



## Discover summer on the Polish Riviera

In today's edition, we're heading to Poland's Baltic coast, a seaside escape that blends beach walks, café culture and a cooler, more comfortable summer climate. Whether you're travelling from the Nordics for a real taste of summer, or from southern Europe in search of milder temperatures, the Polish Riviera offers a refreshing change of pace.

Base yourself in Sopot and explore nearby Gdynia and Gdańsk: three coastal cities within easy reach, ideal for a holiday that combines relaxation, culture and holiday dialysis at Diaverum.



### Seaside relaxation and Baltic charm **Sopot**

Sopot is one of Poland's most loved seaside destinations, known for its beaches, relaxed atmosphere and Europe's longest wooden pier stretching out into the Baltic Sea.

It is perfect for travellers seeking slower summer days, walking by the water, enjoying sea views, visiting local cafés and taking in the fresh coastal air

[Book your holiday dialysis treatment nearby Sopot](#)

### d.HOLIDAY Spotlight **7% dialysis - 93% Life**

When dialysis begins, travel can feel like a closed door. But in this moving patient story, a small moment at a clinic shifts everything, turning uncertainty into confidence and "maybe not" into "why not". Discover how dialysis can set the rhythm, not the limits, with the right planning and support, so the other 93% is still life.

[Read the full article](#)



### Modern costal energy by the sea **Gdynia**

Gdynia offers a more modern side of the Polish coast. With its harbour, waterfront areas and open sea views, it is a great destination for travellers who enjoy being close to the water while still feeling the energy of a nearby city.

**Polish food to try in Gdynia**  
Along Poland's Baltic coast, fresh fish is a popular choice. For dialysis patients, a simple grilled or baked fish dish may be a lighter option. Just remember to always follow your personal dietary plan and consult with your dietitian or care team before travelling. They can guide you on which foods to enjoy in moderation while you're away, and what to avoid



[Book your holiday dialysis treatment in Gdynia](#)



### Culture, history and colorful city life **Gdansk**

Gdańsk adds a rich cultural and historical dimension to a summer trip on the Polish Riviera. With its colourful Old Town, riverside walks and maritime heritage, the city is ideal for travellers who want more than a beach holiday.

#### Two sights you shouldn't miss in Gdańsk

- **Old Town and Long Market**  
Discover colourful architecture, local cafés and some of the city's most recognisable sights.
- **St. Mary's Church**  
One of the city's most iconic landmarks, offering a moment of calm and a sense of Gdańsk's rich history.

[Book your holiday dialysis treatment in Gdansk](#)

## Travel with peace of mind

Whether you're dreaming of a weekend getaway or a long-awaited vacation, our mission at d.HOLIDAY is to make travel safe, seamless, and fulfilling for dialysis patients. With personalised support and a passion for worry-free experiences, we're here to empower you to explore the world

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Empowering travel

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