

SICILY DIALYSIS & RELAX TOUR

9 DAYS / 8 NIGHTS – PALERMO & WESTERN SICILY

A journey through health, culture, traditions and quality of life in the heart of the Mediterranean.

CAREONHOLIDAY – The Mediterranean Health & Longevity Travel Company

In collaboration with SOLEBLU – Tour Operator

Travel, Care & Mediterranean Lifestyle.

PALERMO – WHERE HEALTH AND THE MEDITERRANEAN LIFESTYLE MEET

The need for regular dialysis treatment does not necessarily have to prevent people from travelling, discovering new destinations and enjoying authentic experiences.

CareOnHoliday offers a nine-day stay in Sicily, designed to combine continuity of care with the discovery of the region's cultural, gastronomic and natural heritage.

The programme brings together scheduled haemodialysis treatments at a specialised healthcare centre in Palermo, tourist experiences, guided walks and activities dedicated to quality of life.

Activities follow a balanced pace, alternating dialysis days with cultural excursions and placing particular emphasis on rest and each guest's individual needs.

The experience draws on the principles of the Mediterranean lifestyle, in which food, movement, social relationships, culture, nature and conviviality contribute to well-being and quality of life.

The journey is not only an opportunity to visit Sicily, but also an experience of participation, independence and discovery.

DAY 1 – WELCOME TO SICILY



Arrival in Palermo

Arrival at Palermo Falcone Borsellino International Airport and meeting with your driver.

Private transfer to a 4-star hotel located in the city centre of Palermo.

Upon arrival, meet your local assistant, check in to your room and receive an introduction to the stay, including information about the tourist activities and the organisation of dialysis treatments.

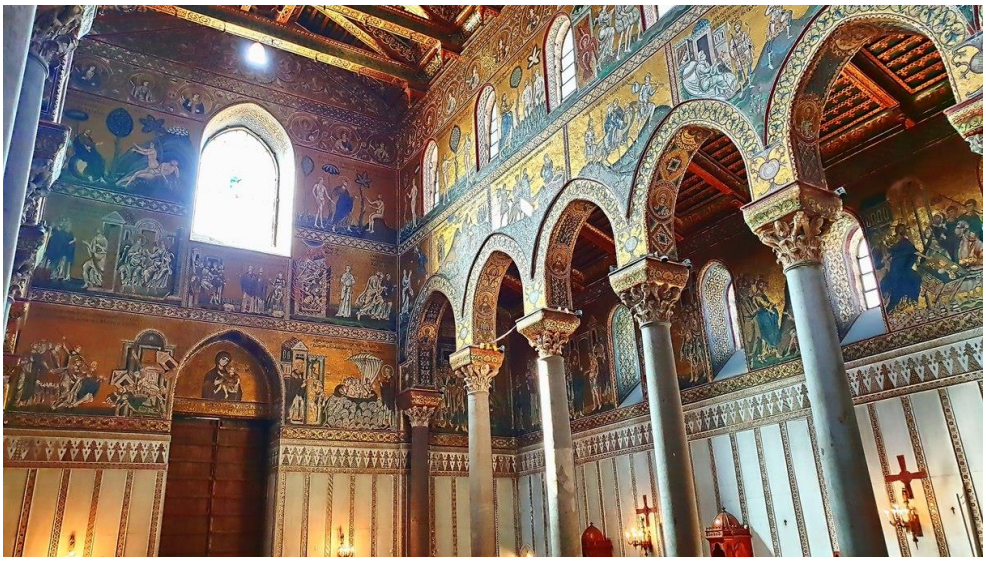
Depending on arrival time, guests may enjoy a short orientation walk near the hotel.

Palermo, the capital of Sicily, has over 2,700 years of history. Phoenicians, Arabs, Normans, Spaniards and other civilisations have helped create a cultural heritage that is unique in the Mediterranean.

Welcome Dinner

In the evening, dinner at a local restaurant to meet the other participants, discover Sicilian hospitality and begin the journey. Menus can be adapted to individual nutritional requirements.

DAY 2 – FIRST HAEMODIALYSIS SESSION & HISTORIC PALERMO



Morning – First Haemodialysis Session

After breakfast, private transfer from the hotel to the dialysis centre for the first scheduled session.

Treatment will be carried out according to each guest's individual treatment plan and the healthcare centre's instructions.

After the session, transfer back to the hotel with time for rest and recovery.

Afternoon – Guided Walk through Palermo's Historic Centre

In the afternoon, guests may join a guided group walk, rather than a private tour, to discover the historic centre of Palermo.

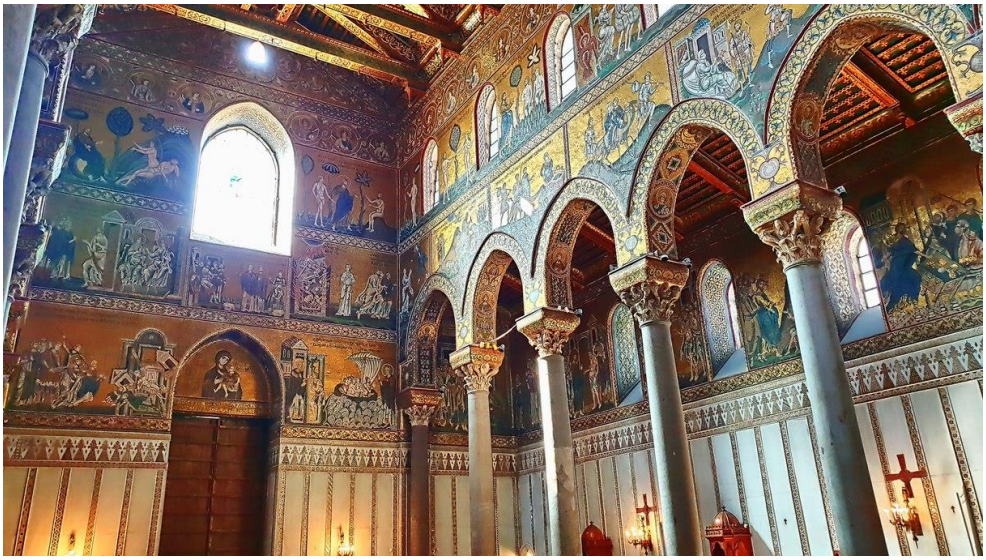
The visit introduces some of the city's most representative places, including ancient squares, historic buildings, churches and streets that reveal its different Mediterranean civilisations.

The guide will share Palermo's history, traditions and fascinating stories, providing a first introduction to the city's cultural identity.

The route will be gentle and include rest stops. Participation is optional, depending on each guest's condition after treatment.

Return to the hotel. Dinner at leisure.

DAY 3 – MONREALE & ARAB-NORMAN HERITAGE



Morning – Monreale

After breakfast, meet the guide and depart for Monreale, a town in the hills overlooking Palermo and the Conca d'Oro valley.

Monreale is world-renowned for its extraordinary 12th-century Norman Cathedral, part of the UNESCO-listed Arab-Norman heritage of Palermo, Cefalù and Monreale.

During the visit, guests will admire the magnificent golden Byzantine mosaics, the Benedictine cloister and the distinctive combination of Norman, Arab and Byzantine artistic influences.

The visit also provides an opportunity to learn about Monreale's history and enjoy views of the surrounding landscape.

Lunch

Lunch at a local restaurant, with personalised menu options available.

Afternoon – Arab-Norman Palermo

Return to Palermo and continue the cultural visit with a tour guide.

The itinerary passes through some of the most representative parts of the historic centre, including Piazza Pretoria, Quattro Canti and other landmarks that illustrate the city's rich heritage.

The visit will proceed at a relaxed pace, with stops along the way. Transfer to the hotel. Dinner at leisure.

DAY 4 – SECOND HAEMODIALYSIS SESSION & PALERMO BY THE SEA



Morning – Second Haemodialysis Session

After breakfast, private transfer to the dialysis centre for the second scheduled treatment. Afterwards, return to the hotel for rest.

Afternoon – Guided Walk at La Cala and Foro Italico

In the afternoon, guests may join a guided group walk exploring the relationship between Palermo and the Mediterranean Sea.

The route will take in La Cala, the city's historic harbour, and Foro Italico, one of Palermo's most attractive seafront areas.

During the walk, the guide will explain Palermo's maritime history, the role of its port in Mediterranean trade and the city's transformations over the centuries.

The visit will be short, with rest stops and no particularly demanding physical activity. Participation is optional according to individual conditions. Return to the hotel. Dinner at leisure.

DAY 5 – ERICE, A MEDIEVAL VILLAGE IN WESTERN SICILY



Morning – Discovering Erice

After breakfast, meet the assistant and depart for Erice, one of western Sicily's most fascinating medieval villages.

Located at the top of Monte San Giuliano, Erice offers panoramic views of the coast, the salt pans and the surrounding landscape.

During the guided visit, guests will discover ancient stone streets, medieval architecture, historic churches and places that tell the story of the village's origins.

Erice is also famous for its traditional pastries, linked to historic Sicilian convent recipes. Guests may explore this tradition through an optional tasting of local specialities, subject to individual dietary advice.

Lunch

Lunch at a local restaurant.

Afternoon – Traditions and Landscapes

Free time to complete the village visit, admire panoramic viewpoints and explore small artisan shops. Return to Palermo in the afternoon with time to relax. Dinner at leisure.

DAY 6 – THIRD HAEMODIALYSIS SESSION & LIBERTY-STYLE PALERMO



Morning – Third Haemodialysis Session

After breakfast, private transfer to the dialysis centre for the third scheduled session. Afterwards, transfer back to the hotel with time to rest.

Afternoon – Liberty-Style Palermo

In the afternoon, guests may join a guided group walk exploring Palermo between the nineteenth and twentieth centuries.

The itinerary follows Via Libertà and neighbouring areas, featuring elegant historic buildings, Liberty-style architecture and landmarks that reflect the city's urban transformation.

The guide will recount the history of Palermo during the Belle Époque, its entrepreneurial families and the artistic and cultural developments of the period.

The experience offers a different perspective on the city through a gentle itinerary with rest stops. Participation is optional. Return to the hotel. Dinner at leisure.

DAY 7 – HIDDEN SICILY: ALESSANDRO DI CAMPOREALE WINERY



Morning – Rural Sicily

After breakfast, meet the assistant and depart for the Camporeale area in western Sicily.

The landscape is characterised by hills, vineyards, countryside and rural villages that retain a strong connection with Mediterranean farming traditions.

The day is dedicated to discovering the local culture and the relationship between agriculture, environment, local produce and gastronomic traditions.

Visit to Alessandro di Camporeale Winery

Guests will visit Alessandro di Camporeale, a winery firmly rooted in the Sicilian territory.

The visit provides an opportunity to learn about the estate's history, production processes, the characteristics of the territory and the role of winemaking in Mediterranean culture.

The experience highlights the links between landscape, sustainability, agricultural traditions and local identity.

Food and Wine Experience

The visit may include a guided tasting of the winery's products.

Wine consumption is strictly optional and subject to individual medical advice.

Suitable alternatives will be available for guests who cannot consume alcoholic beverages.

Lunch

Lunch featuring flavours of Sicilian tradition, with menus adaptable to prescribed dietary requirements.

Afternoon – Return to Palermo

At the end of the experience, transfer to Palermo and free time for relaxation or independent activities. Dinner at leisure.

DAY 8 – FOURTH HAEMODIALYSIS SESSION & QUALITY OF LIFE



Morning – Fourth Haemodialysis Session

After breakfast, private transfer to the specialised healthcare centre for the fourth scheduled haemodialysis treatment.

Treatment will be delivered in accordance with the nephrologist's instructions and those of the dialysis centre.

Afterwards, transfer back to the hotel with time for rest and recovery.

Afternoon – Mediterranean Lifestyle & Quality of Life

In the afternoon, participants will be invited to a group session dedicated to quality of life and the Mediterranean lifestyle.

The meeting will be led by healthcare and wellness professionals and will explore the main factors that contribute to quality of life for people living with a chronic condition and requiring ongoing treatment.

The session will address several topics.

Mediterranean Diet and Well-being

The cultural and social value of the Mediterranean diet, the importance of gastronomic traditions and the need to adapt eating habits to the nutritional requirements of people receiving dialysis.

Movement, Independence and Functional Capacity

The role of adapted physical activity in maintaining mobility, independence and participation in everyday life.

Psychological Well-being and Stress Management

The importance of emotional balance, rest, stress management and everyday strategies that may support personal well-being.

Social Relationships and Participation

The value of family relationships, friendships, conviviality and social participation as fundamental components of quality of life.

Travel, Independence and Quality of Life

Tourism as an opportunity to maintain interests, discover new places, enjoy cultural experiences and strengthen a sense of independence, in ways compatible with individual health conditions.

The session will include opportunities for discussion and exchange among participants and professionals.

Its objective is to promote a view of health that, alongside continuity of treatment, also values psychological well-being, social connections, personal independence and overall quality of life.

The meeting is educational and does not replace individual medical advice. Participation is optional and depends on each guest’s recovery after dialysis.

Farewell Dinner

In the evening, dinner at a local restaurant to celebrate the end of the stay, share the experiences of the journey and say goodbye to Sicily.

DAY 9 – ARRIVEDERCI SICILIA



Departure

Breakfast at the hotel.

Free time depending on flight schedules, followed by a meeting with the driver for a private transfer to Palermo Falcone Borsellino International Airport.

Organisational assistance for departure and end of services.

Arrivederci Sicilia – A prestu!

CONTINUITY OF CARE DURING THE JOURNEY

CareOnHoliday Healthcare Coordination

The Sicily Dialysis & Relax Tour is designed to enable guests to continue their prescribed treatment during their stay in Sicily.

CareOnHoliday will coordinate dialysis arrangements at a specialised healthcare centre in Palermo, working with the professionals and facilities involved.

Before arrival, the necessary organisational and clinical arrangements will be agreed upon, based on a review of medical documentation and the individual dialysis plan.

Coordination includes communication with the centre, scheduling of sessions and organisation of transfers between the hotel and the healthcare facility.

Treatment Schedule

Day	Treatment
Day 2	First haemodialysis session
Day 4	Second haemodialysis session
Day 6	Third haemodialysis session
Day 8	Fourth haemodialysis session

The four haemodialysis sessions are planned preferably in the morning, with exact times to be agreed with the healthcare centre.

The definitive treatment schedule must be approved by the nephrologist and the receiving dialysis centre, taking into account the individual treatment plan and the sessions immediately before and after the trip.

Activities and Recovery

Afternoon visits after dialysis will be organised with a shared group tour guide, not a private guide.

The walks will be gentle and designed with accessible routes wherever possible, rest stops and adequate recovery time. Participation is optional and dependent on the guest's condition.

FOOD AND THE MEDITERRANEAN LIFESTYLE

Food is one of the distinctive elements of the Sicilian experience.

During their stay, guests will be able to explore local gastronomic traditions through restaurants, traditional produce and experiences connected with Mediterranean culture.

Meals may be personalised according to individual nutritional prescriptions, with particular attention to fluid, sodium, potassium and phosphorus intake, as well as adequate protein intake.

Gastronomic experiences do not replace clinical or nutritional advice provided by the healthcare team caring for the patient.

PROGRAMME AT A GLANCE

Day	Morning	Afternoon / Evening
1	Arrival in Palermo	Welcome and welcome dinner
2	1st haemodialysis	Guided walk in the historic centre
3	Monreale	Arab-Norman Palermo tour
4	2nd haemodialysis	Guided La Cala and Foro Italico walk
5	Excursion to Erice	Village traditions and return

6	3rd haemodialysis	Guided Liberty-style Palermo walk
7	Alessandro di Camporeale Winery	Food and wine experience and relaxation
8	4th haemodialysis	Quality-of-life session and farewell dinner
9	Departure	Airport transfer

SERVICES PLANNED

Tourism Organisation – SoleBlu Tour Operator

- Eight nights in a 4-star hotel in central Palermo, with breakfast.
- Private airport transfers on arrival and departure.
- Tourist transfers included in the itinerary.
- Guided excursions to Palermo, Monreale and Erice.
- Three guided group walks on dialysis afternoons.
- Visit to Alessandro di Camporeale Winery.
- Lunches scheduled during excursion days.
- Welcome dinner and farewell dinner.
- Tourist and organisational assistance during the stay.

Healthcare Coordination – CareOnHoliday

- Advance coordination with the dialysis centre.
- Organisation of four dialysis sessions according to prescription and availability.
- Review of the required medical documentation.
- Coordination of hotel–dialysis centre transfers.
- Organisational support for healthcare-related needs during the stay.
- Organisation of the group session dedicated to quality of life and the Mediterranean lifestyle.

Details of included services, financial arrangements for dialysis treatments and any additional services will be specified in the quotation.

Dialysis treatments € 1.800,00 (for person)

Price of Torusim Services

The cost of the tour depends on the number of participants as follows:

- **1 - € 7.775,00**
- **2 - € 4.820,00**
- **3 - € 3.850,00**
- **4 - € 3.255,00**
- **5 - € 2.965,00**
- **6 - € 2.800,00**

Single supplement € 650,00



SICILY DIALYSIS & RELAX TOUR

A Mediterranean Journey Beyond Dialysis

Sicily is not simply a destination to visit.

It is a place where history, culture, landscape, food, human relationships and hospitality come together, offering an authentic experience of the Mediterranean lifestyle.

With the Sicily Dialysis & Relax Tour, CareOnHoliday aims to make travel accessible to people who need regular dialysis treatment, through an organisational model that brings together continuity of care, tourism, social participation and quality of life.

Because the opportunity to travel, discover and share new experiences remains an important part of life.

CAREONHOLIDAY & SOLEBLU – SICILY

Travel, Care & Mediterranean Lifestyle.