

ferticentro



Travel Guide

**At Ferticentro, we believe that distance should never prevent you from achieving your dreams of building a family.**

**Our Travel Guide is meant to ensure your trip is as easy, pleasant and hassle-free as possible.**

**Should you need further clarifications or recommendations, please contact your dedicated Patient Coordinator who will be happy to assist you.**

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## Getting to us

If you are flying from abroad, we suggest flying to Porto (OPO) or Lisbon (LIS) airport. Porto would be our recommended choice, given it is closer to Coimbra, but there are several convenient transport options from both airports.

	From PORTO Airport 129km	From LISBON Airport 208km
Airport Shuttle Service	1h30m 36€ - 45€	2h15m 43€ - 50€
	Coimbra airport shuttles can be booked a few days in advance on their website: <a href="http://www.airportshuttle.pt">www.airportshuttle.pt</a> .	
Drive FASTEST	1h20m 40€ - 100€	2h00m 80€ - 150€
	If you don't want to be dependent on anyone and take full advantage of your time in Portugal, we recommend you rent a car from the airport *	
	*Please note that if you are travelling alone for a treatment that requires sedation, this might not be the best option for you as you should not drive for a few hours.	
Taxi FASTEST	1h20m 135€ - 180€	2h00m 200€ - 250€
	Taxis are available at both airports. Alternatively, you can book an Uber which will be slightly cheaper than taxis.	
Subway and Train	2h00m 18€ - 25€	3h00m 24€ - 35€
	<ul style="list-style-type: none"> <li>At OPO, proceed to the subway exit (Metro), to the ticket kiosk.</li> <li>Purchase a <b>Z4 ticket</b> and take the subway towards <b>Trindade</b>. In Trindade, change trains and take the one in the direction of <b>Porto - Campanhã</b>.</li> <li>In Porto - Campanhã, go to the train station and buy an <b>Alfa pendular</b> or Intercidades ticket to <b>Coimbra - B</b>. You can also buy the tickets online at <a href="http://www.cp.pt/passageiros/en">www.cp.pt/passageiros/en</a>.</li> <li>When exiting Coimbra - B taxis will be available to take you to your hotel or to the clinic</li> </ul>	<ul style="list-style-type: none"> <li>From LIS, take a taxi or the <b>subway (Metro)</b> to the <b>Oriente</b> train station.</li> <li>At Oriente buy an <b>Alfa pendular</b> or Intercidades ticket to <b>Coimbra - B</b>.</li> <li>You can also buy the tickets online at <a href="http://www.cp.pt/passageiros/en">www.cp.pt/passageiros/en</a>.</li> <li>When exiting Coimbra - B taxis will be available to take you to your hotel or to the clinic</li> </ul>
Bus CHEAPEST	1h30m 12€ - 18€	2h15m 18€ - 25€
	<ul style="list-style-type: none"> <li>You can book a <b>Flixbus</b> or <b>Get Bus</b> from Porto Airport or book them online at <a href="http://www.getbus.eu/pt/">www.getbus.eu/pt/</a> or <a href="http://www.flixbus.pt/">www.flixbus.pt/</a></li> <li>Alternatively, you can proceed to the bus station in <b>Campanhã</b> and buy a ticket to Coimbra. You can get a discount on your ticket if you pre-book online at <a href="https://rede-expressos.pt/pt/horarios-bilhetes">https://rede-expressos.pt/pt/horarios-bilhetes</a></li> <li>Ferticentro is a <b>2 minute walk</b> away from Coimbra bus stop.</li> </ul>	<ul style="list-style-type: none"> <li>From LIS, take a taxi or the <b>subway (Metro)</b> to the <b>Oriente</b> train station.</li> <li>At the bus station in Oriente buy a ticket to <b>Coimbra</b>. You can get a discount on your ticket if you pre-book online at <a href="https://rede-expressos.pt/pt/horarios-bilhetes">https://rede-expressos.pt/pt/horarios-bilhetes</a></li> <li>Ferticentro is a <b>2 minute walk</b> away from Coimbra bus stop.</li> </ul>

## Your stay in Coimbra



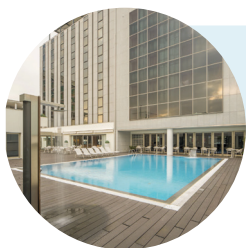
**R** Restaurants

**H** Hotels

**M** Monuments

## Where to sleep

It is very important for us that you feel comfortable throughout your stay with us. Ferticentro benefits from special rates in various local hotels and short-stay apartments. Please contact your dedicated Patient Coordinator who will be happy to organise hotel reservations at our discounted prices for you.



### D. Inês Hotel \*\*\*\*

<https://dona-ines-coimbra.hotel-rn.com/>

Public Price (per night) **from 82€**

Ferticentro Price\* (per night) **from 68€**

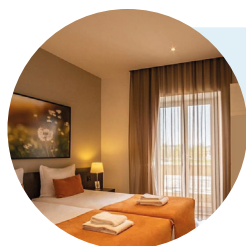


### Tryp Hotel \*\*\*\*

<https://tryp-hotel-coimbra.h-rez.com/>

Public Price (per night) **from 85€**

Ferticentro Price\* (per night) **from 70€**

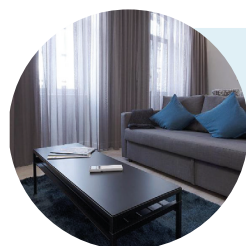


### Riversuites Hotel

<https://www.riversuites.pt/>

Public Price (per night) **from 55€ - 85€**

Ferticentro Price\* (per night) **from 55€**



### Riversuites Apartments

<https://www.riversuites.pt/>

Public Price (per night) **from 95€**

Ferticentro Price\* (per night) **from 75€**



### Feel Coimbra

<https://www.feelcoimbra.com/>

Public Price (per night) **from 65€**

Ferticentro Price\* (per night) **from 60€**

\*Please note that room availabilities are subject to hotel capacities and should always be confirmed in advance.

We can provide **packages** combining the **Riversuites Hotel and Airport Shuttles**.

## Coimbra Airport Shuttle + Riversuites Hotel

**Private transfer from Oporto airport** **289€**  
(round-trip + 1 overnight accommodation (breakfast included))

**Private transfer from Lisbon airport** **349€**  
(round-trip) + 1 overnight accommodation (breakfast included)

\* Extra nights have a **cost of 45€**

If you are interested in one of these options, please fill in the details below:

Type of service (tick the required option):

### Accommodation only

- ☐ Riversuites Hotel
- ☐ D. Inês Hotel (single)
- ☐ D. Inês Hotel (double)
- ☐ Tryp Hotel
- ☐ Feel Coimbra
- ☐ Riversuites Apartaments

### Transport + Accommodation Special Package

**Coimbra Airport Shuttle + Riversuites Hotel**

- ☐ From Oporto airport
- ☐ From Lisbon airport

Name \_\_\_\_\_

Number of people to be accommodated/transported and their ages \_\_\_\_\_

Estimated date of arrival \_\_\_\_\_

Signature

Estimated date of departure \_\_\_\_\_

By signing this document, I declare that I authorise Ferticentro to share my personal data with the above mentioned companies whose services I wish to request.

**IMPORTANT:** The availability of the transport services can only be confirmed after indication of the dates and times of the arrival and departure flights. The availability of accommodation is subject to the capacity of the hotel units and should always be confirmed in advance. If you wish other options or combinations of Accommodation and Transport please contact Ferticentro: [patientcare@ferticentro.pt](mailto:patientcare@ferticentro.pt)

## What to see

Former capital of Portugal, Coimbra is one of the country's most historic cities and is famous for its university, which is listed as a World Heritage site. The city is rich in centuries-old monuments that illustrate every chapter of the history of architecture. Coimbra is also famous for its dazzling forests that set it apart from other Portuguese cities.

Here are some key attractions that you can explore during your stay:



- **Velha Universidade de Coimbra** (Old University) and **Biblioteca Joanina** (Library)
- **Sé Velha** (Old Cathedral)
- **Sé Nova** (New Cathedral)
- **Mosteiro de Santa Clara-a-Velha**



- If you feel like having a peaceful walk, we strongly recommend you visit the **Jardim Botânico** (Botanical Gardens), which form part of the faculty of natural history at the University of Coimbra.
- **Jardins da Quinta das Lágrimas** is another garden we suggest you visit. This site has deep roots in both Portuguese history and literature.

## Where to eat

Coimbra offers a variety of different culinary experiences, both savoury and sweet. We encourage you to try the numerous Portuguese dishes the city has to offer during your stay with us.

### If you want to try traditional Portuguese food

- Solar do Bacalhau
- Nacional
- Refeitro da Baixa
- Restaurante Piscina do Mondego

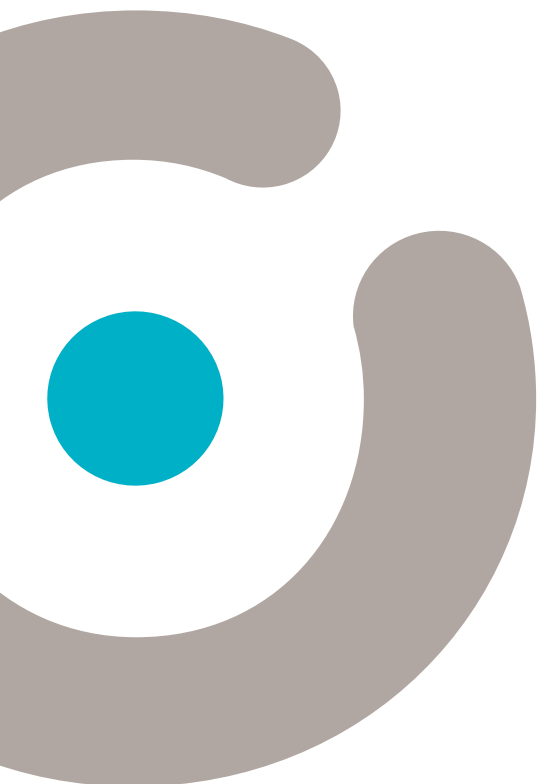
### Restaurants with vegetarian options

- Terraço da Alta
- Fangas Veg
- OAK Food, Beer & Wine (Vegetarian *Francesinha*)
- Hamburgueria de Coimbra



### Something to help with the sweet tooth cravings

- Pastelaria Moinho Velho
- Vénus
- Pastelaria Arcolris
- Pastelaria Penta



## Welcome to the Ferticentro family!

Ferticentro – Fertility Clinic  
Rua Padre Estevão Cabral Nr. 72  
3000-316 Coimbra, Portugal

+351 239 497 280  
[info@ferticentro.pt](mailto:info@ferticentro.pt)  
[www.ferticentro.pt](http://www.ferticentro.pt)