



This special edition of our newsletter is all about southern Spain! Get ready to discover the sun-drenched charm of Andalucía, a region known for its flamenco rhythms, whitewashed villages, Moorish architecture, and Mediterranean magic. With our d.HOLIDAY programme, you can explore the vibrant cities and tranquil coastal towns of southern Spain while receiving world-class dialysis treatment in our clinics.

Let us take you on a journey from the bustling heart of **Málaga** and the vibrant beachfront of **Torremolinos**, through the picturesque streets of **Estepona**.

Málaga & Torremolinos

Two destinations that perfectly blend history, culture, and coastal charm.



Málaga, the birthplace of Picasso, invites you to explore its rich artistic heritage and modern seaside spirit. Wander through the historic Alcazaba fortress, admire the works at the Picasso Museum, or soak in the sun at La Malagueta Beach. Feel the pulse of the city as you stroll down Calle Larios for chic shopping or explore the Mercado de Atarazanas to discover local flavours. Just a short ride away, **Torremolinos** offers a more laid-back, beach-focused atmosphere with an authentic heart. The La Carihueta district still reflects its fishing village roots, while Playa de la Carihueta and the lively promenade provide endless sea views and beach bars. It's the perfect spot for sampling pescaito frito (fried little fish) and enjoying warm evenings by the sea. Together, Málaga and Torremolinos provide the ideal mix of vibrant city life and relaxing seaside charm, all under the

Andalusian sun.



Don't miss:

- **Picasso Museum** - a tribute to Málaga's most famous son.
- **La Malagueta Beach** - urban beach bliss, minutes from the city centre.
- **Mercado de Atarazanas** - a vibrant local market with fresh Andalusian flavours.
- **Playa de la Carihueta** - famous for its clear waters and beach bars.
- **An authentic flamenco performance** - in the city's historic quarters- an unforgettable way to experience the soul of Andalucía.

[Book your holiday dialysis treatment in Málaga & Torremolinos](#)

Estepona

Where art, nature, and Andalusian soul come together effortlessly.



Tucked between the shimmering Mediterranean and the rugged Sierra Bermeja mountains, **Estepona** is a town that feels like it's been painted into existence. Nicknamed the "**Garden of the Costa del Sol**," this coastal gem blooms with charm—every street is a canvas of colourful murals, while balconies above overflow with vibrant flowers.

Wander through its **storybook old town**, where cobbled lanes are lined with whitewashed houses and whimsical art installations peek around every corner. Or follow the **palm-lined promenade**, where the sea breeze carries the scent of salt and sun-warmed jasmine.

Don't miss:

- **Get lost in the old quarter**, a labyrinth of flower pots, street art, and quiet charm.
- Step into the **Orchidarium**, a futuristic glass dome housing over **1,300 species** of exotic blooms.
- **Feast like a local** with freshly grilled sardines skewered over an open fire - **right on the beach**.

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

Travelling is a fundamental part of living a fulfilling life



Jette Thaarup has made it her mission to prove that living with chronic kidney disease doesn't mean giving up on travel. Through her work with the Danish Kidney Patient Association (Nyreforeningen) she has organised countless group trips to dialysis-friendly destinations – including many unforgettable journeys to Spain and the heart of Andalucía, in close collaboration with Diaverum. Jette believes travel can be truly life-changing for people living with chronic kidney disease.

[Learn more through her inspiring story](#)

Experience True care - in Spain or in any of our 24 Diaverum countries



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 creating worry-free experiences, we're here to empower you to explore the world with peace of mind.

Download our free Travel Guide and discover all our destinations- your next adventure starts here!

[Get the Travel Guide](#)



Life-enhancing renal care

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