



Come on Holiday

Holiday itinerary, for travellers



Contents

- 03. Travel with us
- 04. Testimonial by Filipe Almeida
- 07. Medical and Nursing Advice
- 08. Nutritional advice
- 09. Social Service Suggestions
- 10. Medicines and Holidays

- 12. Southern Portugal - The Sunset Route
- 14. Lisbon
- 16. Cascais
- 18. Estoril
- 20. Adapted Recipe - Belém Pastries

- 22. Center Region - Crystal Clear Water Route
- 24. Aveiro
- 26. Águeda
- 28. Figueira da Foz
- 30. Adapted Recipe - Ovos Moles de Aveiro

- 32. Northern Portugal - Wine & Vineyard Route
- 34. Porto
- 36. Braga
- 38. Peso da Régua
- 40 - Adapted Recipe - Roasted Sardines

- 42. Our Clínicas - Diaverum Portugal

Travel with us

Welcome to Portugal,
We have selected, especially for those receiving haemodialysis treatment, nine incredible destinations in this tourist itinerary.

Come and travel from the north to the south of the country and visit all of these places, with all of their charms. We will suggest experiences that you simply cannot miss.

Nowadays Portugal is one of the most popular tourist destinations, for all that it has to offer. It is a unique destination that perfectly combines several types of scenery from the famous beaches to the mountains, to the historic neighbourhoods, to the picturesque villages and the big cities. It is a world reference in tourism, but also in health, due to its public and private network of establishments, which guarantee all those who visit us the best care with maximum safety.

We have produced this Tourist Guide because we believe that a holiday for a person with chronic kidney disease and undergoing treatment should be a consistent part of their life and the life of their family. We want you to feel good while enjoying your holidays and above all, to trust the clinic where you will be treated. That is why we guarantee excellent care and a multidisciplinary team that is totally focused on your needs.

This Tourist Guide is not only intended for people undergoing treatment at Diaverum Clinics, but at all clinics, not only in Portugal, but all over the world. Come! We are ready to welcome you!

Besides these nine destinations that we have suggested, we want you to know that you can always choose others. Diaverum has 28 clinics in Portugal alone and is present in 22 countries worldwide, in 400 clinics.

So, why not take a risk, go on holiday and enjoy the best



Testimonial Filipe Almeida

Suffering from Chronic Renal Insufficiency is not a life sentence. It only moulds us to a new reality - a different reality from the one we were used to.

Travelling has always been a great passion of mine. I used to work in the tourism business, and I would travel with my family very often.

In 2017, when I started undergoing haemodialysis treatments, the thought that haunted me first and foremost was whether I would one day be able to travel again, either inside or outside the country. I could not imagine my life with that limitation. That was one of my doubts and my first question and I felt that I would be able to overcome any barrier, except that of getting used to living in a prison without bars.

At first, we are invaded by a whirlwind of feelings. I internalised the sense that I would have to be limited to doing the treatments in the clinic that had been assigned to me. In fact, no one ever gave me this kind of information, but I fully trusted the medical team, the nurses and the procedures that I found there. I have often asked myself whether I would find equally qualified professionals in any other facility.

“My fear was legitimate, but how would I know if I never confronted it?”

I started by exploring several clinics in Portugal. From the north to the south of the country, several cities welcomed me.

I discovered that, just as I, for example, was afraid to go to Porto, someone from Porto was also afraid to come to Lisbon.

My fear began to fade as I realised that the qualifications of the professionals and the quality of the treatments in Portugal are the best in the world, and that was my turning point: I began to enjoy life more!

You often hear me say that “haemodialysis is not the end of anything, but the beginning of everything”, and indeed it was. I have learned that a disease only kills you if you let it, and believe me, you also die inside, little by little, when you choose to ignore what life has to offer you. In my case, I set off and decided to do something that had never been done before:

“Travel the world for several months at a time, as a chronic kidney disease patient, but above all as a person, as a husband, as a father”

In December 2019, when I returned, I realised that many patients were not visiting their families because they were still stuck in the same fear I had had at the beginning of this process. The same questions, the same doubts, the same fears. Because of all this, I set off on an adventure once more - this time towards the north of Portugal.

I visited several clinics and received treatments in all of them, with very helpful and available health professionals.

This freed me up, not only to spend more time with my family, but also to get to know a part of the country that I had not yet explored: from Gerês to Serra da Estrela, only those who do not want to travel do not have to.

The treatments are free of charge and the bureaucratic process is all handled by Diaverum. You can visit relatives back home or come to visit your children in the city.

From all the travelling I have done during this time, I have started to value what we have around here even more. Not that the treatments have ever gone wrong. As a matter of fact, I have never had any mishap inside or outside Portugal. The point is that our country has something for everyone: it has beaches, which means I can surf, (another of my passions), and it has the interior with its hidden treasures, as well as a unique gastronomy. It has forests and mountains, as well as endless fields of olive trees and agriculture for all tastes. It has waterfalls, snow and so many other things that it is impossible to mention them all here.

If one day I thought I could never travel again, today I am sure that the best choice I made was to continue to do so, facing fear and fighting inertia. I am more limited now, admittedly, but I am much happier. I appreciate the little things that previously I would have simply ignored.

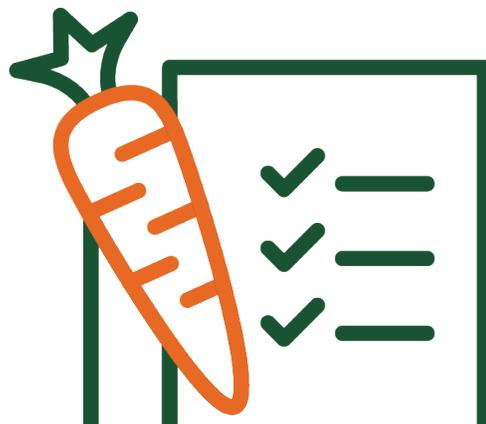
Medical and Nursing Advice

1. You should always carry your identification documents, the medication you will need for the holiday period and a full medical report signed by your doctor.
2. You should check if there are any hospitals or clinics with emergency services in the places you are travelling to.
3. If you eat your meals at the hotel, let them know what requirements you need on a regular basis; if you eat at a restaurant, try to find out in advance if there is the possibility of special requests (e.g. low-salt and low-potassium meals).
4. If you are going to places with a beach, be aware of the heat and excessive sun exposure (you can do HD treatments at hotter times).
5. Pack an emergency kit with sterile compresses, disinfectant and adhesive.
6. Keep monitoring your vascular access. Be particularly aware of signs of infection (swelling, pain, redness, tenderness). Alert the team immediately if you experience any situation of vascular access dysfunction and/or infection.
7. If you have a catheter for your haemodialysis treatment, you should take particular care at the beach and/or the swimming pool. You should not get the dressing wet, as there is a high risk of developing an infection.



Nutritional advice

1. **Inform yourself beforehand**
Before you go on holiday, ask your dietician for advice on your nutritional status and the best strategies to adjust your dietary intake.
2. **Plan**
Research information on the eating habits and gastronomy of the city, region or country you will be travelling to. This will help you choose which dining experiences you want to have that are appropriate for you.
3. **Ask questions**
If you have any doubts about food composition and meal portions, do not be afraid to ask in the restaurant, hotel, etc. You can also take the opportunity, if possible, to ask to adjust the portion size or remove one or other food that may have a higher mineral content.
4. **Rotate**
Your food plan is your best ally on your trip, as it will help you organise your meals and compensate. For example, if you are planning to have a meal with a higher potassium content, you may reduce the amount of fruit or vegetables you eat during that day.
5. **Enjoy yourself to the maximum and risk-free!**
Part of the pleasure of travelling and having new gastronomic experiences is in the little things. Open your senses: eat small amounts at a time, slowly, savour the food, enjoy the atmosphere and the company!



Social Service Suggestions

1. Request your holiday as far in advance as possible. We cannot always guarantee that a place will be available in your destination country and city but booking your treatment in advance is the best way to make your request successful.
2. Have your European Health Insurance Card with you - this card is requested at the Social Security office. It is free of charge and guarantees payment for treatment in most EU countries.
3. Do you have family or friends at your holiday destination? Their help is crucial.
4. Face-to-face contact with the clinic/hospital in the destination country is often the best way to get a reference contact to send all the necessary information.
5. Take your documents and clinical information with you. Although they were sent by email at the time of the application, you can never have too much of the necessary documentation to hand.
6. If you have the desire and the interest, be sure to inform yourself and request a holiday abroad. The process is simple and you will have the constant support of the team at your clinic.



Medicines and Holidays

1. Always carry more medication than necessary in case you are stranded at your destination for more days than you had planned. Do not forget to check the expiry dates on all medicines, ensuring that they remain valid until the end of the trip.
2. When you take or have to prepare a medicine, you should always use bottled water.
3. Take a prescription with you with the generic names (constituents) of the medicines, doses, pharmaceutical forms and how you take them.
4. Have a medical declaration with you stating the necessity of the medicines you are carrying, ideally translated into English or the language of the destination country.
5. If you travel by plane, carry your medicines in your hand luggage. This way, you have access to them during your journey, preventing them from suffering from extreme temperatures in the hold and from being lost if your luggage is lost.



Southern Portugal

• THE SUNSET ROUTE •

LISBOA • CASCAIS • SINTRA



LISBOA

DIAVERUM - Saldanha/Entrecampos
Rua Andrade Corvo, no. 15/15A/15B
1050-007 Lisbon

DIAVERUM - Lumiar
Rua Luís Pastor de Macedo, Lote 12
1750-158 Lisbon

SPD - Cruz Vermelha Portuguesa
Rua Duarte Galvão, no. 54
1549-008 Lisbon

CASCAIS

DIAVERUM - Estoril
Rua Dom Bosco, no. 227 Edif. A6
2765-613 Estoril

SINTRA

DIAVERUM - Mem Martins
Av. Almirante Gago Coutinho, no. 132-134
Edifício 18 - 2710-418 Sintra

Southern Portugal

THE SUNSET ROUTE

Lisboa



history of the city

Lisbon is a unique, bright city that invites its visitors to enjoy various sensations. You do not just visit Lisbon - you live it. You live every colour, smell and taste. So let yourself be carried away by the culture and history of this city. Take the tram, go through the historic neighbourhoods, feel the breeze of the Tagus River as you stroll through the famous Baixa Pombalina to Terreiro do Paço. Lose yourself in this magnificent city where the sun shines up to 290 days a year and the temperature rarely drops below 15°C. Enjoy the sunsets in Belém and be enchanted by the famous historical monuments while eating the famous pastel de nata (custard tart). And at night, gaze up at the starry sky on the famous 7 hills and let yourself be moved while listening to fado.

How to get there



The Humberto Delgado Airport is less than 7km from Lisbon city centre. It takes just over 30 minutes by underground or less than 20 minutes by car to go from the airport to Baixa-Chiado or Rossio station.



There are several buses that pass through Lisbon Airport. If you choose this means of transport, ask at a Carris service desk about the bus that will take you to your destination. The metro is the cheapest and most practical way to get from Lisbon airport to the city centre. It is worth remembering that the metro in Lisbon runs from 6.30am to 1am.



If you choose to take a taxi or an Uber, the journey takes 20 minutes on average, depending on the traffic.



Tours and experiences

Discover the charm of old Lisbon by taking a pleasant walk through Alfama at sunset. Get ready to internalise the musical and gastronomic heritage of this city. A dinner in a casa de fado is unmissable! If you really want to have a genuine experience, look for a traditional restaurant. It is romantic, inspiring and engaging. A shawl, a Portuguese guitar, a voice and a lot of feeling. A recognised symbol of Portugal - this simple image can describe fado, a type of Portuguese world music. In its essence, fado songs are about feelings, heartbreak, the longing for someone who has left, everyday life and achievements. After all, life's encounters and discrepancies are an endless source of inspiration.



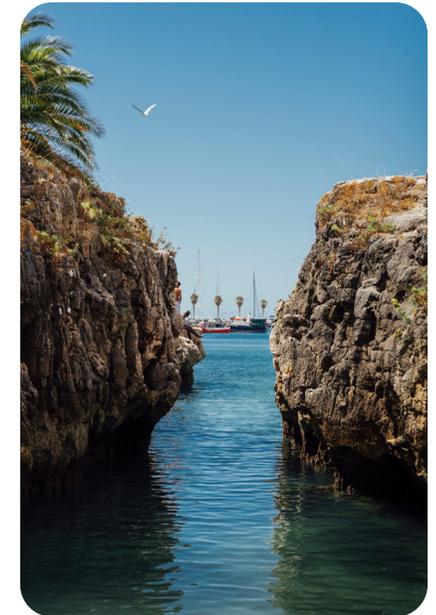
Places not to miss

Belém Tower
Jerónimos Monastery
Bairro Alto & Chiado

Southern Portugal

THE SUNSET ROUTE

Cascais



history of the city

Cascais deserves to be immortalised on a postcard. It unites a rich natural heritage, where the blue of the ocean, on its magnificent beaches, meets the splendid green of the mountains. As an old fishing village, it still has the best fish and seafood, which is always served fresh on the outdoor terraces covered in flowers. Cascais has a natural charm and is very inviting for those who enjoy strolling through the historic streets, where the Portuguese royal family took their summer holidays for many years. So, enjoy this beautiful town and if you are a fan of Golf, Cascais has 7 golf courses available.

How to get there



About 35.7km separate Humberto Delgado Airport from Cascais town centre.



If you use a combination of metro and train, it will take around 1 hour and 36 minutes, taking into account the connection time between both. You can also choose to use a different combination of metro and train, in which case the journey time will be approximately 1 hour and 39 minutes with a connection at Oriente Station.



Whether you choose to rent a car, use Uber or hire a taxi, it will take around 25 minutes to get to Cascais town centre.



Diaverum Clínicas

DIAPERUM - Estoril
Rua Dom Bosco, no. 227 Edif. A6
2765-613 Estoril



Tours and experiences

An essential stop for those visiting Cascais is the impressive Boca do Inferno. It is only a ten-minute walk from Bairro dos Museus and is a magnificent glimpse of the force of nature. The rough sea crashes against the cliff and has been forming caves for centuries, making this place a constantly changing spectacle. The name "Hell's Mouth" attributed to this place is related to the morphological analogy that is made and to the tremendous and frightening impact of the waves that are felt there. It is a special place where you can enjoy a divine landscape and a magnificent sunset.



Places not to miss

Fort of Guincho
Tamariz Beach
Bairro dos Museus

Southern Portugal

THE SUNSET ROUTE

Sintra



history of the city

If fairy tales were real, Sintra would be the perfect setting. It competes with world-famous destinations in the category of the most romantic cities in Europe. Considered a UNESCO World Heritage Site, it is particularly known for the stunning Quinta da Regaleira, Pena Palace and the ruins of the Moorish Castle, which dwells above the clouds. But it is not only these three tourist attractions that make Sintra a special place; there are the quiet alleys, the colourful houses decorated with flowers, the less well-known mountain paths, the handicraft shops, the queijadas (little cheesecakes) and travesseiros (almond and egg cream-filled “pillow” pastries) and many other things. A sanctuary of freshness chosen by kings, the intense green of the imposing mountain range is dotted with palaces decorated with splendour and refinement surrounded by idyllic gardens.

How to get there



About 27.6km separate Humberto Delgado Airport from Sintra town centre.



If you choose to combine bus and train to get to Sintra, bear in mind that your journey will take around 1 hour and 2 minutes, connecting at Entrecampos Station.

By bus, your journey will take around 1 hour 44 minutes, connecting at Amoreiras station.

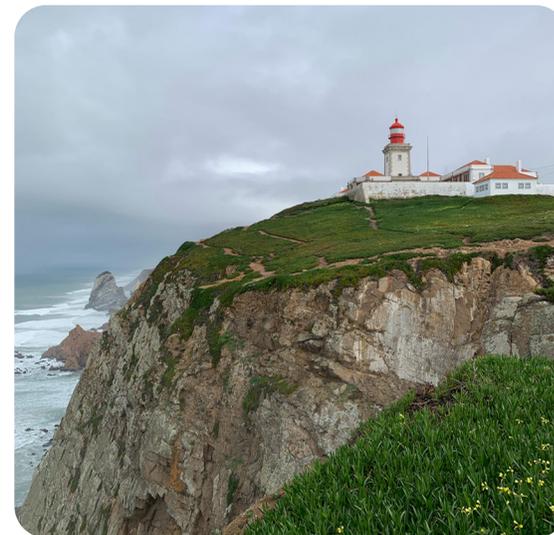


Whether you choose to rent a car, use Uber or hire a taxi, it will take around 22 minutes to get to Sintra town centre.



Diaverum Clínicas

DIAVERUM - Mem Martins
Av. Almirante Gago Coutinho, no. 132-134
Edifício 18 - 2710-418 Sintra



Tours and experiences

If you go to Sintra, you cannot miss a visit to the most western point of continental Europe, Cabo da Roca. At about 150 metres above the sea, here you have an amazing view of the Sintra Mountains and the coast, which makes a visit worthwhile. It is part of the Sintra-Cascais Natural Park and is one of the reasons for the interest in the walking trails that can be done here along the coast. Its flora is very diverse and has unique species, having often been the subject of several studies for this very reason. Luís de Camões called Cabo da Roca “Where the land ends and the sea begins”!



Places not to miss

Quinta da Regaleira
Pena Palace
Moorish Castle

Adapted Recipe

from
southern
Portugal

Custard Pastries/ Belém Pastries

★ Historical-gastronomic framework

Pastéis de nata or Pastéis de Belém are one of the most iconic sweets in Portugal, in 2011 it was classified as one of the 7 Gastronomic Wonders of Portugal, and is famous throughout the world, particularly in Brazil and China, whose popularity has spread from Macau.

There are currently many versions of the recipe, however, the original recipe dates back to the beginning of the 19th century. In 1837, in an attempt to survive, the clerics of Mosteiro dos Jerónimos began selling these pastries to the public in Belém.

With the closing of the Monastery, the recipe was sold, passing through several owners to this day. The original recipe is secret and is patented. Being a place with a great tourist influx, the original Pastéis de Belém can be purchased at the Fábrica dos Pastéis de Belém, near the Jerónimos Monastery. However, there are other equally interesting versions of other patisseries, such as Manteigaria or Fábrica da Nata.

If you want to be adventurous and prepare them at home, we suggest a simple recipe suitable for people with chronic kidney disease on hemodialysis with very affordable ingredients, to then enjoy with your coffee, with a little cinnamon and powdered sugar, such as tradition rules!



INGREDIENTS (12 pastries)

Half liter of half-skimmed milk
2 lemon zests
1 cinnamon stick
**200 g of white sugar (if you are diabetic:
70g of sugar plus 20g of Stevia)**
50 g of all-purpose flour
1 medium egg
5 egg yolks (medium size eggs)
200 g puff pastry ready-made doe

Nutritional composition per unit:

202 kcal, 27g carbohydrates, 14g fat,
4g protein, 95mg potassium, 97mg
phosphate.

Version with reduced sugar:

159kcal, 16g carbohydrates, 14g fat,
4g protein, 97mg potassium and 97mg
phosphorus



Preparation

1. In a saucepan, place the milk, lemon zests and cinnamon stick, bringing to the heat until it boils, then turn off and preheat the oven to 240°C.
2. In a bowl, mix the sugar with the flour and add the mixture to the milk, still hot, stirring well.
3. Remove the lemon zest and cinnamon stick and let it cool for 10 minutes.
4. Add the whole egg and yolks. Stir until it forms a smooth cream. Bring to the heat again, stirring constantly until it thickens.
5. Roll the puff pastry into a cylinder and cut into 3 cm slices.
6. With the help of your wet thumbs, line small metal shapes, spreading the dough well to the edge.
7. Pour the filling into the molds and bake for 15 minutes, or until golden.

How to manage nutritionally?

- The most limiting aspect of this food will have to do with the phosphate content. The amount of phosphate in a unit is similar to a 50g wheat bread slice, so you can make this equivalence or food exchange so you do not exceed the daily phosphate intake.
- Diabetics: if your diabetes is under control, choose to eat the pastry at the end of a main meal. The option that we suggest in the recipe to reduce the sugar content is very interesting, and will help you to better control your blood glucose levels.





Center Region Portugal

• CRYSTAL CLEAR WATER ROUTE •

AVEIRO • ÁGUEDA • FIGUEIRA DA FOZ



AVEIRO

DIAVERUM - Aveiro
R. João Francisco do Casal, no. 122/124
3800-266 Esgueira, Aveiro

ÁGUEDA

DV - Diálises do Vouga
R. Dr. Joaquim Carvalho e Silva, no. 83
Borralha, 3750-854 Águeda

FIGUEIRA DA FOZ

DIAVERUM - Coimbra
Av. Emídio Navarro, no. 8
3000-150 Coimbra

DIAVERUM - Figueira da Foz
R. da Escola, no. 27
Chã Tavadere
080-847 Figueira da Foz

NEFROVALES, SA
R. das Cruzes, no. 49
S. Martinho do Bispo
040-129 Coimbra

Center Region Portugal

CRYSTAL CLEAR WATER ROUTE

Aveiro



history of the city

Aveiro is a city that has the right mix of atmospheres between the contemporary and the traditional. Nicknamed by many as “Portuguese Venice” because of its canals and the ria, there are small boats that travel along them: the “moliceiros”. The Humberto Delgado square is right on top of the Central Canal and a good option is to start by taking a moliceiro boat ride, which will give you a different perspective of the city and its magnificent angles. Once you have finished your ride, wander the narrow streets around the canal, where you can appreciate several art nouveau buildings, possibly stumble upon an antiques market, visit the fish market and old fishermen’s houses. And you certainly must not pass up the chance to visit the Oficina do Doce, where you can try the famous ovos moles. There is also a must-see outside the city centre: Costa Nova beach. This is where the famous striped and coloured houses are located, another trademark of the city.

How to get there



The distance between Aveiro and the nearest airport (Porto Airport) by road is 72.5km.



If you prefer to travel by train, the journey takes 29 minutes and the distance is 59.6km. The cost is also very affordable.

The cheapest way to get from Porto Airport to Aveiro is by bus and the journey takes approximately 55 minutes.



The journey from Porto Airport to the centre of Aveiro takes approximately 45 minutes by car.



Diaverum Clínicas

DIAPERUM - Aveiro
R. João Francisco do Casal, no. 122/124
3800-266 Esgueira, Aveiro



Tours and experiences

Taking a beautiful moliceiro ride in Aveiro is something you really cannot miss, either right when you arrive or just before you leave. Once on board, you will be able to navigate the city’s four canals, and even hear the peculiar stories told by the locals. The canals and narrow streets are magnificent and timelessly beautiful! Also while on the moliceiro ride, you can see the historical part of the city, the various Art Nouveau buildings, the renowned University of Aveiro, and much more. An enchanting tour, believe me!

Places not to miss



Aveiro Saltpans
Costa Nova Beach
Vista Alegre Factory

Center Region Portugal

CRYSTAL CLEAR WATER ROUTE

Águeda



history of the city

The postcard of Águeda is of the cheerful coloured umbrellas that brighten the streets in the summer (from July to September), representing the main cultural event of the city called "AgitÁgueda". Discover the village of Macieira de Alcôba, lose yourself in its memories that go back to the Middle Ages and the evolution of land occupation, through the irrigated fields, threshing floors, granaries, mills and buildings with which corn shaped the traditional landscape. Águeda calls you. Will you accept the challenge? On foot or by bicycle, witness the natural heritage by travelling through the various river parks and trails spread throughout the municipality, some of which are considered to be among the most beautiful and challenging in Portugal. Set off to discover the typical gastronomy, the local traditions and the human, natural and cultural heritage. From the mountains to Pateira, from the granite villages to the city, there are many attractions and places worth visiting.

How to get there



The distance between Águeda and the nearest airport (Porto Airport) by road is 74.6km.



The cheapest way to get from Porto Airport to Águeda is by bus and the journey takes approximately 1 hour and 45 minutes. The driving distance is 80.5km.

The cheapest way to get from PIf you prefer to travel by train, the journey takes 2 hour and 19 minutes (with 36 minute/stop). The cost is also very affordable.



The journey from Porto Airport to the centre of Águeda takes approximately 50 minutes by car.



Diaverum Clínicas

DV - Diálises do Vouga, Lda
R. Dr. Joaquim Carvalho e Silva, no. 83
Borralha, 3750-854 Águeda



Tours and experiences

There is no other event in Águeda that involves and benefits the community like AgitÁgueda. The arrival of summer is eagerly awaited, as it is in July that the city is transformed into a huge colourful splotch. Every year, AgitÁgueda revives its urban spaces. Multiple activities related to culture, music, sports and tourism promotion mean there is something for everyone. The artistic installation of umbrellas that give colour to the streets of downtown Águeda has an impact that goes far beyond the city, the municipality, the region and even the country!



Places not to miss

Pateira de Fermentelos
Archaeological site of
Cabeço do Vouga
Parque da Alta Vila

Center Region Portugal

CRYSTAL CLEAR WATER ROUTE

Figueira da Foz



history of the city

AKnown as the “Queen of the Silver Coast”, Figueira da Foz is a seaside town located at the mouth of the Mondego River. With an excellent geographical location, this city has gained enormous popularity as a reference seaside destination, both for holidays and for the practice of nautical sports, such as surfing. Claridade Beach lives up to its name because of its unique luminosity. Its waters and extensive sandy beach are the reasons why it has become so popular in Portugal. In front of the old fortress you can also find the Forte de Santa Catarina beach, known for its peaceful atmosphere and calm waters. The Marina is located on Av. Foz do Mondego. Ideal for going for a walk and relaxing on one of the terraces. If you are looking for nightlife, Figueira da Foz also has the Figueira Casino, the oldest on the Iberian Peninsula, and all the surrounding area, where you can enjoy a lively night out.

How to get there



The distance between Figueira da Foz and the nearest airport (Porto Airport) by road is 134km.



If you prefer to travel by train, the journey takes 2 hour and 37 minutes (with 36 minute/stop). The cost is also very affordable.

The cheapest way to get from Porto Airport to Figueira da Foz is by bus and the journey takes approximately 1 hour and 50 minutes.



The journey from Porto Airport to the centre of Figueira da Foz takes approximately 1 hour and 22 minutes by car.



Diaverum Clínicas

DIAVERUM - Figueira da Foz
Rua da Escola, no. 27
Chã Tavadede, 3080-847 Figueira da Foz



Tours and experiences

Figueira da Foz is sea, river and mountains. The latter occupies some 400 hectares, just outside Figueira da Foz, in the direction of Buarcos. First of all, there is the view of the sea from the top. Then, after visiting the Cabo Mondego lighthouse, choose a spot for a picnic. Especially in summer, when the heat hits the beach, this is the place to welcome the fresh mountain air with open arms. Enjoying the greenery, with the blue of the sea so close by, this will be the closest to paradise you will find in these parts.

Places not to miss



Claridade Beach
Fort of Santa Catarina
Sotto Mayor Palace

Adapted Recipe

from
Center Region
Portugal

Ovos Moles de Aveiro

★ Historical-gastronomic framework

This convent sweet, characteristic of the Aveiro area and with Protected Geographical Indication, has its origins in the Convento Jesus de Aveiro in the 16th century and arose from the need to use the remaining egg yolks, since the egg whites were used in domestic tasks, namely to iron the clothes of the clergy.

Thus, by adding sugar (whose availability was also increasing with the cultivation of sugar cane, which was brought by the Arabs, first in mainland Portugal and then in Madeira), they managed to increase the durability of the yolks, making a much very appreciated sweet, which would eventually be coated with a plain wafer in shapes that refer to the reality of fishing and proximity to the sea, or packed in small hand-painted wooden barrels.

Currently, Aveiro's soft eggs are available for purchase at various points. The 160-year-old Confeitaria Peixinho and Casa Maria da Presentation da Cruz are two places with their own production that we recommend.



INGREDIENTS (8 servings)

8 egg yolks
150g of white sugar
150ml of water

Nutritional composition per serving (25g – 1 small figure)

67kcal, 9.5g carbohydrates, 2.5g fat, 1.5g protein, 10mg potassium and 35mg phosphate.



Preparation

1. Put the water and sugar in a pan and cook until the road point (when you pass the spoon to the bottom of the pan and a small road forms). Allow to cool.
2. Place the beaten egg yolks in a pan and cook them over a low heat (about 60° C and never let it boil so that the yolk does not coagulate), and then add the sugar mixture little by little and gradually stir.
3. When the mixture thickens, remove from heat.
4. To make as in the original recipe, you can use pre-made wafer shapes, filling the halves, then using the egg white as glue to join the edges of the 2 halves. Then cutting out the excess wafer on that edge.
5. You can use the soft eggs as a filling or topping.

How to manage nutritionally?

- The phosphate and sugar content of this sweet must be considered. Thus, 1 serving of Ovos Moles will be equivalent in terms of phosphorus to half a loaf. If you are diabetic, this sweet should be ingested if your blood glucose is controlled and at the end of a meal, for better blood glucose control.



Northern Region Portugal

WINE & VINEYARD ROUTE

PORTO • BRAGA • PESO DA RÉGUA



PORTO

DIAVERUM - Prelada
Rua Sarmento Beires
Hospital da Prelada
4250-449 Porto

CMDR - CMDR
Av. Dr. Antunes Guimarães, no. 112 R/C
4100-072 Porto

BRAGA

HEMOATLÂNTICO - Braga
Rua Pêro Magalhães Gondavo, no. 160
4710-037 Braga

PESO DA RÉGUA

Diaverum - Peso da Régua
Praça General Humberto Delgado
5050-242 Régua

Northern Region Portugal

WINE & VINEYARD ROUTE

Porto



history of the city

Porto is a fascinating and vibrant city. It has an extensive history, interesting tourist attractions and a lively nightlife. Start in Baixa and the Ribeira district, the oldest in the city, explore the fantastic and mysterious maze of narrow streets and enigmatic old houses. Walk through the historical centre, visit the cathedral and be dazzled by its grandeur. Embark on the famous “seven bridges cruise” and observe the scenic backdrop of Porto. Make sure you visit one of the Port wine cellars around Vila Nova de Gaia and taste its trademark wine - a rich, fortified wine that is matured in the so-called “caves” which line the southern banks of the River Douro.

How to get there



The airport in the city of Porto is called Francisco Sá Carneiro Airport. It is 17kms from the center and is very well served by transport.



The cheapest way out of the airport is by Metro (Line E). Depending on where you will be staying, it may be necessary to change the line. Another cheap option is traveling by bus. There are a few options from the airport, and the trip to the city center takes about 45 minutes.



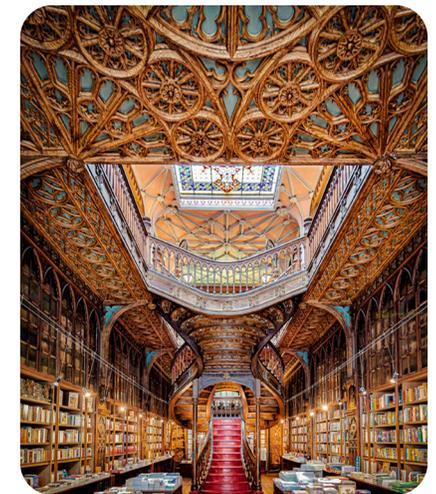
Choosing a taxi or Uber is a convenient option to get to your destination from the airport. The cost of a taxi is around €25 and it takes around 30 minutes to reach the center, depending on traffic. Uber works well throughout the city and can be a good option for those who have the application.



Diaverum Clínicas

DIAVERUM - Prelada
Rua Sarmento Beires
Hospital da Prelada
4250-449 Porto

CMDR - CMDR
Av. Dr. Antunes Guimarães, no. 112 R/C
4100-072 Porto



Tours and experiences

Go to Vila Nova de Gaia to visit a Port wine cellar. This is certainly the most important tour in all of Porto. Visit a wine cellar, understand the production process of Port wine and, at the end, taste the different wines - a must-see in Porto. Visit Calem and experience a delicious tasting. Or, if you prefer, buy a combo deal which includes a wine tasting at Calém and finishes with a fado show. There are tours that encompass 3 wineries and are more complete. If you want to enjoy the experience in all its splendour, go for it!



Places not to miss

Downtown Porto
Visit the Lello e Irmão
Bookshop
Climb to the top of Clérigos

Northern Region Portugal

WINE & VINEYARD ROUTE

Braga



history of the city

Braga is one of the great Portuguese cities that gives us a fantastic feeling of well-being. It is known as a prime religious tourist destination, but there is so much more to discover. It is a young city and there is plenty of life in its streets. We want you to feel the heart of Braga: go to Praça da República where the central garden, the bandstand and the fountain are located. There you will find the symbol of the city and the beautiful arcade. Take a hop to the Sé, the first cathedral which is older than our country. Rua do Souto is life. Both old and young, the people of Braga walk up and down the cobbled streets, as if this were their meeting point. Anyone visiting Braga should be sure to visit its most emblematic religious and pilgrimage sites: Bom Jesus and Sameiro.

How to get there



The distance between Braga and the nearest airport (Porto Airport) by road is 55km.



The cheapest way to get from Porto Airport to Braga is by bus and the journey takes approximately 50 minutes.

If you prefer to travel by train, the journey takes 1 hour and 10 minutes and the distance is 47km. The cost is also very affordable.

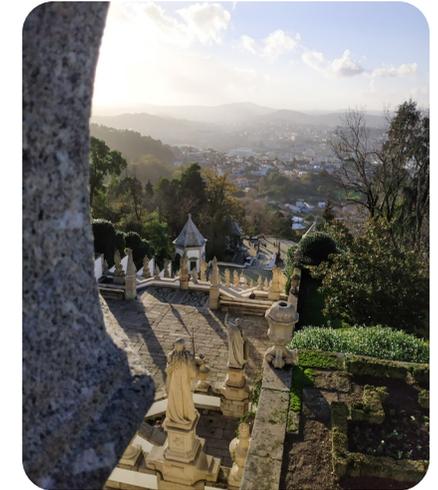


The journey from Porto Airport to the centre of Braga takes approximately 37 minutes by car.

Diaverum Clínicas

HEMOATLÂNTICO - Braga
Rua Pêro Magalhães Gondavo, no. 160
4710-037 Braga

DIAVERUM - Riba d'Ave
Rua Padre Narciso de Melo
Edifício Riba Park, Ljs. 14 a 18
4765 - 259 - Riba de Ave



Tours and experiences

Braga's main tourist attraction is the Sanctuary of Bom Jesus do Monte, on top of a hill. On a daily basis, it welcomes worshippers and tourists willing to climb its challenging staircase of over 600 steps. If you are still wondering whether Bom Jesus de Braga is worth a visit, the extensive gardens and the lake should clear that up for you. Caves, undiscovered trails, bandstands and lakes make this park a unique and unforgettable space.



Places not to miss

Braga Sé Cathedral
Biscainhos Palace
Arco da Porta Nova

Northern Region Portugal

WINE & VINEYARD ROUTE

Peso da Régua



history of the city

Peso da Régua is a magnificent place. The River Douro, the vineyards on its steep banks, the view from the belvederes in the region are more than enough reasons for the Alto Douro to have been classified by UNESCO as World Heritage. We suggest a visit to Galafura and Covelinhas, where one of the most beautiful viewpoints of the whole Douro region is located. From this point, you are sure to be immersed in nature, given the sheer breadth of the landscape you can take in. Located on the slopes of the Marão mountain range, Moura Morta has ruins of the House of the Order of Malta, as well as the town hall and jail. You can also visit the parish church, the Casa da Comenda, the medieval bridge of Cavalari and the centenary cross. A must-see is the Douro Museum, which displays all the historical and anthropological, spiritual and material sources of the cultural and natural heritage of the Douro region.

How to get there



The distance between Porto Airport and Peso da Régua is 74km. The distance by road is 100.3km.



The best way to get from Porto Airport to Peso da Régua is by train which takes around 2 hours and 42 minutes.



However, if you choose to drive, the approximate distance from Porto Airport to Peso da Régua is 100.3km. And it takes approximately 1 hour and 11 minutes. Much more expensive but just as quick, you can also book a taxi for this journey.



Diaverum Clínicas

DIAVERUM - Peso da Régua
Praça General Humberto Delgado
5050-242 Régua



Tours and experiences

Régua - Porto - Régua Cruise (Boat trip)
The idea of taking a cruise that starts and ends in Régua is too good to miss. What we suggest is a tour that goes to the charming city of Porto, along one of the most beautiful and elegant stretches of the Douro River, which also includes the descent of the Carrapatelo Dam (35m downhill) and the descent of the Crestuma-Lever Dam (14m downhill). It should be noted that Régua quay is open to the public and is also a beautiful place to contemplate while waiting to embark.



Places not to miss

São Leonardo da Galafura Viewpoint
Pinhão Railway Station
Douro Museum

Adapted Recipe

from
Northern Region
Portugal

Roasted Sardines

★ Historical-gastronomic framework

The roasted sardine, which in reality is grilled, was considered one of the 7 Gastronomic Wonders of Portugal, and is usually consumed in greater quantity in June in the celebration of the Popular Saints, also taking the name of “sardinhada” (many sardines), and is a symbol of Portugal’s strong fishing tradition.

Since the 16th century, the importance of sardines for the food supply of the Portuguese has been recognized, particularly in the most disadvantaged classes due to its abundance and low price. At the end of the 20th century, we witnessed a decrease in availability due to overfishing (which led to control measures and fishing quotas) with an increase in price. Currently, its consumption is widespread throughout the population, being considered a highly appreciated product.

The sardine’s fat content, which is very rich in polyunsaturated fatty acids, is crucial for its better flavor and nutritional interest. Sardines are considered tastiest in the months of June, July and August, as they are preparing the breeding season that takes place between October and April, they have a higher fat content.

There is a popular expression “puxar a brasa à minha sardinha / pulling the heat to my sardine (free translation)” which is deeply rooted in Portuguese culture and which means defending strongly personal interests or our perspective on a subject.

INGREDIENTS (1 serving)

3-4 fatty sardines
2 medium potatoes (250-320g)
1 green pepper
good olive oil
salt qb.

Version suitable for chronic kidney patients on hemodialysis

2 fat sardines
2 slices of homemade wheat bread (100g)
1 small green ou red pepper (50g)



Preparation

1. The best way to prepare the sardines is to prepare them the day before, seasoned with coarse salt. Then place it on a double grill over the flameless embers, letting it cook slowly.
2. They are usually accompanied by boiled potatoes and green peppers, also roasted over the coals, and drizzled with a good amount of oil.
3. Another option, and this one more suitable for people with kidney disease on hemodialysis, is to serve the sardine on a slice of wheat bread that will absorb the fat and retain the sardine flavor.
4. You should not roast sardines for a long time or at too high a temperature, as sardine fat is easily degraded with heat, losing its nutritional value and flavor.

Nutritional composition by edible weight and by serving (2 whole 80g sardines)

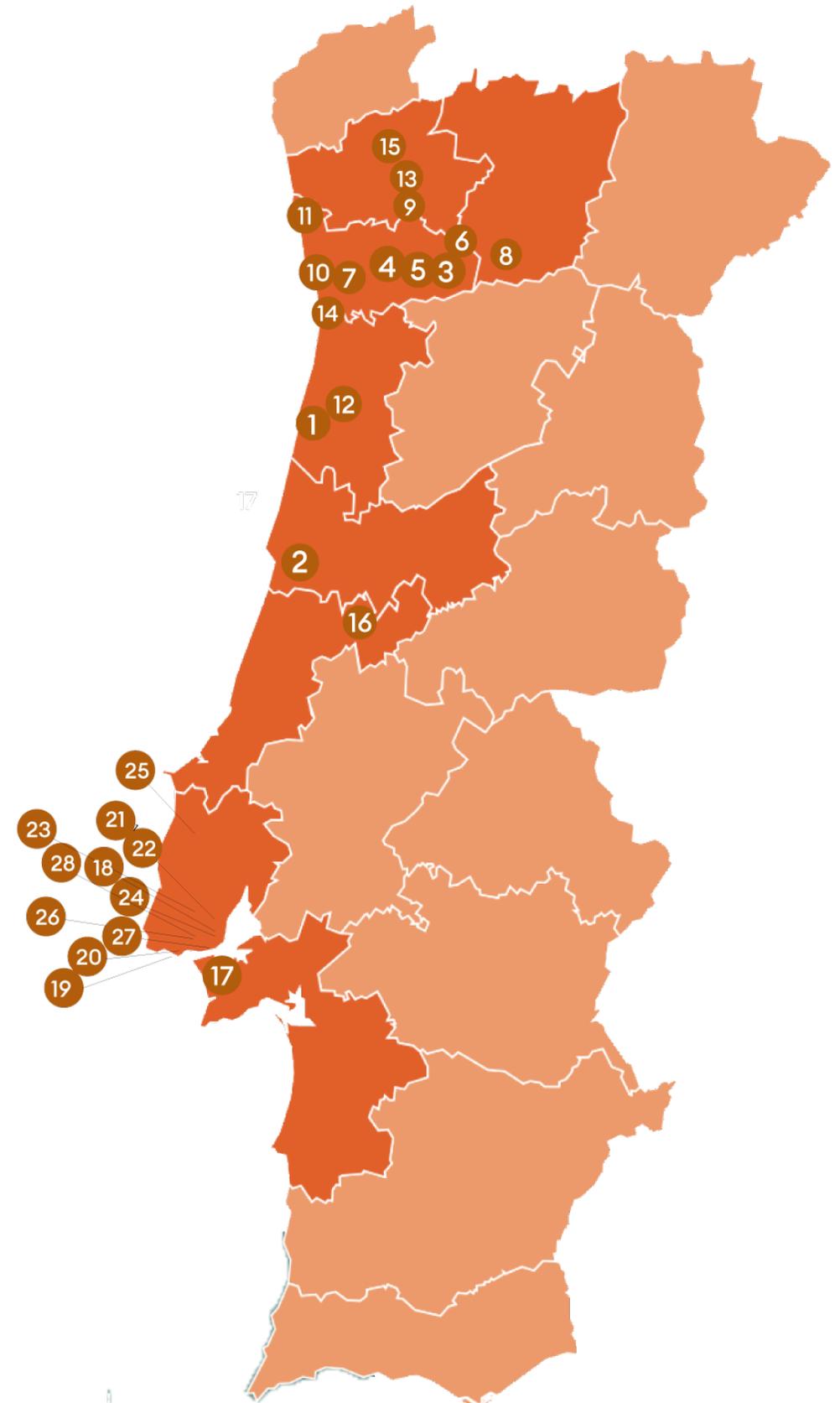
198kcal, 14g fat, 16g protein, 333mg potassium and 280mg phosphatephosphate.

How to manage nutritionally?

- Sardines are a fish rich in phosphorus and potassium. If your levels of phosphorus and potassium in the blood are controlled, you can exchange 120g of meat recommended in your meal plan for 2 medium sardines, this way you will be ingesting the same amount of phosphorus.
- The best option to accompany the sardines will be slices of bread and a little green or red pepper, instead of boiled potatoes, to avoid having a high and risky potassium intake.
- To control your thirst and the salt you eat, it is best to ask the restaurant not to season the sardines with coarse salt. If preparing at home, do not season with salt overnight.

Diaverum Portugal

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





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