



Discover the magic of Lisbon and Porto with d.HOLIDAY

This edition of our newsletter takes us to Portugal, where we'll explore the distinct charms of Lisbon and Porto. In Lisbon, we'll uncover a wealth of experiences that offer a genuine taste of Portuguese life. Then, we'll reveal three budget-friendly experiences in Porto: a **free walking tour** to discover the city's highlights, an evening stroll along the **Foz do Douro coastline**, and the breathtaking, free panorama from **Miradouro da Vitória**. Finally, we'll hear from a local patient about how dialysis shouldn't hold you back from exploring the world.

Lisbon's hidden gems

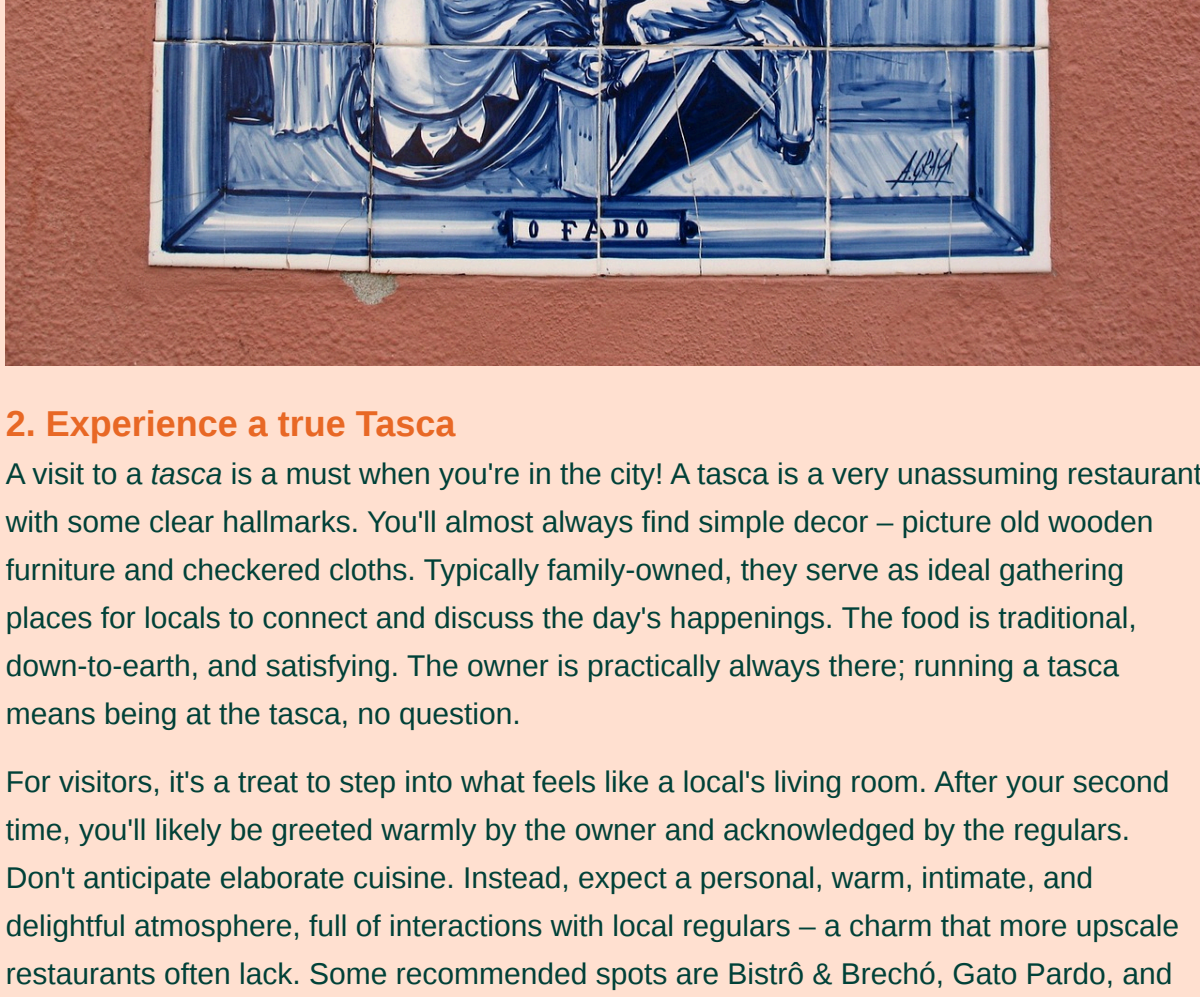
Uncover a wealth of experiences, blending historical grandeur with the authentic pulse of Portuguese culture



1. Discover Alfama: Where the heart of Fado beats

If you want to truly experience Lisbon, you must encounter Fado. This isn't just music; it's a cultural heartbeat, inseparable from Lisbon and its inhabitants. The melancholic yet beautiful sounds of Fado originated in the labyrinthine streets of Alfama. You can find Fado restaurants in various neighbourhoods like Mouraria, Bairro Alto, and Madragoa, but for the most genuine atmosphere, choose a spot in Alfama, where Fado's history resonates within the walls.

As evening falls, around eight o'clock, the soulful melodies of Fado spill out from the local establishments into Alfama's alleys. A night at a Fado restaurant is more than just dining; it's a performance, an immersion. Often including a meal, you'll leave feeling you've gained a deeper connection to the spirit of this incredible city.



2. Experience a true Tasca

A visit to a *tasca* is a must when you're in the city! A *tasca* is a very unassuming restaurant with some clear hallmarks. You'll almost always find simple decor – picture old wooden furniture and checkered cloths. Typically family-owned, they serve as ideal gathering places for locals to connect and discuss the day's happenings. The food is traditional, down-to-earth, and satisfying. The owner is practically always there; running a *tasca* means being at the *tasca*, no question.

For visitors, it's a treat to step into what feels like a local's living room. After your second time, you'll likely be greeted warmly by the owner and acknowledged by the regulars. Don't anticipate elaborate cuisine. Instead, expect a personal, warm, intimate, and delightful atmosphere, full of interactions with local regulars – a charm that more upscale restaurants often lack. Some recommended spots are Bistrô & Brechó, Gato Pardo, and Petiscaria Ideal.



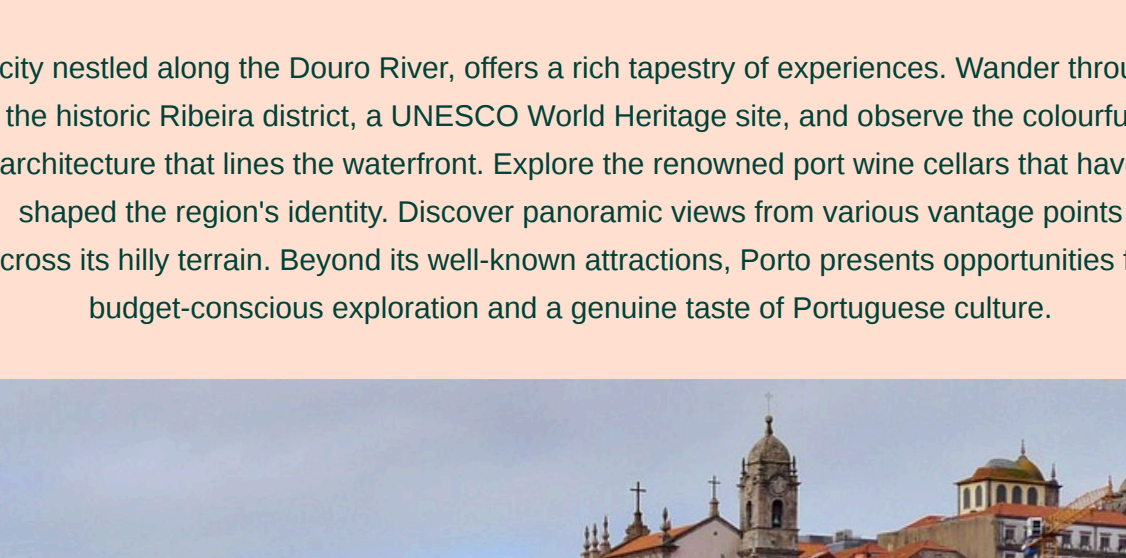
3. Teatro Nacional de São Carlos

The Teatro Nacional de São Carlos opened in 1793 as a replacement for the previous opera house that was destroyed in the earthquake. It was the city's first neoclassical building, and its exterior bears clear similarities to La Scala in Milan. The interior is a visual and art-historical showcase of Rococo. The concert season runs from September to June, and works by classical composers such as Chopin, Verdi, Wagner, and Mozart are often performed. Outside, you can sit in the sunshine and have a bite to eat while waiting for the performance.

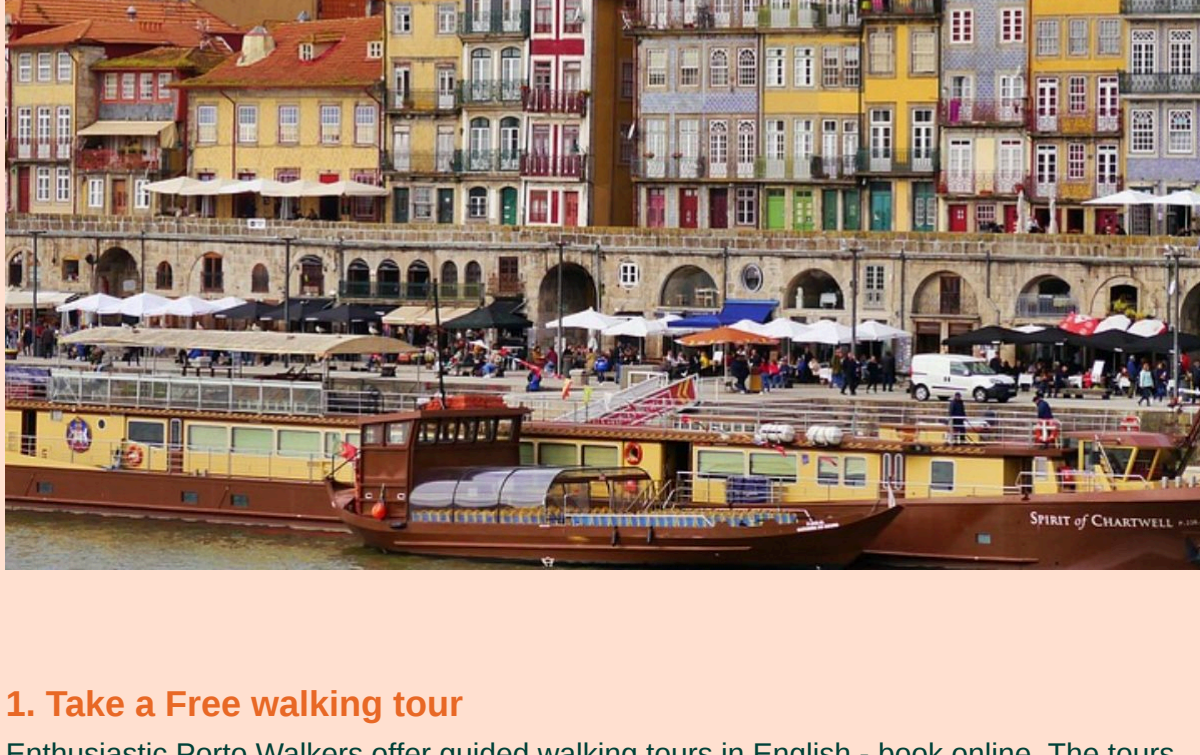
[Book your holiday dialysis treatment in Lisbon](#)

Budget adventures in Porto

A budget-conscious exploration and a genuine taste of Portuguese culture await for you in Porto



A city nestled along the Douro River, offers a rich tapestry of experiences. Wander through the historic Ribeira district, a UNESCO World Heritage site, and observe the colourful architecture that lines the waterfront. Explore the renowned port wine cellars that have shaped the region's identity. Discover panoramic views from various vantage points across its hilly terrain. Beyond its well-known attractions, Porto presents opportunities for budget-conscious exploration and a genuine taste of Portuguese culture.



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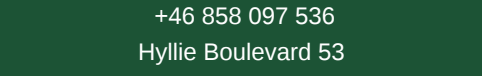
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