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Active family holidays in Europe

Written by **Sam Skelding** Monday, 15 December 2014 18:54 font size Print Email



The Kempinski Barbaros Bay is a picturesque setting for an active family holiday.

Escape the routine of day-to-day life and keep active with an array of sports, activities and group fitness classes on **Health and Fitness Travel's** family holidays in Europe.

From sports holidays in Greece, to beach breaks in Portugal, there is fun for all the family only a short-flight away. With kids clubs included in all of their healthy holidays, you'll never have to worry about keeping the children entertained, allowing mum and dad some much needed 'me time', whether that means indulging at the spa or working on your fitness.

So pack the Trunki, don't forget the toothbrush and get ready for an action-packed activity holiday for the whole family.

Greece: Porto Elounda
Overlooking Mirabello Bay, sport and spa enthusiasts alike will love this coastal getaway off Crete's North-East coastline. The Kids Ark will keep the smiles coming all day long with treasure hunts and ball games, whilst the Arsenal Football Academy camp will provide the skills they need to bend it like Beckham.

With the little ones well looked after, boost your fitness with group classes, including Tai Chi and Yoga, before rejuvenating with a Shiatsu massage or restorative visit to the spa's authentic Turkish Hammam. With healthy activities from tennis to water sports, teens will soon forget their smartphones and meet new friends.

Croatia: Radisson Blu Resort & Spa Dubrovnik Sun Gardens
If the kids are happy, mum and dad are happy, and this seafront child-friendly resort nestled on the Croatian coastline will certainly not disappoint. Release the kid's full energy and challenge them to a family game of 5-a-side football or wall climbing, before cooling off in the spa's lagoon swimming pool on this exciting sports holiday.

Featuring activities such as Banana Olympic relay games and face painting, the kids club will ensure they are active and entertained throughout the day. Take some time to relax at the OCCO Spa, with a choice of 30 luxurious experiences incorporating all-natural ingredients, or get active with Aquarobics and Tai Chi.

Turkey: Kempinski Barbaros Bay
Keep the kids entertained with more activities than you can shake a stick at and a daily dose of relaxation for mum and dad on an active family holiday at Kempinski Barbaros Bay. With the perfect balance of indoor and outdoor activities, the Kempinski Kids Club ensures that the kids have fun, keep active and get creative, with cookie making, beach games, face painting and table tennis.

Explore your surroundings with a family sailing regatta or ATV safari before mum and dad indulge with a Thai herbal massage or hot stone therapy, on a healthy break that will boost everyone's well-being.

Cyprus: Aphrodite Hills
Prize them away from their electronics and take the kids on a family activity holiday that will have them trying new things and making new friends in sunny Cyprus. Boasting a superb tennis academy, keep active as a family on the courts or get on your bikes and venture out along the biking trails.

The Pirates Village will keep the kids happily occupied with circus activities, water games, mini-golf and a pirate-themed kids menu. Meanwhile, The Grotto Fun Club for teens provides the chance to explore their creative and active interests with volleyball and the opportunity to design their own clothes.

Portugal: Penha Longa
Just half an hour from Lisbon, family-friendly retreat, Penha Longa, can be found within a stunning national nature reserve. With children's tennis, golf, and even horse riding lessons available, make the most of quality family time with a round of golf or head to the beach for surfing.

Whilst your little ones enjoy picnics, cooking lessons and fashion nights at the Rookie's Kids Club, treat your teens with their own tailored spa treatments or a visit to the salon for a special occasion up-do. Shape-up at the fitness centre with Yoga or Qi Gong, for an active family holiday that will see you all return home happier and healthier.

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