Travel Guide for Renal Patients 2017/2018

You deserve some revitalizing holidays

22 Destinations in Spain tailored to your needs

New opening in MALLORCA

www.dialisisvacacional.es

In association with
your holiday dialysis clinic
Travel Guide for Renal Patients

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.

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Dear Patient:

It is an honour for me to present to you the first Travel Guide for renal patients. At Diaverum we believe that the quality of life of a patient suffering from a kidney related illness depends on the treatment that they receive and by ensuring that their daily routine isn’t disrupted as a consequence.

In this sense, we consider traveling a right one should not renounce because they have a kidney disease. Therefore, in recent years we have undertaken important investments that have led to the opening of new dialysis centers in locations with great tourist and holiday attractions, thus combining well deserved holidays with the highest quality of medical treatment.

The fact that our clinics across Spain and around the world have a standardized system of procedure ensures the homogeneity of the quality of treatment offered regardless of location; one less concern for a patient when traveling.

In this guide we present 22 tourist destinations around Spain, where you can enjoy a few days off and still have an individualized and high quality dialysis treatment.

Our clinics are open to any patient, regardless if their center of origin is not Diaverum. Our team will check all the medical information necessary to ensure the continuity of treatment with the highest levels of quality. The patient will only have the duty to choose the holiday destination and enjoy their vacations.

Spain is a world leader in tourism and healthcare. The Spanish health system, both public and private, is recognized for its high quality of standards and the outstanding training its professionals receive, offering a cutting-edge healthcare at competitive prices and with complete legal security for patients.

Spain has an excellent tourist infrastructure and offers a wide range of leisure, cultural activities and tourist attractions which combine perfectly in a country with a privileged climate and geographical position. Due to the quality of services and the variety of leisure offered, tourists rate their satisfaction at a score of 8.5 from 10.

This travel guide offers all the information that patients need to pick a holiday destination with maximum guarantees, leaving their medical treatment in the best possible hands.

Institutions like SEDEN, EDTNA, ALCER, SOMANE, SPAINCARES, SEDYT and ADER have believed in our project and have supported us in this initiative, and for this we forward them our most sincere gratitude.

It is for us a source of pride the fact that you entrust us with your confidence during your vacations.

We remain at your disposal and hope that the guide will be of interest to you.

Luis Vargas
General Manager of Diaverum Spain
Why are holidays important to a kidney patient?

Each and every one of us has the right to rest, discover, travel, enjoy free time... that is, to enjoy holidays. This concept is part of what we mean by “quality of life”. In the case of those patients with chronic kidney disease under haemodialysis therapy, this right cannot be forgotten. Actually the contrary should be adhered to, it should be strengthened.

Living with a chronic disease can be considered as additional work, one which is full time, and one which requires careful and constant dedication. A daily obligation that often depletes the patient’s strength.

In Diaverum, unfortunately as medical specialists, we cannot send on vacation the chronic kidney disease, but what we can do is offer our patients treatment options, which will enable them to enjoy a few days off on holiday, leaving their regular worlds behind, finding new ones. A few days to devote to themselves, to build up a good mood and positive energy, essential allied forces to keep up the daily work of looking after one’s health and wellbeing.

Diaverum Medical Direction
What positive impacts has travelling brought to your life as a kidney patient?

Daniel Gallego Zurro, a 41-year-old kidney patient since 1995.

There is nothing better feeling than to travel and get in touch with the world. Not only do you discover other ways of understanding life, facing daily challenges, engaging and living, you also learn a lot about yourself. From my travels I have been able to get to know other cultures and enjoy unique, authentic experiences. Through it I have met many different people, many of whom are still very important to me; all of this while discovering other cuisines, forms of art, architecture and interesting sites.

Travelling provides you with a fountain of knowledge and stress relief; I cannot imagine a more refreshing activity for the mind. People often talk about the "pursuit of happiness", but I personally prefer the happiness brought by the pursuit, this involves travelling to unknown places, not stopping the searching nor the learning which comes with it. The goal is to reach the horizon, which is full of new experiences. Personally, it is much more important what we experience living, than what we possess.

Travelling has taught me to enjoy every moment and to always search for new goals. Despite living with kidney failure, I always try to find new trips to the best destinations at every possible occasion: whether it be a few days of rest, an adventure or a big city tour. All of these are moments, which allow you to disconnect and take a break from an exhausting routine, and to remind you that life can offer many wonderful opportunities.

Daniel

"Traveling has taught me to enjoy every moment and to always search for new goals."
Nutritional advice for your journey

When we go on holiday our daily routine gives way to improvisation, everything becomes more flexible and we eat the majority of our meals out. It is vital to a renal patient to ensure a good quality of life, even on holiday, to do this we need to stick to a balanced diet. However, this nutritional control does not have to impede us from making the most of our trip and enjoying the typical cuisines that the different regions have to offer.

Eating a healthy and balanced diet is essential in looking after your quality of life

Above all, it is very important not to skip meals and to keep up with as much as possible a normal time schedule in order to allow the body to follow its normal rhythm. If we alter meal times and suppress them, later on we will be tempted to choose larger portions and it will be harder to opt for a healthy meal.

In addition, if you are going to go to a restaurant, it is preferable not to arrive with an empty stomach and always choose the healthy option; avoid high fat and fried food favoring boiled or grilled meals. Although you will try that gastronomic specialty so appetizing, try to limit the size of portions of non-recommended foods and complement your meal with a dish of recommended food for your diet.

In order to do this, for example, one can choose restaurants that offer half portion servings, allowing us to combine more dishes. It could also be a good idea to contact the restaurant in advance and inquire about the meal options that best suit the patient. They will be delighted to help you!

Finally, all good meals should be accompanied by a good walk. We must not forget that even when on holiday, it is important to stay active... the best complement to a healthy diet to feel good.

Each patient is different and has their own needs. These should be adhered to and specific nutritional guidelines recommended by their health professional must be followed along with taking care with liquid, potassium, sodium and phosphorus intakes. In Diaverum, we are fully aware of the importance of looking after the patient’s nutrition. We have gathered some tips together that can help the patient to keep up with a healthy diet, even when frequenting restaurants and bars while traveling.
Andalusia

Travelling Guide for Renal Patients

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.

Andalusia

- Estepona
- Torremolinos
- Málaga
- Torre del Mar
- Huelva
- Minas de Riotinto
- Cartaya
- Sevilla
- Jaén
- Motril
Estepona is a town on the Costa del Sol. Located between Marbella and Manilva, at the foot of the Sierra Bermeja mountains, which protects the town from cold winds and leads to a favourable soft microclimate throughout the year. With about 21 km of beaches, Estepona is an especially attractive tourist destination during the summer months.

In addition, Estepona has small fishing and farming activities and a population that is continuously changing, highlighting its multicultural composition.

### Contact us
**Dialysis centre Estepona**
- Address: Avd. Puerta del Mar, 54, 29680, Estepona
- Tel.: +34 951 31 65 83
- E-mail: estepona@diaverum.com

### Restaurants
**El Palangre**
- Tel.: +34 952 80 58 57
- Address: C/ Cristóbal Colón, 20, Estepona

**11&11 Restobar**
- Tel.: +34 951 70 30 60
- Address: Puerto Deportivo de Estepona, Local 39, Estepona

**Casa Dani**
- Tel.: +34 952 883 738
- Address: Ctra. N-340 KM 165 Centro Comercial Costasol Local 24, Estepona

### Hotels nearby the clinic
- **Sangres Resort Puente Romano Care Hotel**
  - [28 km. 19 min by car]
  - Tel.: +34 952 902 528
  - Address: C/ Arroyo Nagüeles, s/n. [Urb. Altos de Puente Romano] Marbella
  - Rates: 140 €/night

- **Hotel H10 Estepona Palace**
  - [4,5 km. A 11 min by car]
  - Tel.: +34 952 790 040
  - Address: Avd. del Carmen, 99, Estepona
  - Rates: 109 €/night

- **Hotel Aguamarina**
  - [800 m. 7 walking]
  - Tel.: +34 952 806 155
  - Address: Avd. San Lorenzo, 32, Estepona
  - Rates: 53 €/night

### A tour around Estepona?
- **09:00h** ▶ **Walk around Los Pedregales**: A site of great natural beauty that stands out for its scenic views across to the coasts of Africa and Gibraltar.
- **11:30h** ▶ **Parish Church of Ntra. Sra. De los Remedios**: A Church built in the 18th century, occupied between 1725 and 1766 by the Franciscans priests of the Terciaria Order.
- **12:00h** ▶ **Calvary Chapel**: Built in the 18th century, originally used as a hospital.
- **12:30h** ▶ **Clock Tower**: The Clock Tower dates from the 15th century and forms part of the destroyed church within the Fortress.
- **13:00h** ▶ **Plaza de las Flores**: In the old town and a few minutes away from the sea, Plaza de las Flores is one of the most famous squares in Estepona.
- **13:15h** ▶ **Municipal library and the House of Culture**: Open Monday to Friday from 10 to 14 and 17 to 21.
- **14:15h** ▶ **Lunch in the Plaza de las Flores**
- **15:30h** ▶ **Saint Luis Castle**: Saint Luis Castle is an ancient fortress built by Queen Isabel in the early 18th century. Currently only the ruins of its walls remain.
- **16:30h** ▶ **Convention Centre**: The building is surrounded by 15,000 m² of gardens, and more than 300 parking spaces and even a helipad!
- **17:30h** ▶ **School of Equestrian Arts**: One of the most remarkable and renowned equestrian centers in Spain, with the most modern facilities in Europe.
- **19:00h** ▶ **Lighthouse of Punta Doncella**: A lighthouse for air-sea traffic with a height of 22 meters, located between the promenade and seaport.
- **19:30h** ▶ **Marina and fishing port**: The port of Estepona is located just 5 minutes away from the city center, a small but cozy harbor, where you can enjoy wonderful views and a marine atmosphere.

### Sites not to miss
- **Selwo Aventura**
  - [1,3km – 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**
  - [50,3km – 51 min by car]
- **Sotogrande**
  - [22,1 km – 26 min by car]
Torremolinos
Province of Málaga

Torremolinos is located on the Costa del Sol, on the western shore of the bay of Malaga, behind the mountain range Sierra de Mijas. Throughout the year the city hosts people from 130 different nationalities. The registered foreign population in the city is 26%, of which 75% comes from countries of the European Union, mainly the Netherlands, Germany, France, Scandinavia Countries and, especially, the United Kingdom, the latter being the largest population group.

The main feature in Torremolinos is its beaches. It has almost 7 kilometers of coastline, the main beaches being Los Alamos, Playamar, El Bajondillo, La Carihuela, Montemar and El Saltillo.

How to arrive
- To Malaga airport and then transfer by car (12.6 km).
- To María Zambrano train station.
- Road A-7, the ring road that bypasses the north part of the city.

Location of our clinic:
The clinic is located 1.1 km away from the train station and 650 meters from the bus station.

Contact us
Dialysis centre Torremolinos
- C/ La Cruz, 58, 29620, Torremolinos, España
- Tel.: +34 952 374 869
- E-mail: tmlinos@diaverum.com

Restaurants
Frutos
Tel.: +34 952 381 450
Address: Avd. Riviera, 80, Torremolinos

Los Mellizos
Tel.: +34 952 373 512
Address: C/ de San Ginés, 20, Torremolinos

A tour around Torremolinos?
09:00h ➤ Take a walk along Playamar in order take in the fresh sea air.
10:00h ➤ Breakfast in a cafe along Bajondillo and a visit to the building Casa de los Navajas (on Las Mercedes street).
10:30h ➤ Walk around Carihuela.
12:00h ➤ Visit the city sports marina.
14:00h ➤ Lunch at Los Mellizos in Carihuela
16:30h ➤ Walk up probably the most notorious of streets in Torremolinos, San Miguel in order to have a coffee in the square de la Nogalera.
18:30h ➤ Visit Pueblo Blanco.
19:30h ➤ Stroll along the Park de la Batería.
20:30h ➤ A short walk in Álamos and indulge in some Sardinas en Espeto (sardines on a spit), typical here in Málaga.

Sites not to miss
La Paloma Park [Benalmádena]
6 km away from the clinic, 12 min by car.

Selwo Marina [Benalmádena]
6,6 km away from the clinic, 14 min by car.

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

Mijas Pueblo
22,3 km desaway from the clinic, 23 min by car.

Tapas Bars
La Posada de Torremolinos
C/ Danza Invisible, 8, Torremolinos
Tel.: +34 952 214 680

La Barraca
C/ Antonio Giron, 7, Torremolinos
Tel.: +34 952 376 341

La Viña de Ale
C/ de Salvador Allende, 42, Torremolinos
Tel.: +34 952 376 341

Hotels nearby the clinic
Hotel Natali Torremolinos ★★★
(400 m. 6 min walking)
Tel.: +34 902 144 440
Address: C/ Hoyo, 28, Torremolinos
Rates: 50 €/night

Hotel Don Pablo ★★★★
(1,4 km. 17 min walking)
Tel.: +34 932 671 800
Address: Pº Maritimo Antonio Machado, s/n., Torremolinos
Rates: 96 €/night

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Málaga
Province of Málaga

Málaga is one of the most famous and important tourist centers in Spain, known for its Mediterranean coast, the Guadalmedina river and its proximity to the mountain range Montes de Málaga. The city is also renowned for being the birthplace of the famous painter Pablo Ruiz Picasso, to whom two public spaces are dedicated in the historic center: the Casa Natal de Picasso, located in the Plaza de la Merced, which houses the Homonymous Foundation, where his childhood objects remain, and one of the three most important museums dedicated to the artist: the Museo Picasso Málaga.

Restaurants

El Refectorium
Tel.: +34 952 203 935
Address: Pº de la Sierra 36, Cerrado de Calderón, Málaga
MR1
Tel.: +34 932 377 588
Address: C/ Campos Elíseos, s/n, Málaga

A tour around Málaga?

09:00h ▶ A stroll down Larios Street. We suggest starting off the day by going for a look at the shops down Málaga Street and by having breakfast at the Café Central, located in the Plaza of the Constitution, where you can order up to 9 different types of coffee.

09:30h ▶ We continue walking down Calle Granada to reach Plaza de La Merced. From here we are in close proximity to the Picasso Museum, a must visit for lovers of the artistic Cubism movement, and to the artist’s birthplace. By the way... don’t forget to take a picture with Picasso himself! After this visit we can walk around Spain’s oldest Roman Circus.

11:30h ▶ A perfect time to visit the Cathedral of Málaga, known as “the manquita” and one of the city’s symbolic sites.

12:00h ▶ From the cathedral you can stroll around the historic center through the Pasaje Chinitas.

13:00h ▶ Visit the Thyssen Museum. For those who love paintings from the Romanticism period.

14:00 Tapas in the Taberna el Pimpi

16:30h ▶ After lunch, there is probably no better plan than to visit Gibralfaro Castle. You can get the number 35 bus from the Paseo del Parque. Here at the castle you can enjoy breathtaking views of the city and Málaga’s bay.

18:00h ▶ A walk in the Park. This walk lined with palm trees and buildings of different architectural styles is another of the highlights of Málaga.

19:30h ▶ Sea Port. The port is another must stop on our tour. From there we can stroll through the shopping and entertainment area of Pier 1 and Pier 2, also known as the “palmeral de las sorpresas” (The palm tree orchard of surprises). Moreover, it is an ideal place to enjoy a beautiful sunset.

21:00h ▶ La Farola Walk. Next to the pier we can find a walk known as “La Farola”, (lighthouse) which leads, naturally, to Málaga’s lighthouse. This is one of the two “female” lighthouses throughout Spain.

Hotels

nearby the clinic

Hotel SILKEN Puerta Málaga ★★★★
[290 m. 4 min walking]
Tel.: +34 952 047 494
Address: C/ Héroes de Sostoa, 12, 29002 Málaga
Rates: 80-90 €/night

Hotel Barceló Málaga ★★★★
[400 m. 5 min walking]
Tel.: +34 952 047 494
Address: C/ Héroes de Sostoa, 2, 29002 Málaga
Rates: 95 €/night

Tapas Bars

Taberna Antigua Casa de Guardia
Alameda Principal, 18, Málaga
Tel.: +34 952 214 680

Bodega Bar El Pimpi
C/ Granada, 35, Málaga
Tel.: +34 952 225 403

La Campana
C/ Granada, 62, Málaga
Tel.: +34 952 219 202

Contact us

Dialysis centre Málaga
C/ Ayala 13-35, 29002, Málaga
Tel.: +34 952 374 869
E-mail: malaga@diaverum.com

How to arrive

To Málaga - Costa del Sol airport and transfer by car (8.5km).
To Málaga bus station.
To María Zambrano train station
Road A-45
Location of our clinic:
Near to the train station and only 2km away from the port of Málaga.
Torre del Mar
Province of Málaga

Located at the most eastern part of the province of Malaga one can find the beautiful region of la Axarquía. With its rocky coast, the region is crowned by the impressive mountains of Sierra de Almijara, the last surviving remains of the Penibetic mountain range that meets the sea.

The region has a long and exciting history, with roots tracing back to Phoenician, Carthaginian and Roman times. Due to these civilizations the region saw great commercial development. Later on in history, the city would become one of the last Arabic settlements in the Iberian Peninsula. As a result of this historical wealth, Axarquía has been endowed with an excellent heritage, rich culture and popular traditions.

How to arrive
- To Torre del Mar Bus Station.
- To María Zambrano train station (Málaga) and transfer by car (45km).
- Roads A-4 and A-44.
- Location of our clinic:
  On the promenade, 9 minutes walk from the bus station Torre del Mar.

Restaurants

La Cueva
Tel.: +34 952 544 034
Address: C/ San José, 5, Torre del Mar

Bracamonte
Tel.: +34 952 965 486
Address: Avd. Infanta Elena, 1, Torre del Mar

Sites not to miss

Balcón de Europa y Cuevas de Nerja
36.3 km, 36 min by car.

Frigiliana
27.6 km, 26 min by car.

Playa de Burriana y Playa de Maro
27 min and Playa de Maro 25 minutes by car

Contact us

Dialysis Centre in La Axarquía
p. Paseo Marítimo, 88, 29740, Torre del Mar
p. Tel.: +34 952 544 024
p. E.mail:axar@diaverum.com

Tapas Bars

Jordi Bar Tapas
C/ Azucarera, 7, Torre del Mar
Tel.: +34 952 54 08 11
Bar Fernando
C/ del Mar, 71, Torre del Mar
Tel.: +34 952 54 21 74
A Contraluz
C/ Azucarera 5, Torre del Mar
Tel.: +34 607 81 18 30

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Hotels nearby the clinic

Hotel Mainake ★★★★★
距250米，步行3分钟
Tel.: +34 952 547 269
Address: C/ Los Fenicios, 1, 29740 Torre del Mar
Rates: 64 €/night

Hotel Torremar ★★★★★
距600米，步行7分钟
Tel.: +34 952 547 057
Address: C/ Saladero Viejo, 1, 29740 Torre del Mar
Rates: 60 €/night

A tour around Torre del mar?

09:00h Breakfast in the cafeteria La Bella Julieta.
09:30h Walk alongside the beautiful seafront promenade.
11:30h Visit Calle del Mar (pedestrian shopping street)
13:00h Time for a snack in some of the most famous bars of the Tapas route.

14:15h Lunch in Bar Negri

16:30h Coffee time and spend the rest of the afternoon relaxing at the beach or swimming pool.
20:00h Enjoy the wonderful sunset from the beach at the popular Café del Mar.
22:00h Dinner. With shows every night, again at Café del Mar.
**Huelva**

**Province of Huelva**

Huelva, the capital city of the province homónica, is one of the highlights of the Andalusian coast, located where the rivers Tinto and Odie meet. Renound for its sandy beaches - a characterisic of the Costa de la Luz.

Huelva gives home to a priviledged gastronomy and wonderful natural surroundings. Due to its link with the discovery of America, the city also has important ties with Latin American entities and institutions. Among the highlights of the many festivities throughout the year, we find the pilgrimage of El Rocío, a religious tradition which brings together nearly one million people a year.

**Restaurants**

- **Portichuelo**
  Tel.: +34 959 245 768
  Address: C/ Vázquez López, 15, Huelva

- **Azabache**
  Tel.: +34 932 377 588
  Address: C/ Vázquez López, 22, Huelva

- **Acánthum ★ 1 Michelin Star**
  Tel.: +34 932 377 588
  Address: C/ Vázquez López, 22, Huelva

**Hotels nearby the clinic**

- **Hotel Eurostars Tartessos ★★★★★**
  [1.5 km. 16 min walking]
  Tel.: +34 959 250 011
  Address: C/ San Salvador, 2, Huelva
  Rates: 50-70 €/night

- **Hotel NH Luz Huelva ★★★★★**
  [1.9 km. 20 min walking]
  Tel.: +34 959 250 011
  Address: Alameda Sundheim, 26, Huelva
  Rates: 70-100 €/night

**Contact us**

**Dialysis centre Costa de la Luz**

- C/ Lucena del Puerto, 9 – 11, 21002 Huelva
- Tel.: +34 959 233 835
- E-mail: huelva@diaverum.com

**A tour around Huelva?**

- **09:00h**
  - Visit the center of Huelva. Enjoy breakfast and then take a stroll around the historic center and its emblematic Plaza de las Monjas (Nun´s square).

- **10:30h**
  - A perfect time to take a lovely boat tour onboard a historic boat, which crosses the Ría de Huelva until arriving at Punta Umbría, a coastal city with extraordinary white sandy beaches, where you can visit the Di que Juan Carlos I, the salt marshes and the Punta del Sebo, among other things.

- **13:30h**
  - Due to the varied cuisine of Huelva, one has the opportunity to pause and enjoy a snack, for example, in La Bonilla Brewery, located in the Puerto de Huelva.

13:30h Have lunch at one of the great restaurants located in the center of Huelva, where you can taste the typical products of the province, such as white shrimp or Jabugo ham.

- **16:30h**
  - Visit Casa Colón and the monument dedicated to the Virgen Del Rocío.

- **18:00h**
  - Visit the historic surroundings of La Rabida. Here one can find the Monastery and the Pier las Carabelas, a place of vital importance for the subsequent discovery of America.

- **22:00h**
  - At dinner time one of our recommendations is to make a booking at the Acanthum restaurant, awarded with a Michelin Star.

**How to arrive**

- To Seville airport and transfer by car [107km].
- To Huelva train station.
- Roads A-5 and A-49.
- Location of our clinic
  Only 500m from the Aqualon center, next to the North Pier.

**How to arrive**

- To Seville airport and transfer by car [107km].
- To Huelva train station.
- Roads A-5 and A-49.
- Location of our clinic
  Only 500m from the Aqualon center, next to the North Pier.

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Located in the province of Huelva, with only 4,112 inhabitants, world famous for its centenary mines and the notorious color of its waters; an intense red that dyes all that lies in its path.

The Riotinto Mining Park offers its visitors the possibility of a railway tour, delving into a mine, entering an authentic Victorian house and learning about the history of a region completely transformed by the mining activity.

A curious fact: Riotinto is the home of football in Spain, where British workers began to play this sport in 1873.

A tour around Minas de Riotinto?

10:00h ➤ To acquire a full understanding of the mines, our first stop will be in the Mining Museum. The museum’s constructed area for exhibitions is a vast 1800 m²; 8 exhibition areas, where we can find a reproduction of a Roman mine and the ethnographic section of House nº 21 of the English District of Bella Vista.

House No. 21, inaugurated in 2005, offers the opportunity to take a trip back in time to the Victorian era and experience a similar environment that can be seen in films like Out of Africa or Passage to India.

12:30h ➤ If it’s a pleasant day we can take advantage of the sun overhead and take a ride on the mining railway’s 12 Km route, which was once the old commercial line of Riotinto.

The trip is organized inside restored locomotives and wagons from the former mining Company, in which visitors can enjoy stunning landscapes, including the old industrial center of the region, and natural landscapes, following the course of the Rio Tinto.

Lunch stop in La Estación Restaurant, an old restored train station where you can enjoy typical local dishes and fresh chacina (cold meat).

From the Riotinto Mining Museum tours are organized that take us to one of the most beautiful and unique landscapes of the whole region of Riotinto Mines: Peña de Hierro. From this location, and accompanied by guides, visitors can admire the unique panoramic landscape and enter a real mining gallery 200 meters in length. In addition, we can see where the C.A.B. and N.A.S.A. conduct research for the MARTE project, as well as discover the start of the famous Riotinto river which gives this territory its unique name.

16:30h ➤ After visiting the Riotinto Mines, an ideal place to taste local food is the Gallant Restaurant, located just behind the museum. Guests can eat a la carte or tapas.

The most famous dishes: larded tuna or kidneys in sherry, but we can also choose a grilled cuttlefish or some fish eggs with mayonnaise.

Contact us

Dialysis centre Minas de Riotinto
➔ Avenida Juan Ramón Jiménez, 4, 21660 Minas de Riotinto, Huelva
➔ Tel.: +34 959 592 840
➔ E-mail: riotinto@diaverum.com

Restaurants

La Estación
Tel.: +34 661 424 429
Address: N435, 21640 Zalamea la Real, Huelva

La Fabrica
Tel.: +34 959 592 054
Address: C/ José Nogales, 11, Minas de Riotinto

Tapas Bars

Época
Paseo Caracoles, 6, Minas de Riotinto
Tel.: +34 959 592 076

Galán
Avda. de la Esquila, 7, Minas de Riotinto
Tel.: +34 959 590 639

Hotels

nearby the clinic

Hostal Atalaya ★★
[500 m. 3 min walking]
Tel.: +34 959 592 854
Address: Avd. La Esquila, 13, Minas de Riotinto
Rates: 20-30 €/night

Hotel Convento Aracena ★★★★
[30 km. 20 min by car]
Tel.: +34 959 126 899
Address: C/ Jesús y María, 19, Aracena
Rates: 90-105 €/night

How to arrive

To Seville airport and transfer by car [91km].
To Sevilla Santa Justa station and transfer by car [85.2km].
To Seville bus station and transfer by car [81.4km] or Huelva bus station and transfer by car [73.9km].
Road A461, Road A-66 and Road A-4.

Location of our clinic:
400m away from the city council and 2km from the Golf Club Corta Atalaya.

How to arrive

To Seville airport and transfer by car [91km].
To Sevilla Santa Justa station and transfer by car [85.2km].
To Seville bus station and transfer by car [81.4km] or Huelva bus station and transfer by car [73.9km].
Road A461, Road A-66 and Road A-4.

Location of our clinic:
400m away from the city council and 2km from the Golf Club Corta Atalaya.

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The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.
Cartaya is located in a unique natural surrounding; in the estuary of the Piedra River at the heart of the Costa de la Luz.

With more than 4 km of beaches, amongst which we find the only virgin beach that remains in Huelva, located in El Rompido area. The village retains the essence of a typical Andalusian village. Cartaya has combined perfectly the development of tourism whilst respecting the environment, presenting a wide range of leisure activities designed to offer its visitors a broad choice to choose from. All of this designed to enable visitors to enjoy and experience new sensations making them want to come back for more.

### Hotels near the clinic

- **Hotel Fuerte El Rompido**
  - Location: Urb. Marina El Rompido, Ctra. H-4111, Km. 8, El Rompido, Huelva
  - Rates: 50-70 €/night

- **Sanyres Senior Resort Aljarque**
  - Location: El Limonero, s/n Parcela dotacional 2ª Fase Urb. Dehesa Golf, Aljarque, Huelva
  - Rates: 95 €/night

- **Precise Hotels El Rompido**
  - Location: Ctra. de Cartaya a El Rompido, km 7, 21459 El Rompido, Cartaya, Huelva
  - Rates: 50-70 €/night

### Restaurants

- **Restaurante Consolación**
  - Location: Crta. General Huelva-Ayamonte, Km. 111, 21450 Cartaya, Huelva
  - Tel.: +34 959 390 298

- **Restaurante Caribe II**
  - Location: Calle Nao, 13, 21459 El Rompido, Huelva
  - Tel.: +34 959 399 027

- **Restaurante Pepe Cinta**
  - Location: Calle de la Flor, 25, 21450 Cartaya, Huelva
  - Tel.: +34 959 392 141

### Contact us

**Playas de Cartaya Dialysis Centre**
- Tel.: +34 959 235 252
- E-mail: cartaya@diaverum.com

### How to arrive

- To Seville airport and transfer by car (110km) or Faro airport (Portugal) and transfer by car (90 km).
- To Huelva Train Station and transfer by car (25km).
- Road A-49.
- Location of our clinic: Just 1.5km away from the town center

### A tour around Cartaya?

- **09:00h** Visit the center of the village and take a stroll around after breakfast.
- **10:30h** Visit El Rompido (8 km from Cartaya).
- **11:00h** Visit "La Flecha", the only virgin beach that remains in Huelva. To arrive there it is necessary to take the public maritime transportation that operates all day long.
- **13:00h** Boat tour on the Piedra River which takes you out to the sea.

#### 14:15h Lunch at one of its superb restaurants located on the sands of the El Rompido beach

- **16:30h** Walk around the wonderful fishing nook of El Rompido.
- **18:00h** Head up to the lighthouse, where you can find a mall and different bars to enjoy a wide range of coffees and cocktails, located in this unique setting.
- **21:30h** At the lighthouse, you can enjoy the splendor of the best sunsets in Spain.

### You cannot leave Cartaya without witnessing one of its sunsets at El Rompido.
Seville
Province of Sevilla

Seville has a rich Arab legacy, seen by the several impressive historical World Heritage declared buildings. In the spring two of the most emblematic celebrations of the year are celebrated here with great importance: Easter and the April Fair. The April Fair is a week of festivities that begins with ‘Alumbrao’. The whole fairground lights up, people dine fried fish (known as pescaíto) and the event concludes with an astonishing fireworks display.

However, one should not refrain from visiting the city at other times of the year too, like at Christmas. The city has a special appeal with the joy of the Christmas holidays: traditions, gastronomy, lights and the most important nativity scenes found in Spain.

Contact us
Dialysis centre Isla de la Cartuja
Estadio Olímpico. Torre Noreste, planta baja, 41092 Santiponce, España
Tel.: +34 954 900 377
E-mail: cartuja@diaverum.com

Restaurants
San Marco Santa Cruz
Tel.: +34 954 21 43 90
Address: C/ Messón del Moro, 6, Sevilla
Taberna del Alabardero
Tel.: +34 954 50 27 21
Address: C/ Zaragoza, 20, Sevilla

Hotels
Hotel EXE Isla de la Cartuja
[300 m. 4 min walking]
Tel.: +34 954 081 700
Address: Estadio Olímpico, Puerta G, Sevilla
Rates: 50-70 €/night

Barceló Sevilla Renacimiento
[1.4 km. 16 min walking]
Tel.: +34 954 462 222
Address: Avd. Álvaro Alonso Barba, s/n, Sevilla
Rates: 100 €/night

How to arrive
✈ To Sevilla airport and transfer by car [110km] or Faro airport [Portugal] and transfer by car [90 km].
✈ To Huelva Train Station and transfer by car [25km].
✈ Road A-49
Location of our clinic:
Located in the Olympic Stadium Cartuja. 72 km from the station Santa Justa and 2000 meters Station Square.

How to arrive
✈ To Sevilla airport and transfer by car [110km] or Faro airport [Portugal] and transfer by car [90 km].
✈ To Huelva Train Station and transfer by car [25km].
✈ Road A-49
Location of our clinic:
Located in the Olympic Stadium Cartuja. 72 km from the station Santa Justa and 2000 meters Station Square.

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Motril
Province of Granada

How to arrive
- Granada Airport and transfer by car (80km).
- Granada train station.
- Location of our clinic: The clinic can be found on the access road to the City’s Center.

Motril is a city full of contrasts where visitors face a world of incredible sensations. Colours, aromas and flavors blended together to surprise travellers who find this city a paradise for the senses. A blue sky allows the sun to shine for more than 320 days a year, illuminating the crystal clear water of our beaches and the green valley, with the backdrop of Sierra Nevada mountains. Nowhere else in the world can boast a landscape with these characteristics.

Contact us
Clinic Ntra. Sra. De la Cabeza
- C/ Fco. Diaz Cardona, bajo S/N 18600 Motril (Granada)
- Tel.: +34 958 608 525
- E-mail: vcabeza@diaverum.com

Hotels nearby the clinic
- Gran Hotel Elba Motril ★★★★
  - (4 km. 5 min by car)
  - Address: Avd. Playa de Poniente, s/n, Motril
  - Rates: 75 €/night
- Hotel ATH La perla ★★★
  - (17 km. 20 min by car)
  - Address: Playa de Carchuna s/n, Granada
  - Rates: 65 €/night
- Hostal La Campana ★★
  - (1,2 km. 10 min walking)
  - Tel.: +34 958 60 00 07
  - Address: C/ Princesa, 22, 18600 Motril
  - Rates: 35 €/night

A tour around Motril?
10:00h ► We start the tour in the Sanctuary “Nuestra Señora de la Cabeza”.
- Built on the ruins of a Moorish castle, residence to Queen AlHorra Aixa, mother of Boabdil. Then we will stroll through the “Park of the Americas,” which is located at the foot of the hill of the Sanctuary of Nuestra Señora de la Cabeza, home to more than 50 trees, exotic shrubs and subtropical plants brought from different parts of the Americas, each of them with its explanatory panel.

12:00h ► Very close to here we find the theatre “Teatro Calderón”, from the 19th century in an Italian style and with a neoclassical decoration. Nowadays it is completely restored to its original appearance and has been declared “a monument of cultural interest”.

14:00h ► A perfect time to enjoy the delicious cuisine of Motril. We suggest lunch at the Nautico Club with its stunning views to taste the fresh fish and shellfish of the area.

Visit the “Pre-industrial Sugar Museum” Get to know the process of sugar manufacturing and marketing between the 18th and 19th centuries. The museum has original scale reproductions of mills and presses, as well as the brewhouse and purging of sugar loaves. It is a unique museum, which offers an educational and entertaining journey through almost a thousand years of sugar cane culture. It preserves the oldest mill in Europe and its collection of tools is really unique. A true reflection of the position Motril occupied internationally in terms of sugar production.

To finish we will visit the cellar “Bodega Ron Montero”. Founded in 1963 by Francisco Montero Martín, a family of great tradition in products derived from sugar cane, owning important sugar industries and distilleries (Azucarera del Guadalfeo and Azucarera Montero). In Bodega Ron Montero one has access to the best rums, made according to the traditional method of stills and hatcheries.

Tapas Bars
- Casa del Belmar
  - C/ Ventura, 6, Motril
  - Tel.: +34 692 161 455

And many more...

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Known as the “Very Noble and Loyal City of Jaén, Guard and Defence of the Kingdoms of Castile” and also as the ‘Capital of the Holy Kingdom’. You will be amazed to discover the incredible historical and cultural heritage in Jaén, due to the harmonious coexistence of Muslims, Christians and Jews for centuries.

Some prime examples being one of Spain’s most important Renaissance style Cathedrals, the largest and most important Arab Baths in Europe, the Provincial Museum which includes the archaeological remains from primitive Iberian settlements...

**How to arrive**
- Granada airport and transfer by car (93 km).
- Jaén Train Station.
- Road A-4.
- Location of our clinic: 5 minutes away from Infanta Leonor Theatre.

**Contact us**
Diáverum Santa Catalina Clinic
C/ Juanito Valderrama nº2, 23005 Jaén
Tel.: +34 953 27 39 73
E-mail: scatal@diaverum.com

**In the surroundings of the Cathedral:**

**Tasca Los Amigos**
C/ Bernardo Lopez, nº10, Jaén
Tel.: +34 953 232 505
In the vicinity of the Plaza de la Constitución and the Granary

**Panaceite**
C/ Bernabe Soriano, 1, Jaén
Tel.: +34 953 240 630

**Cervecería Conde Luque**
Pl. de la Constitución, 3, Jaén
Tel.: +34 953 083 336

**A tour around Jaén?**

10:00h ► Our tour will begin in Plaza Santa Luisa de Marillac, commonly known as “Plaza del Pato” here we will find the Palace Villardompardo, which gives home to the Museum of Popular Arts and Traditions, the International Naif Art Museum and the Arab Baths. Continuing along Street Martínez Molina we will reach the old Jewish quarter. Down the road from San Andrés we can find a church which is believed to have been a synagogue when originally built, according to its orientation and austerity in the decoration of its front. Approaching the Callejón de Gato (Cat Alley), you will discover the Jewish district. Then we return to Calle Martínez and walk up the Calle Madre de Dios reaching San Lorenzo’s Arch.

From the Castle of Saint Catalina, one can enjoy the beautiful landscape of the olive orchards and observe the historical district with scattered with various towers and medieval monasteries.

14:00h ► Time to enjoy some typical food!
18:00h ► Other sites of interest are the Provincial Museum, different convents and churches or strolls along the bulevar of the new town.
20:00h ► Sit down and relax in a bars terrace whilst topping up energy levels.

**Sites not to miss**
- **Úbeda:** World Heritage Site by Unesco. It is a reference site for its cultural assets in the historic center. Here we can find many potteries, ceramic workshops, metal work’s, stained glass workshops, tapestries etc.
- **Baeza:** World Heritage Site by Unesco along with Úbeda (8km apart) its historical center is famed for having some of the best examples of Renaissance architecture in Spain.
- If you still have time you may wish to visit one of the following natural parks:
  - Natural Park of Cazorla, Segura and Las Villas, also the Biosphere Reserve.
  - Natural Park of Sierra de Andújar, with the Sanctuary of the Virgin of la Cabeza.
  - Natural Park of Sierra Magina, with the peak Mágina and 2,167 cave paintings.
  - Park Despeñaperros and Valdeazoreco ravine.
Catalonia

Barcelona • Badalona • Hospitalet de Llobregat
Pineda de Mar
Badalona
Province of Barcelona

With more than 2000 years of history, Badalona is one of the oldest cities in Catalonia. The city has a splendidous legacy and preserves interesting sites that one cannot miss when visiting the region. In Badalona one can find the important remains of the Roman Baetulo, Masías (typical rural houses) and the Monastery of San Jerónimo de la Murtra, a Historical-Artistic monument declared one of National Interest.

In addition, Badalona allows you to understand the anis distillation process in the historical factory Anís del Mono, while acknowledging the mark left by the arrival of industry and modernism both as cultural and artistic movements. Back to the the Badalona of nowadays we find a city full of services, a leader in world sports, which promotes culture and local traditions; all of this found on the sea side and in close proximity to Barcelona!

How to arrive

- To Barcelona-El Prat airport and transfer by car (28 km).
- To Badalona Train Station.
- Road A-2.
- Location of our clinic:
  Next to the promenade, 10 minutes walk from the Badalona´s train station.

Contact us

Medical Institute of Badalona
C / Carrer de Font i Escola, 24, 08912 Badalona, Barcelona
Tel.: +34 933 383 42 07
E-mail: badalona@diaverum.com

Restaurants

Tres Macarrons
Tel.: +34 935 409 266
Address: Avinguda del Maresme, 21, El Masnou, Barcelona

Fonda Marina
Tel.: +34 935 409 266
Address: Camí Ral, 151, Montgat, Barcelona

Tapas Bars

El Pescador
Eduard Maristany, 87, Badalona
Tel.: +34 933 891 305

Mala Vida
Paseo Marítimo s/n, Badalona
Tel.: +34 698 344 490

La Doncella de la Costa
Paseo Marítimo, s/n, Badalona
Tel.: +34 933 891 410

Hotels

Hotel Miramar
[1,7 km. 21 min walking]
Tel.: +34 933 840 311
E-Mail: info@hotelmiramar.es
Rates: 50-70 €/night

Rafael Hotels
[1,6 km. 15 min walking and 5 min by car]
Tel.: +34 931 847 900
Web: www.rafaelHotels.com
Rates: 80-90 €/night

A tour around Badalona?

10:00h ► A 90 minute tour of the historic center of the city.
12:00h ► Visit the Badius [courtyards of private residences].
13:00h ► Visit the Monasterg of Sant Jeroni de la Muerta.
14:15 Recharge the batteries with a tasty lunch
16:30h ► Visit the Anís del Mono factory lasting 1.30h.
18:00h ► Visit the Parc de Can Solei i Ca l’Arnús.
19:00h ► In the most charming streets of Badalona we can find many different shops to have a look in; streets such as Carrer del Mar and La Rambla. The Carrer del Mar, which runs perpendicular to the coast, is a lively commercial street where we can find much of the city’s life unfolding.
20:00h ► Time to enjoy dinner in one of the many restaurantes Badalona has to offer.

Sites not to miss

Visit las Cavas Parxet in Tiana [Mas Parxet. Tiana] and go on a tour guide on the secrets of artisanal cava making.
Go to Port Veil of BCN [12 km from Badalona] and visit the Museo Maritimo, o the Maremagnum, important leisure area where we find the Aquarium of Barcelona.

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.
Barcelona
Province of Barcelona

With 1.7 million inhabitants, Barcelona is the second most populated city in Spain. The Catalonia capital is a cosmopolitan Mediterranean city with a rich historic-artistic heritage and an important cultural wealth due to its history marked by economic dynamism. Barcelona held the World Expo of 1888, the International Exhibition in 1929, the Olympic Games of 1992 and the Universal Forum of Cultures of 2004. It is home to one of the most important Mediterranean ports and it is also a strategic connection point between Spain and France, due to the motorway and high-speed railway systems.

How to arrive
- To Barcelona-El Prat airport and transfer by car to the center of the city (15 km).
- To Barcelona-Sants Train Station.
- Road A-2.

Location of our clinic:
Our Nephros clinic is only 2 km from Park Güell, the Center Víctor de Montserrat is 12 minutes away from Barcelona’s train station. The Institute of Hemodialysis of Barcelona is just 350 meters away from Camp Nou Stadium. Emilio Rotellar Dialysis Centre is just 10 min away from Maragall station and Palau Dialysis Centre and 10 min away from Aflons X station.

Hotels nearby the clinics

Near the Rotellar and Virgen de Montserrat centre

Hotel ibis Barcelona Meridian ★★
[Virgen de Montserrat: 1.1 km, 14 min walking]
Rotellar: 1.1 km, 14 min walking]
Tel.: +34 932 768 310
Address: Heron City, Passeig d’Andreu Nin, 9, Barcelona
Rates: 80 €/night

Near Nephros centre:
Catalonia Park Guell ★★★★
[1.4 km, 15 min walking]
Tel.: +34 932 191 204
Address: Passeig de la Mare de Déu del Coll, 10, Barcelona
Rates: 110 €/night

Near Palau centre:
Hotel ILUNION Bel Ar ★★★★★
[400 m, 4 min walking]
Tel.: +34 934 335 440
Address: Carrer de Lepant, 406, Barcelona
Rates: 80-90 €/night

A tour around Barcelona?

09:00h ★ The tour starts in one of the most historical areas of the city, the Gothic Quarter [Barri Gòtic] and the astonishing Cathedral of Barcelona. We recommend to spend an hour strolling around the narrow streets and then to take a break at Bar Jardi, a small charming terrace bar that hides inside the Reamarket Mercadillo del Camello.

11:00h ★ From the Gothic Quarter you can go towards the Catalonia Square [Plaça Catalunya] [known for being the city’s meeting point] through the lively and commercial Portal de l’Angel avenue.

13:00h ★ Very close to Plaça Catalunya you will find the Passeig de Gràcia. Here we find the Batlló House and the Milà House, also known as La Pedrera. Another must see is Las Ramblas, it is a lovely promenade where you can find the market Mercat de la Boqueria.

14:15h Lunch at El Pollo Rico, an authentic place that has passed the test of time, and for all budgets!

17:00h ★ After passing the Columbus Monument, walking through Moll de la Fusta you arrive at Maremagnum, a shopping centre, but also a very beautiful place to sit and rest for a while near the sea. In order to enjoy a snack you can go to Can Palafox. This small bar is an emblematic place in Barcelona. After this short break, head towards the Sagrada Família Cathedral. This basilica, known for being Gaudí’s masterpiece, has become one of the city’s symbols and it’s a must see in the visit. Our favorite place in the city is a huge park located at the top of the city which offers spectacular views: the Park Güell.

19:00h ★ Bought by the Count Güell at the end of the 19th century, it was conceived by Gaudí as a path for spiritual elevation.

Tapas Bars

- Ten’s Tapas Carrer del Rec, 79 Tel.: +34 933 192 222
- Tapas 24 Carrer de la Diputació, 269 Tel.: +34 934 880 977

Contact us

Hemodialysis Institute of Barcelona
Tel.: +34 934 407 803
E-mail: ibh@diaverum.com

Nephros Dialysis Centre
Tel.: +34 933 595 725
E-mail: nephros@diaverum.com

Virgen de Montserrat Dialysis Centre
Tel.: +34 934 359 007
E-mail: vmonts@diaverum.com

Emilio Rotellar Dialysis Centre
Tel.: +34 934 359 007
E-mail: rotellar@diaverum.com

Palau Dialysis Centre
Tel.: +34 932 132 525
E-mail: palau@diaverum.com

Restaurants

El Nacional
Tel.: +34 935 185 03
Address: Passeig de Gràcia, 24 Bis, Barcelona

Windsor
Tel.: +34 932 377 588
Address: Carrer de Còrsega, 286, Barcelona
Hospitalet de Llobregat
Province of Barcelona

Hospitalet de Llobregat is located a few kilometers away from the centre of Barcelona. One of the city's highlights is the new area of the Fira Barcelona Gran Via, an unfolding building, home to the Trade Fair in Plaza España. Another attraction to the city is its close proximity to the port, to which large cruise ships arrive daily with groups of tourists all with the desire to enjoy the Mediterranean coast.

**How to arrive**
- To Barcelona-El Prat airport and transfer by car (12 km).
- To Hospitalet de Llobregat train station.
- Road A-2 and B-23 route.
- Location of our clinic: Three minutes' walk from the Town Hall Square and just 1.5 km from the beach.

**Contact us**

Dialysis Centre Del Baix Llobregat
- Carrer Amadeu Torner, 109, 08902 Hospitalet De Llobregat, Barcelona
- Tel.: +34 934 222 020
- E-mail: baix@diaverum.com

**Restaurants**

- La Bodegueta
  - Tel.: +34 933 386 646
  - Address: Carrer de Lleida, 32, Hospitalet de Llobregat

- De Angelis
  - Tel.: +34 934 480 676
  - Address: Ctra. de Collblanc, 48, Hospitalet de Llobregat

- Foc de Kunia
  - Tel.: +34 933 38 39 63
  - Address: Carrer Barcelona, 19, Hospitalet de Llobregat

**Hotels nearby the clinic**

- AC Hotel Som by Marriott  ★★★★★
  - C/ Arquitectura, 1, Hospitalet de Llobregat
  - Tel.: +34 934 458 200
  - Rates: 60-75 €/night

- AC Hotel Fira Congress Barcelona  ★★★★★
  - C/ José Agustín Goygotsolo, 9, Hospitalet de Llobregat
  - Tel.: +34 932 671 800
  - Rates: 60-75 €/night

**Tapas Bars**

- Cal Siscu
  - Carrer Dr. Martí i Julià, 84, Hospitalet de Llobregat
  - Tel.: +34 934 40 72 58

- This&That Co.
  - Carrer Amadeu Torner, 41, Hospitalet de Llobregat
  - Tel.: +34 933 37 22 77

- Tapería Tente
  - Carrer Luarca, 8
  - Tel.: +34 934 388 069

**Sites not to miss**

Visit the modernist crypt of Colònia Güell, in Santa Coloma de Cervelló. The crypt was the work of Gaudi and declared World Heritage by UNESCO in July 2005.
The municipality of Pineda de Mar, is located in the province of Barcelona, being the largest city in the Alto Maresme and the third largest in the whole of Maresme. Located just 55 km away from Barcelona and 45 km away from Girona, up to 10% of the municipality is part of the Natural Park Montnegre and the Corredor.

Pineda has a long sandy beach of great quality and a wide range of accommodation, cafes, terraces and restaurants as well as a wide range of commercial establishments. In addition, its urban setting is full of green areas, with corners full of flowers, trees, fountains and children’s play areas.

The famous Roman aqueduct of Cal Cua, of which only four arches are curently standing, and the Gothic wayside cross to Cal Quintana are found here.

### Restaurants

**Restaurant La Vinya**
Tel.: +34 937 672 753  
Address: Carrer Mosén Cinto Verdaguer, 14, Pineda de Mar

**Restaurant Sant Pau**
Tel.: +34 937 600 662  
Address: Carrer Nou, 10, Sant Pol de Mar

### A tour around Pineda de Mar?

09:00h ➤ We suggest to start the day on board a comfortable small cruise ship visiting the various beaches of southern Costa Brava. The cruise stops at Lloret de Mar, Fenals, Santa Cristina, S'Abanell Blanes, Malgrat de Mar, Santa Susanna, Pineda, Poble Nou, Calella and Sant Pol de Mar. Round-trip tickets are available, valid to use during a whole day to go from beach to beach.

13:00h ➤ Vermouth time! A snack on the Pineda´s promenade to regain strength before enjoying lunch.

14:15h ➤ Un almuerzo para disfrutar de la gastronomía típica de la Costa Brava.

16:30h ➤ After lunch, we recommend the Four Shrines Route, which runs through the town. It will take us to Sant Rafel, Sant Jaume, Sant Antoni and Gràcia. Also, along the way we have the opportunity to go shopping in the center.

22:00h ➤ Time to enjoy a pleasant dinner at one of the restaurants in Pineda de Mar.

### Sites not to miss

Drive to Barcelona to visit the astonishing works of art of Gaudi, such as Park Güell and Sagrada Familia, in addition to the Ramblas or Port Olympic. Visitors can also enjoy a shopping day at “Rock Village”.

You can also visit Marimurtra Botanical Garden located on the top of a cliff in Blanes, observing typical Mediterranean plants. Tossa de Mar and the charming town of Peratallada are also recommended in the visit.

### Hotels nearby the clinic

- **TOP Pineda Palace ★★★★★**
  (2 km. 24 min walking)
  Tel.: +34 937 664 422
  Address: Passeig Marítim, 9 , Pineda de Mar
  Rates: 60-100 €/night

- **Hotel Promenade ★★★★★**
  (2.1 km. 25 min walking)
  Tel.: +34 937 670 003/+34 937 671 906
  Address: Passeig Marítim, 7, Pineda de Mar
  Rates: 80-90 €/night

- **Aquamarina & Spa ★★★★★**
  (5.6 km. 12 min by car)
  Tel.: +34 937 67 80 60
  Address: Av. del Mar, 16, Santa Susanna, Barcelona
  Rates: 70-100 €/night

### How to arrive

- **A** To Girona airport and transfer by car (32 km) or Barcelona airport and transfer by car (75 km).

- **B** To Pineda del Mar train station. The railway line of the Maresme [line 1 of Rodalies Renfe]

- **C** Coche: Road N-II.

### Contact us

Dialysis center in Maresme  
C/ Marconi, 2, 08397 Pineda de Mar, Barcelona  
Tel.: +34 937 672 576  
E-mail: maresme@diaverum.com

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.
Travel Guide for Renal Patients

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.

For breakfast we arrive at La Confianza, located in the historic center of Mataró. This bakery is located in a modernist building of the late 19th century designed by Josep Puig i Cadafalch. It has been recently restored, so its decoration of mosaics and wrought iron with Gothic motifs looks splendorous. The inside of the bakery is simply overwhelming.

After this we can head towards the Basilica of Santa Maria, the main religious temple in Mataró. This monumental building of the seventeenth century presents an Italianate Baroque style, but also incorporates Byzantine elements. The ship, in the shape of a latin cross, has characteristic elements of Baroque sanctuary art. Especially interesting are the side chapels, such as the Dolores, one of the jewels of Catalan Baroque. It also has a large organ and a great baroque altarpiece and artwork of the local artist Antoni Riera i Móra.

For a snack we will approach the beach Playa del Varador, it is the main beach on the coastline of Mataró. Facing the urban center of the city, it has a length of just under a kilometer and an average width of 50 metres. It is a typical beach found on the Barcelona coastline, with golden sands.

After lunch we will visit the archaeological site Torre Llauder. Taking a guided tour is recommended. It is a large Roman villa, although unfortunately little remains of it, but it is definitely worth a visit.

We take a walk through history, two thousand years ago, Mataró was a prosperous Roman city called Iluro, although not much remains of the capital of the Maresme. In the 60s remains of what were the public baths of the population were discovered in the farmhouse of Can Xammar, this is just one of the examples of the importance that Iluro had at the time.

For dinner, a great place to go to would be El Rengle, a small market located in the center of Mataró. Its configuration is very original: A row of stalls spralled open like wings on a central axis. The building dated from the late 19th century incorporates modernist elements (forging, ceramics) and its cover is the artwork of the famous architect Josep Puig i Cadafalch.
Community of Valencia

Valencia • Vinaròs • Oropesa del Mar
Valencia
Province of Valencia

The city’s dynamism as an important economic center is reflected by the strength of its key institutions, such as the Feria Valencia, Valencia Port, the Palace of Congress and its Universities. On the other hand, we can find important cultural institutions: the Palau de les Arts, the IVAM, the Palau de la Música and the City of Arts and Sciences provide an undeniable value to the city. Las Fallas, [15 - 19 March] is one of the most internationally known festivals.

Valencia is a privileged destination being not only a City but also a seaside resort; just 15 minutes away from downtown we can find the beaches Las Arenas, Malvarrosa and El Cabaña, presided with blue flags and awarded with the Tourist Q for quality.

A tour around Valencia?

09:00h Typical Breakfast at Catalina. City centre tour: Plaza La Reina, El Miguelete, Catedral.
10:30h Tour around the Central Market of Valencia and the Lonja de la Seda (silk market).
12:00h Museum El Ivam.
13:00h Walk around the Natural Park of La Albufera and El Saler (a boat tour around La Albufera).
14:15 Lunch in El Palmar; here we can find numerous restaurants where we can try typical Valencian food.
16:30h Stroll around the Turia gardens.
17:30h Visit the City of Arts and Sciences of Valencia.
20:00h Relax on the Malvarrosa Beach and enjoy the sunset.
22:00h Dine in the Maritime district, with numerous restaurants, bars and nightlife.

Contact us

Dialysis centre Gamapal
◆ Avd. Pio XII, 27, 46015 Valencia
◆ Tel.: +34 963 406 560
◆ E-mail: gamapal@diaverum.com

Dialysis centre Nefroclub
◆ C/ José Zaragoza, 41, 46017 Valencia
◆ Tel.: +34 963 787 419
◆ E-mail: nfclub@diaverum.com

Restaurants

Racó de la Paella
Tel.: +34 963 488 252
Address: Carrer de Mossèn Rausell, 17, 46015, Valencia

Kaymus
Tel.: +34 963 486 666
Address: Avd. del Mestre Rodrigo, 44, 46015 Valencia

Tapas Bars

Casa Montaña
C/ Jose Benlliure, 69, Valencia
Tel.: +34 963 872 314

Taberna Ché
Avd. del Regne de València, 9, Valencia
Tel.: +34 963 746 525

Hotels near the clinics

Near Gamapal center:
△ Expo Hotel Valencia ★★★
[750 m. 4 min walking]
Tel.: +34 963 033 620
Address: Avd. de Pius XII, 4, Valencia
Rates: 40-55 €/night

Near Nefroclub center:
△ Hotel Zenit Valencia
[2.4 km. 11 min by car]
Tel.: +34 963 529 000
Address: Carrer de Bailén, 8, Valencia
Rates: 70 €/night

How to arrive

◆ To Manises airport and transfer by car to downtown Valencia (9 km).
◆ To Sorolla train station and North Station.
◆ Main Access routes: Roads AP-7 and A-3.
◆ Location of our clinic:
Dialysis Center Gamapal, 3.8km from Joaquín Sorolla Station and 900 meters from Valencia bus station.
The Nefroclub Centre, 1.3km from Joaquín Sorolla Station and 3.8km from Valencia’s bus station.

Travel Guide for Renal Patients | 51

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.
Vinaròs
Province of Castellón

How to arrive

➢ To Castellón de la Plana airport and transfer by car (54 km).
➢ To Vinaroz station.
➢ Access from Castellón de la Plana or Tarragona, taking Roads AP-7 or N-340.

Location of our clinic:
The clinic is close to Carrer de Febrer de la Torre Street. 1.8 km away from the train and bus stations.

Vinaroz is located at the most northern point of the coast of Castellón, in the region of Bajo Maestrazgo, of which Vinaroz is the capital city with over 28,000 inhabitants.

Two key sites of the city are its lighthouse and the harbor. In the latter we find the fish market, where fresh fish and seafood arrives every morning ready for its auctions. Other famous sites are its beaches, such as Fòra Forat. With more than 800 m of golden sand it blends in with the city and due to its natural features allows visitors to enjoy many different types of water sports. Besides this, one can also find small coves and beaches like South Beach, Ameradors, Plaga de Els Cossis, Saldonar, Boverals, Barbiguera, El Triador and Cala Puntal.

Restaurants

Asador Rafael “Lo Cristalero”
Tel.: +34 637 433 217
Address: C/ Cervantes, 2, Vinaròs

El Barco
Tel.: +34 964 451 685
Address: Pº Blasco Ibáñez, 15, Vinaròs

Contact us

Dialysis centre Vinaròs
➢ C/Antonio Machado 43, 12500. Vinaròs
➢ Tel.: +34 964 402 034
➢ E-mail: cedivina@diaverum.com

Hotels nearby the clinic

Hotel RH Vinaròs Playa ★★★★
(80 m. 1 min walking)
Tel.: +34 964 456 678
Address: Avd. de Castelló, 0, Vinaròs
Rates: 80-100 €/night

Hotel RH Vinaròs Aura ★★★★
(80 m. 2 min walking)
Tel.: +34 964 407 079
Address: C/ del Mar, 2, Vinaròs
Rates: 90-100 €/night

A tour around Vinaròs?

09:00h ➢ Stroll around the city to discover buildings like the Casa de la Vila, Giner House, the municipal market, the Auditorium, the Sendra House and the promenade.

11:30h ➢ You can enjoy the urban beaches along the promenade, such as the Fòra Forat beach, Playa del Clot and Playa del Forti. All of these have been awarded with a blue flag.

14:15h Lunch time

16:30h ➢ A suggested route starts where the GR-92 finishes, that is at the mouth of the gorge of Aigua-doliva. Following the coast line we can reach the Iberian settlement of Puig de la Nau, famous for its dry stone constructions and the flora micro-reserve, with important pockets of oak and arbutus. Here we can also find the Sanctuary of Mercy.

20:00h ➢ Peñíscola: The village is perched on a rock at an altitude of 54m. It is an ancient rock, enclaved in the blue Mediterranean sea. There is a unique castle, built by the Templars in the 13th century. This castle was converted into a papal residence (1411-1423), of Benedict XIII, also known as Papa Luna. Here we can also find the Royal Convent of San Francisco. Peñíscola has a rich history, since nearly all Western civilizations in the past have passed through it; it still retains its ancient flavor. This town is located only 15 km away from Vinaròs.

Morella: Morella has been noted as an historical-artistic site, located about 1,000 m above sea level and about 70km away from Vinaròs. It has the remains of an ancient Iberian settlement, with paintings from the late Paleolithic. Morella has an 8km long defense wall, with 15 towers and 5 doors. It’s important castle hosted the Prince of Viana among other important historical figures and the historical night El Cid. Its Archpriestal Basilica of Santa Maria la Mayor, with Gothic architecture is considered a monument of National Cultural Interest.

Natural Park of Valltorta: The Park was declared an Artistic and Historic World Heritage Site by Unesco. It has an amazing sample of paintings of Levantine rock art. These can be found along the Barranco de la Valltorta in caves such as Vinromà, Albocacer, Tirig and in the caves “dels Civils” and “dels Cavalls”. The Museum of Valltorta, housing reproductions of the paintings of the area, also deserves a visit.

How to arrive

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Restaurants

Asador Rafael “Lo Cristalero”
Tel.: +34 637 433 217
Address: C/ Cervantes, 2, Vinaròs

El Barco
Tel.: +34 964 451 685
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Dialysis centre Vinaròs
➢ C/Antonio Machado 43, 12500. Vinaròs
➢ Tel.: +34 964 402 034
➢ E-mail: cedivina@diaverum.com

Hotels nearby the clinic

Hotel RH Vinaròs Playa ★★★★
(80 m. 1 min walking)
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Address: Avd. de Castelló, 0, Vinaròs
Rates: 80-100 €/night

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(80 m. 2 min walking)
Tel.: +34 964 407 079
Address: C/ del Mar, 2, Vinaròs
Rates: 90-100 €/night

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Located along the Mediterranean Sea coast, you can count upon many different beaches and coves all with mountainous backdrops of the Sierra. The trails near the Sierra de Oropesa are renowned for their beautiful scenery; the orange groves made even more picturesque by the sea. Tourism is the main source of economic activity in the area. In the region we can find the famous tourist macrocomplex Marina d’Or Holiday Resort, located on the coastline, 2 kilometers from the town of Oropesa centre.

**Restaurants**

**Restaurante Rodrigo**  
Tel.: +34 964 310 168  
Address: Playa de la Concha, 0 S/N, Oropesa del Mar

**A media luz**  
Tel.: +34 964 313 591  
Address: Passeig Maritim del Mediterrani, 39, Oropesa del Mar

**Tapas Bars**

**Un Mar De Tapas**  
P.P. Marítim del Mediterrani, 102, Oropesa del Mar  
Tel.: +34 658 756 495

**El Olivo Tapas & Bar**  
Avd. de la Plana, 24, Oropesa del Mar  
Tel.: +34 619 36 26 60

**El Amarre**  
Urbanización Marina d’Or, s/n, Oropesa del Mar  
Tel.: +34 902 091 755

**Hotels nearby the clinic**

**Hotel Gran Duque**  
(2,5 km. 30 min walking)  
Tel.: +34 964 391 502  
Address: Carrer els Terrers, s/n, Oropesa del Mar  
Rates: 120-140 €/night

**Hotel Jardín de Bellver**  
(5,7 km. 7 min by car)  
Tel.: +34 964 300 004  
Address: Urbanización playetas, 100, Oropesa del Mar  
Rates: 70-80 €/night

**How to arrive**

- Castellon de la Plana Airport and transfer by car [28km].
- Oropesa del Mar train station.
- Location of our clinic: 3 min walk from the townhall and 1.2km from the beach.

**Contact us**

**Dialysis centre of Oropesa**  
José Rivera Forner, 94-96, 12594  
Oropesa del Mar, España  
Tel.: +34 964 313 387  
E-mail: oropesa@diaverum.com

**Sites not to miss**

**Les Grutes de Sant Josep.** One can visit the longest underground river in Europe, where visitors are taken by local guides/boatmen to a world of fantasy, light and colour formed by stalactites and stalagmites; a true wonder of nature not easily forgotten. The caves are located about 50km south from Oropesa del Mar.

**Islas Columbretes.** Near the coast of Castellón, 28 miles from Cap d’Oropesa emerge the formerly known Snake Islands, now more commonly the Columbretes, a small volcanic archipelago midway between the mainland and the Balearic Islands.

**A tour around Oropesa del Mar?**

09:00h  
Put your backpack on and get ready, because Oropesa del Mar has many places to visit. In the Old Town one can find most of the main tourist attractions. One of the sites being the Castle, built by Muslims in the eleventh century and coveted throughout history for its strategic importance and level of security. Near to it we can find the Chapel of Our Lady of Patience [Virgen de la Paciencia] where you can see the image of the patron saint of the town and samples of 18th century Alcora tiling.

10:00h  
In the same square one can find the Museum of Oropesa del Mar, an interactive museum depicting the magical idyl of a time between the Mediterranean and Oropesa del Mar. Another alternative is to tour the wonderful greenway that runs between Oropesa and Benicàssim, a very pleasant walk suitable for all visitors.

11:00h  
Leaving the Old Town behind, along the coast visitors can find one of the most important monuments in the city: the Torre del Rey [king’s tower], a fortress built in 1413 to defend the town from pirate attacks. Nearby we find the lighthouse of Oropesa del Mar, inaugurated in 1859 to guide maritime traffic in the area, which is still in operation.

13:00h  
Finally, further south, lying on a steep terrain filled by native vegetation one can find the towers de la Corda and la Colomera, both built in the sixteenth century to support the Torre del Rey in its surveillance of the coast.

14:15h Hora de disfrutar de los platos típicos del litoral mediterráneo.

16:30h  
Afternoon: After a well-earned rest, one can choose between three impressive coves (Platgetes Bellver Beach Renegà and Cala del Retor) or sandy beaches located along the promenade such as Playa de la Concha, Playa de les Amplaries and Playa Morro de Gos.
Travel Guide for Renal Patients

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.

Galicia

Badalona - Barcelona - Hospitalet de Llobregat - Pineda de Mar

Pontevedra • Vilagarcia de Arousa
The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.

Built with patience over centuries, this "boa vila" with its delightful streets and squares named after ancient guilds, as well as its buildings of classical and popular architecture, it is one of the most beautiful and best preserved historical sites in Galicia.

Converted into a pedestrian city, it is well worth taking long walks, relaxing in its parks and squares and enjoying tapas, a coffee or a drink in any of its lively terraces.

**Contact us**

Diaverum Clinic Pontevedra
Avd. de Conde de Bugallal, 3, 36004
Pontevedra
Tel.: +34 986 869 519
E-mail: pontevedra@diaverum.com

**Restaurants**

**Casa Solla**
Tel.: +34 986 872 884
Address: Avd. Sineiro, 7, Poio

**Eirado da Leña**
Tel.: +34 986 860 225
Address: Pl. Da Lena, 1 y 3, Pontevedra

**Hotels nearby the clinic**

Parador de Pontevedra ★★★★
(1,8 km. 22 min walking)
Tel.: +34 986 855 800
Address: Barón, 19, Pontevedra
Rates: 60-120 €/night

**A tour around Pontevedra?**

**09:00h** ► Enjoy a healthy breakfast in the Plaza da Ferrería, for example, here we find many different cafés to help us start the day full of energy.

**10:00h** ► Alameda de Pontevedra is the best place to start our journey around this ancient town. Here we can find many different buildings, the City Hall, the Provincial Government as well as the Ruins of Santo Domingo.

**10:30h** ► Walking around behind the Town Hall, we arrive at the Mansion of the Mendoza and the great Basilica of Santa Maria, loved by all who visit it. Strangely enough, in the Basilica there is a saint wearing glasses and Christ is located by mistake to the left of God Father.

**12:00h** ► If we continue walking, we’ll find ourselves on a narrow street called Isabel II, where we can find the square of Las Cinco Calles and a cross of the 18th century. Also found here is the house of the famous Spanish writer Valle Inclán and his “neighbor” as the wall plate states. During the walk the smell of grilled octopus, sausage, calamari and the great albariño wine will not go unnoticed, since we are already in the tapas bar district: about time we indulged!

**13:00h** ► Following Calle Princesa we arrive at the Plaza de la Herrería, a busy square and meeting spot par excellence. On our way we will pass by the Plaza del Teucro, the Liceo Casino and the Soportales (porches), which were once used to walk across town without getting wet from the rain; what a great idea! If we stop to look around, we will find camellias gardens, fountains with abundant water jets and the Convent of San Francisco with its ancient stone steps.

**14:15h** Para comer cocina innovadora mira nuestras recomendaciones de Restaurants.

**16:30h** ► After lunch we continue by walking to Plaza de la Leña, a small square with two rows of arcades, five bars and restaurants with their terraces. An important feature is the old stone cross and the great Museum of Pontevedra: a puzzle of six different buildings full of history, culture and art.

**20:00h** ► Close to dinner time, we start the tapas tour around the district Las Cinco Calles.

**22:00h** ► Following one of the five streets, more specifically Baron Street, we will reach the Parador of Pontevedra.

**Sites not to miss by car**

Marín: A route of incomparable beaches. You can also visit the eco park, the Naval Academy or the Natural Reserve of Lake Castaneiras.

**Islas:** Dive around the Ría de Pontevedra Nos, Tambo, or the Cies Islands.

**Sanxenxo, Portonovo y Combarro:** fishing villages, typical granary areas. Its nightlife is internationally known, with a much visited tourist port.

**Campo Lameiro:** Galicia’s most important site for rock art and concentration of rock carvings in Europe.

**How to arrive**

► To Vigo airport (32 km).
► To Pontevedra train station.
Road A6.
Location of our clinic:
The clinic is next to the town square Plaza Fermín Bouza Brey. It is only 700 meters away from the train station and 850 meters away from.

**Tapas Bars**

**Casa Fidel**
C/ Gamazo, 2, Pontevedra
Tel.: +34 954 213 049

**O Noso Bar**
C/ Hernando Colón, 8, Pontevedra
Tel.: +34 955 123 811

**Travel Guide for Renal Patients | 59**

The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.
Vilagarcia de Arousa is the capital city of the estuary Arousa and natural port of Santiago de Compostela. With a population of almost 35,000 inhabitants, making it the eighth largest city in Galicia. Due to its geographical characteristics, it is an attractive spot for many to choose this city as their home, or place to have their holiday home.

Vilagarcia is an ideal place to establish the “operational center” for an unforgettable holiday in Galicia. Its festivals have been declared of National Touristic Interest [San Roque procession, Water Festival, Mussel Festival, Naval Combat, Albariño Exhibition ...] Aros’ leisure and shopping offerings are only half an hour away from Santiago de Compostela and Vigo, and just 25 kilometers away from Pontevedra.

How to arrive

- To Santiago airport and then transfer by car [53 km]. To Vigo airport and then transfer by car [60 km].
- To Vilagarcia de Arousa train station.
- Road A-6 and then Road AP-9.

Location of our clinic:
The clinic is located on the beach front, 1.2 km from the train station and 1.5 km from the bus station.

Contact us

Diaverum clinic Vilagarcía

📍 C/ Rosalía de Castro 11º Bajo 36600
Vilagarcia De Arousa (Pontevedra)
Tel.: +34 986 50 76 71
E-mail: diagal@diaverum.com

How to arrive

- To Santiago airport and then transfer by car (53 km). To Vigo airport and then transfer by car (60 km).
- To Vilagarcia de Arousa train station.
- Road A-6 and then Road AP-9.

Location of our clinic:
The clinic is located on the beach front, 1.2 km from the train station and 1.5 km from the bus station.

Restaurants

Loliña (Marisquería)
Tel.: +34 986 505 355
Address: C/ de nº1, Rúa Alameda Vella, Carril, Vilagarcia De Arousa

O Fogón da Ría
Tel.: +34 986 505 355
Address: Fontecarmoa, 87, Vilagarcia de Arousa

O Fogón da Ría
Tel.: +34 986 505 355
Address: Fontecarmoa, 87, Vilagarcia de Arousa

Restaurantes

A Ría
Tel.: +34 986 505 355
Address: C/ Juan Garcia, 7 Bajo, Vilagarcia de Arousa

La Parra
Tel.: +34 986 505 355
Address: C/ Mendez Nunez, 28, Comarca del Salnes

Bar Barrantes
Tel.: +34 986 505 355
Address: Conde Valhellido, 12, Vilagarcia de Arousa

A tour around Vilagarcia de Arousa?

10:00h
We start our day with a nice walk along the promenade that covers the beaches A Concha and A Compostela, where we can stop to observe the ancient craft of shellfishing (Marisqueo con Raño) and the “Carri” clam collection. Continuing along the passenger port and Cavadeiro Park, next to the flea market, where you can find a variety of fresh fish and shellfish from the estuary (Ría).

12:00h
Nearby we find the tourist office, where we can book a trip around Vilagarcia and its surroundings on board a tourist train.

14:00h
The perfect time to enjoy the delicious cuisine of Arousa!

16:00h
One can find guided tours to the Pazo de la Marquesa de Rubiáns [traditional Galician nobility house] from the 18th century, this being a complementary option to our visit. Towards the Villaxon walk we will find the archaeological remains of Castro Alcobre, located in what is now part of the park Montiño, in which we can enjoy a nice walk under an umbrella of an abundant native vegetation.

18:00h
Another interesting site is the 16th Century Convent of Santa Rita, in which a pilgrimage is celebrated on the 22nd of May, combining religious celebrations and popular celebrations. Nearby the convent we find the park A Xunqueira and the Comercial Centre Arousa.

19:00h
In the various pedestrian streets of downtown Vilagarcia we find a wide gastronomic and commercial offers where we can regain our strength. We can complement this offer with a winery visit and wine tasting in:
- Bodegas Gran Bazán
- Condes de Albarei
- Pazo De Baion

Sites not to miss by car

A Illa de Arousa: Declared a Biosphere Reserve by the European Union, it is surrounded by beaches and the Natural Park of Carreirón.

Cambados: A historic enclave carved in granite, considered one of the most beautiful and admired tourist destinations in Galicia. The tourist visit is complemented with the Rias Baixas wine route.

Caldas de Reis: Galicia’s “Thermal Village par excellence, where we can find several spas and the water route, which lasts about two hours. Only 45 km away from Santiago de Compostela!
Balearic islands

Palma de Mallorca
Palma de Mallorca
Province of Mallorca

The beautiful island of Mallorca is located in front of the Levante coast, in the Mediterranean Sea. Along the islands Formentera, Ibiza, Cabrera and Menorca; Mallorca is part of the Balearic archipelago covering between them an extension of 5,000 km² and 1,239 km² of coast. Palma is the capital of the Island of Mallorca.

The climate in Mallorca is mild-weather, temperatures are excellent the whole year. The oscillations are not very variable, so we have in spring average temperature of 19,5º, in summer it oscillates in 27º, in autumn oscillates in 20,5º and in winter the average temperature oscillates around 15º.

The variety and beauty of its landscapes; like mountains and coasts surrounded by paradisiacal and calm crystalline waters of fine sand, the great historical and cultural interest, people, customs, typical gastronomy and its pleasant climate make of Mallorca a great place of tourism at world-wide level. Many people have called “The World Tourism Center”. The Island of Mallorca has become in the main and most important tourist destination of Spain.

How to arrive

- By airplane, to Palma de Mallorca airport, and transfer by car to the Palma clinic of 8.8 km (11 minutes) and the Inca clinic of 41.8 km (30 minutes).
- In Ferry, from the port of Barcelona, Valencia and Alicante to the port of Palma de Mallorca, and transfer by car to the Palma clinic of 5.0 km (11 minutes) and the Inca clinic of 43.9 Km (33 minutes).

Location of our clinic

The Palma clinic is 350 meters from the beach and 1.6 km from Palma Cathedral. The Inca clinic is located 30km from the city center of Palma and the beach.

Contact us

Centro de Diálisis Palma
C/ José Rover Motta 3, Palma 07008
Tel.: +34 971 72 92 31
E-Mail: vacaciones@diaverum.com

Centro de Diálisis Inca
Av. Rei Jaume II, 25 Inca 07300
Tel.: +34 971 279 660
E-Mail: vacaciones@diaverum.com

Restaurants

Caballito de Mar
[close to la Lonja]
Tel.: +34 971 72 10 74
Adress: Pº de Sagrera, 5, Palma

Quina Creu
[close to Plaza Mayor]
Tel.: +34 971 71 17 22
Adress: C/ Corderia, 24 Palma

A tour around Mallorca?

09:00h  Starts at the seafront promenade and take a breakfast looking the sea.
10:30h  Visit the old town of Palma de Mallorca.
11:00h  Visit the Royal Palace of l’Almudaina and the Cathedral of Mallorca.
13:00h  Walk around the Plaza Mayor and its popular shopping streets where you can taste the typical gastronomy or buy some souvenirs.
14:15h  Lunch in one of the nice restaurants located near the Plaza Mayor.
16:30h  Visit Museum of Contemporary Spanish Art March Foundation, installed in a beautiful building with the traditional Mallorca courtyard.
Another option, it´s walk around the Lonja neighborhood, visit the Lonja and get lost in the streets full of restaurants.
18:00h  Visit Bellver Castle.
21:00h  In the Bellver castle, you can enjoy the best sunsets in Spain, overlooking the Bay of Palma.

Hotels

Near Palma Clinic:
Santa Clara Urban Hotel y Spa ★★★★★
[550 m. 7 minutes walking distance]
Tel.: +34 971 72 92 31
Adress: Carrer de Sant Alonso, 16, Palma,
Rates: 120-130 €/noche aprox.

Near Palma Clinic:
Hotel Ramón Llull
[450 m. 6 minutes walking distance]
Tel.: +34 695 79 86 98
Adress: Carrer de Ramon Llull, 12, Palma
Rates: 110-120 €/night

Near Inca Clinic:
Sa Vinya des Convent Agroturismo
[750 m. 2 minutes walking distance]
Tel.: +34 971 50 27 23
Adress: Ctra. Inca-Sineu, km 0, Inca
Rates: 100-110 €/night

Tapas Bars

Bodega La Rambla
Via Roma, 6, Palma
Tel.: +34 971 72 11 90

Sa Ronda
Av. Argentina, 37, Palma
Tel.: +34 680 24 66 45
The photos correspond to typical local dishes, always remember to ask according to the diet marked by your doctor.
As the capital of Spain, Madrid is a cosmopolitan city combining modern infrastructures. It holds the status of an economic, financial and administrative centre with immense cultural heritage and an artistic legacy due to centuries of fascinating history. One can visit some of the world’s most renowned museums such as El Prado, Reina Sofia and Thyssen Museum, enjoy the best shows in the country along the Gran Via or visit football stadiums, such as the Santiago Bernabeu or Vicente Calderon.

How to arrive
- To Adolfo Suárez-Madrid Barajas airport and transfer by car (13.9km).
- To Atocha train station and Chamartín train station.
- To Madrid Estación Sur bus station, Moncloa bus station and Avenida de América bus station.
- Location of our clinic: Only 1.2 km away from the well-known Plaza de Castilla and 9.4 km from the central square Puerta del Sol.

Contact us
Diaverum clinic Madrid
Avd. de Asturias 69-71, 28029 Madrid
Tel.: +34 915 674 300
Address: Pº de la Castellana, 220, Madrid
Rates: 50-110 €/night

Hotels near the clinic
- Hotel Vía Castellana ★★★★
  [1.3 km. 15 min walking]
  Tel.: +34 915 674 300
  Address: Pº de la Castellana, 220, Madrid
  Rates: 50-110 €/night

- Hotel Caballero Errante ★★★
  [900 m. 5 min walking]
  Tel.: +34 911 441 330
  Address: C/ de Pinos Alta, 14, Madrid
  Rates: 120-140 €/night

Restaurants
El Asador de Aranda
Tel.: +34 917 338 702
Address: Avd. de Asturias, Madrid

Marisqueria Reyes
Tel.: +34 913 151 012
Address: C/ Emilia, 32, Madrid

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A tour around Madrid?
10:00h ➤ We begin our tour by taking a walk around Retiro Park, the green lung of Madrid. Its origin dates back to the 17th century, when Philip IV ordered its construction as a recreational and rest site for the royal family.

11:00h ➤ Leaving the park we enter into Independence Square, where we find the Puerta de Alcalá, one of the most representative monuments of the city. The Puerta de Alcalá is one of five gates historically giving access to the city of Madrid. The current gate was built during the reign of King Charles III. From the Puerta de Alcalá one can see the Goddess Cybele fountain another famous icon of Madrid, partly because it is the place chosen by Real Madrid Football Club to celebrate its triumphs with its fans. Opposite to the Goddess we see the Palace of Telecommunications, the current townhall of Madrid. From Alcalá Street we walk towards to the Puerta del Sol, the heart of the capital city, inciting kilometer zero of all Spanish motorways. It is also probably the most popular part of the city, since every new years eve the television cameras all focus on its clock whilst the bells chime. This clock belongs to the post office building built in the 18th century and is now the seat of the government of the Community of Madrid.

12:00h ➤ As we walk towards Plaza Mayor we get into the so-called “Madrid de los Austrias” [Habsburg Dynasty Madrid] full of narrow streets where we find palaces, churches and convents of the Golden age when the city became the capital city of the Spanish Empire.

14:15h Enjoy one of the typical dishes of Madrid: maybe a fried calamari sandwich.

17:00h ➤ Nearby we find the Almudena Cathedral, the main church of the city dedicated to its holy Patron Saint, where the current King and Queen of Spain were married. Next to the Cathedral we find the imposing Royal Palace, opposite the Royal Theatre, declared a Monument of National Interest.

18:00h ➤ We continue our tour to enter one of the main thoroughfares of the city. Gran Vía is known for its tireless activity and for the numerous theaters and musical performances one can find there. At the end of the Gran Vía we find the Plaza de España, one of the largest squares in Madrid. Erected in the centre we see the statues dedicated to Don Quijote and his faithful squire, Sancho Panza.

20:00h ➤ The Temple of Debod is an ideal place to end the day’s tour. An Egyptian monument dedicated to the gods Amon and Isis, more than two thousand years old. From here you can enjoy beautiful views over the region.

Sites not to miss
Madrid has many more tourist attractions than those mentioned. If you stay on a Sunday, for example, you may wish to stroll through the Rastrillo flea market and finish the tour enjoying some tapas in the famous neighborhood of La Latina. If you find more time, you can take a day trip to one of the nearby towns of great interest, such as Alcalá de Henares, El Escorial or Aranjuez.

Travel Guide for Renal Patients
Our centres
ANDALUSIA

Dialysis centre Estepona
Avd. Puerta del Mar, 54
29680 ESTEPONA (Málaga)
Tel.: +34951316583
E mail: estepona@diaverum.com

Dialysis centre Torremolinos
C/ Lázaro Lázaro 58
29620 TORREMOLINOS (Málaga)
Tel.: +34952378699
E mail: tmlinos@diaverum.com

Dialysis centre Málaga
C/ Ayala, 35
29002 MALAGA
Tel.: +34952365780
E mail: malaga@diaverum.com

Our centres

Dialysis centre Ntra. Sra. De la Cabeza
C/ Francisco Díaz Cardona, s/n
Clinic Ntra. Sra. De la Cabeza
E mail: cartuja@diaverum.com
Tel.: +34953723973
E mail: scatal@diaverum.com

VALENCIA

Dialysis centre Gamapal
Avd. Pia XII, 27 Bajo
46015 VALENCIA
Tel.: +34963406560
E mail: gamapal@diaverum.com

Dialysis centre Nefroclub
C/ José Zaragoza, 41
46017 VALENCIA
Tel.: +34963738741
E mail: nfcclub@diaverum.com

Dialysis centre Oropesa
Avd. República Argentina, 19 Bajo
12002 CASTELLÓN
Tel.: +34964219932
E mail: nfplana@diaverum.com

VALENCIA

Dialysis centre Mataró
Ronda Países Catalanes, 47-49
08304 MATARÓ (Barcelona)
Tel.: +34937414576
E mail: mataro@diaverum.com

Dialysis centre Santa Catalina Clinic
C/ Juanito Valderrama, 2
23005 JAÉN
Tel.: +34933834207
E mail: badalona@diaverum.com

C/ Gran de San Andreu 467, 08030 BARCELONA
Tel.: +3493359007
E mail: vmonts@diaverum.com

C/ Concepción Arenal, 151, 08027 BARCELONA
Tel.: +34933116111
E mail: rotelar@diaverum.com

C/ Sant Antoni Maria Claret, 135, 08024
BARCELONA
Tel.: +3493221125
E mail: palau@diaverum.com

Dialysis centre Oropesa
C/ José Rover Motta 3, Palma de Mallorca
07008 (Mallorca)
Tel.: +34635279660
E mail: vacaciones@diaverum.com

Dialysis centre Fulgencio Serra
Avd. Rei Jaume II, 25 Inca 07300 (Mallorca)
Tel.: +34635279660
E mail: vacaciones@diaverum.com

C/ Aragón, 17 Bajo
12540 VILLARREAL (Castellón)
Tel.: +34964538880
E mail: burjassot@diaverum.com

Dialysis centre Palma
C/ José Zaragoza, 41
46017 VALENCIA
Tel.: +34963738741
E mail: nfcclub@diaverum.com

C/ Amadeu Torner, 109, 2º, 08902
12002 CASTELLÓN
Tel.: +34964219932
E mail: nlplana@diaverum.com

Dialysis centre Castellón
C/ Puig, 10
12004 CASTELLÓN
Tel.: +34964233373
E mail: cedicas@diaverum.com

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Avd. República Argentina, 19 Bajo
12002 CASTELLÓN
Tel.: +34964219932
E mail: nfplana@diaverum.com

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Ronda Países Catalanes, 47-49
08304 MATARÓ (Barcelona)
Tel.: +34937414576
E mail: mataro@diaverum.com

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Avd. Pia XII, 27 Bajo
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Tel.: +34963406560
E mail: gamapal@diaverum.com

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Institutional support

Founded in 1976, the Spanish Society of nephrology nursing (S.E.D.E.N.) is a nonprofit organization, which has close to 2,000 professionals in nephrology nursing in Spain, of whom, at a general meeting as a company sovereign body reserve all rights.

The European Dialysis and Transplant Nurses Association/European Renal Care Association (EDTNA/ERCA) was established in 1971 to address the special needs of nurses, physicians, social workers, dieticians, technicians, transplant coordinators and unit managers that care for patients with chronic kidney disease and those requiring renal replacement therapy. Today, 45 years later we are still working with the same goal as from the very beginning - our focus is on our patients. Patient well-being is at the heart of our Association achieving a high level of quality care for patients and their families. Quality of life - during and after treatment.

ALCER, National federation of associations for the fight against kidney diseases. Its principal mission is Quality of life - during and after treatment. is at the heart of our Association achieving a high level of quality care for patients and their families.

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The Spanish Society of Dialysis and Transplants (SEDYT), is a scientific association founded in 1978 which comprises of specialists which deal with renal diseases and their therapies. Their aims are to promote and disclose the investigation into chronic renal illnesses, dialysis and its different ways, nephrology, apheresis, and renal transplant along with other related subjects.

Ader the Association for the Sick of Catalonia, is the independent representative of the people affected by chronic renal insufficiencies. Ader is a charity based private entity, founded in 1976 and declared a public utility in 1987. Since it was founded in October 1987, there have been a multitude of people who have been involved in our personnel and all have worked to make improvements in replacement therapy of renal incapacity, such as hemodialysis, peritoneal dialysis and renal transplants. In short, the quality of our lives.

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Spaincares is a strategic alliance of tourism and healthcare in Spain to offer our best services of healthcare as well as enjoying our excellent tourist infrastructure. Spaincares is the commercial brand of Cluster Española de Turismo de Salud, a coming together of the most representative tourism and health institutions in Spain: National Federation of Private Clinics, National Association of Spas, Spanish Federation of Hotels and Tourist Lodgings and the Spanish Federation of Estate Agencies. This great business alliance guarantees a competitive global service with the best conditions of price and quality. Spaincares has more than 50 hospitals, spas and treatment centers that you can enter for treatment and hotels in which you can stay. Spaincares also offers a great scope of complementary services that will make your stay in Spain even more comfortable.

The Madrid Corporation of nephrology (SDMAN) has as its main purpose promoting and disclosing the care for those affected with chronic renal conditions. Also research within the field of clinical nephrology, dialysis, renal transplant and high blood pressure, as well as other related subjects within the field of nephrology.

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Travelling is right which allows us to change our physical and mental routines. The “vacation dialysis”, is a service that unites the possibility to receive treatment in centres located all over Spain.

At Diaverum we want to improve the renal patient’s quality of life.

vacaciones@diaverum.com | +34 916707663

www.dialisisvacacional.es