with chronic kidney disease. ADER is a private charity association and social initiative, founded in 1976 and declared a “public utility” in 1987. Since its founding in October 1976, many people have been involved in the group, working hard to demand improvements to replacement therapies for kidney failure, such as haemodialysis, peritoneal dialysis and kidney transplants. Quite simply, a good quality of life.



The European Kidney Patient Federation (EKPF) is an organisation that works to improve the quality of life of chronic kidney patients at a European level through its member organisations. They promote research, prevention and early detection of kidney disease. Its activities are focused on the health and well-being of chronic kidney disease (CKD) patients and their caregivers.



ALCER (National Federation of Associations for the Fight Against Kidney Disease) aims above all to improve the quality of life for chronic kidney patients in all aspects, promoting prevention and research of chronic kidney disease and raising awareness about organ donation for transplants. Today it is a leading organisation in Spain for the defence of kidney patients' interests.





The Spanish Society of Nephrology (S.E.N.) was founded in 1964 as an association made up of specialists in the branch of medicine that deals with the kidney and related diseases. In the first article of its Statutes, its aims include "encouraging and disseminating research in the fields of clinical nephrology, dialysis, kidney transplants, arterial hypertension and all related subjects", and in its second article, the spirit of "fostering relations with other local and foreign organisations". Today the Spanish Society of Nephrology (S.E.N.), a society open to the scientific world, is made up of more than 2,600 members, both Spanish and international, and its official means of communication is the NEFROLOGIA" magazine.  
*(The opinions expressed by the authors do not necessarily reflect the position of the S.E.N.)*



Founded in 1976, the Spanish Society of Nephrology Nursing (SEDEN) is a scientific non-profit institution that is currently made up of about 1500 nephrology and nursing professionals in Spain. Contributing towards public interest, scientific progress and research to improve kidney disease is part of its statutory principles and purposes, in addition to providing continual training to professionals dedicated to the care of kidney patients and the dissemination of all aspects related to this disease. To achieve this, the Spanish Society of Nephrology Nursing collaborates actively with both public and private entities, to defend the common interests of its members and, in particular, to promote the care of patients with this disease and improve their quality of life.



The Spanish Society of Dialysis and Transplants (SEDYT) is a scientific association founded in 1978 that brings together specialists who deal with kidney disease and related treatments. Its aims are to encourage and disseminate research in the fields of nephrology, chronic kidney disease, dialysis in all its forms, apheresis and kidney transplants, as well as other related topics.

**Diaverum Life-enhancing kidney care**

Diaverum is a leading provider of kidney care services that improve the lives of patients with chronic kidney disease, enabling them to live full lives.

**Our vision** is to transform kidney care by providing the highest quality care to patients.

**Our values** are competence, passion and inspiration, with a focus on people.

**Our teams** are made up of highly qualified and competent personnel who care and want to make a difference.

If you want to know more about Diaverum and its d.HOLIDAY programme, please visit our website:  
[www.diaverum.es](http://www.diaverum.es)  
[www.d.holiday](http://www.d.holiday)

**Contact us at**

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