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family FRIENDLY GUIDE
in association with **medela**

Let's go, BABY!

From active adventures at home to city weekenders and sun-filled holidays abroad, we have seven great destinations sure to please every family member

OVERSEAS

OUTRIGGER FIJI BEACH RESORT, FIJI

Fiji is arguably the most family-friendly island in the world – not to mention only a mere few hours' flight from

Australia – and it's also a great spot for soon-to-be parents to baby-moon. Outrigger Fiji Beach Resort, on the Coral Coast, offers a choice of accommodation, including apartment-style rooms and ocean, beachfront and family burees.

There are plenty of activities for the whole family to enjoy, including glorious

swimming pools, a tennis court, water sports and a fitness centre, not to mention the beautiful beachfront and plenty of entertainment, including Fijian firewalking shows.

And if you want to enjoy some couple time, the Meimei Nanny Service costs just \$222* for four days. So what can parents do while their kids are eating for free, making sandcastles or doing arts and crafts with their nannies? Laze in the hammock outside your bure, take a stroll along the beach, indulge in a much-needed pamper at Bebe Spa, watch the sunset from Kalokalo Bar's hilltop position, have a romantic candlelit dinner at Ivi Restaurant or order an outrageously colourful cocktail at the swim-up bar at adults-only pool area Vahavu. Finally calling the shots for the first time since becoming a mum? Now that's a holiday!

More info: Rooms start from around \$235* a night, with a wide range of packages available. Visit www.outrigger.com.au.





CLUB MED, BALI

As many Aussies already know well, Bali is a great destination for family holidays. And while there is an abundance of accommodation on offer, for little ones and their parents who want a family holiday without all the stress there's one place that really stands out: Club Med Bali.

Away from the hustle and bustle of Kuta, and located within the resort village of Nusa Dua, Club Med is best described as a cruise ship on land. Everything is taken care of in the tariff – including meals, drinks and most activities, such as the awesome Flying Trapeze School. The resort itself has all the facilities you would expect, including two swimming pools (one of which is an adults-only zone), a beach sports kiosk and two restaurants. But where it really stands apart from other resorts is the kids club. For a small fee, children from four months to three years can be cared for (the kids clubs are free for little ones who are more than four years of age) by G.Os (Club Med's term for its staff) and qualified carers, which means you can relax



knowing your little one is in safe hands. The kids clubs are also set out in distinct zones designed to suit the different age groups – including a nursery with cots so your bub can nap while you relax poolside!

"The kids club and kids facilities are very important to bring happiness to the children and for them to have a memorable holiday in Club Med," says Club Med Bali Chef de Village Eric Lejeune. "Kids will cherish the beautiful souvenir of their Club Med holiday, and become loyal customers in the long term, when they become parents themselves, relaxing in the Zen pool and enjoying dynamic activities just as their parents once did."

Mealtimes are also made easy, with the buffet catering for little ones' fussy taste buds, while there is also a baby corner so you can prepare your own baby food. All in all, Club Med Bali kicks a lot of goals, making a perfect family holiday where the whole

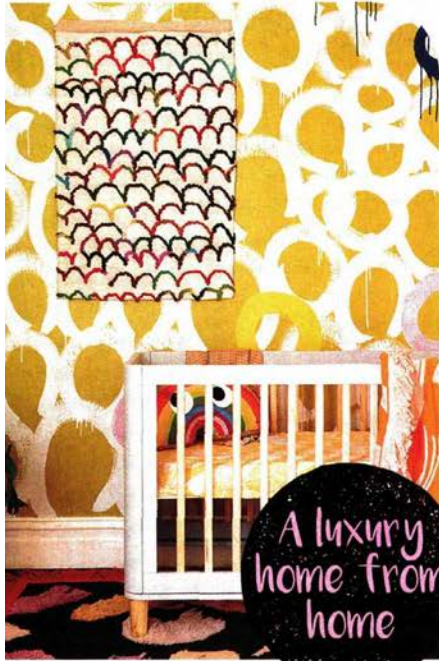
family is entertained and gets a break. What more could you want?

More info Club Med Bali starts from \$1336 per person for a seven-night package. Children under four stay free. Visit www.clubmed.com.au.





AUSTRALIA



LUXICO, NSW & VIC

Travelling with little ones often means you need to be ultra-organised and pack everything but the kitchen sink. While hotels are lovely when you're a couple, having a bub (or two) in tow means access to everyday mod cons – such as a fridge, washer and kitchen – suddenly become much more important.

Luxico is Australia's 'Home Hotel' and a bit like an upmarket version of Airbnb with almost 200 luxury homes to choose from across NSW and Victoria. Each of the homes is immaculate and luxurious, and many have extras such as private pools, gyms and tennis courts. You can also enjoy housekeeping services and hotel-style 24/7 concierge support, and hire a chef for the duration of your stay so you can relax during your break. Many of the homes come with cots, high chairs and everything else that you'll need for a comfortable stay for you and your family.

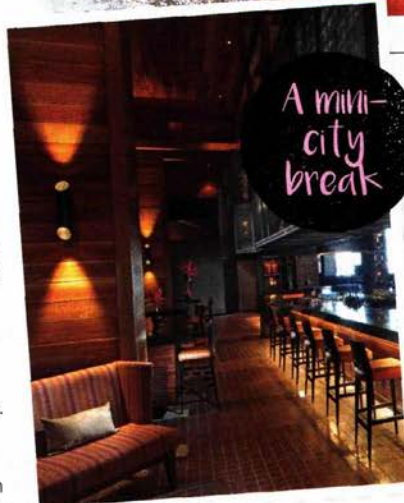
More info: Rates vary from less than \$300 to more than \$2000 per night. Visit www.luxico.com.au.

MANTRA ON THE ESPLANADE, DARWIN, NT

For the family who loves the great outdoors, Darwin is a fantastic base from which to explore some of the most exciting and beautiful national parks that Australia has to offer. The world-renowned Kakadu National Park is less than two hours' drive away, and it offers opportunities to go croc spotting, check out Indigenous rock art, hike to waterfalls or go on a boat cruise. Other attractions include the beautiful Katherine Gorge (three hours' drive away) and Litchfield National Park (around 90 minutes' drive from Darwin).

Mantra on the Esplanade offers everything from hotel rooms to multi-room apartments complete with kitchen and laundry. The hotel is located on the waterfront and facilities include a restaurant and bar, outdoor pool and day spa. Within the city, you can indulge in a fresh seafood dinner, go fishing or enjoy some retail therapy.

More info: Rates start from around \$576 for a three-night package, which includes accommodation in a one-bedroom city view apartment. Visit www.mantra.com.au.



HILTON MELBOURNE SOUTH WHARF, VIC

Melbourne exudes a certain charm – from its historical buildings to its arts and culture scene. And while that might sound boring for the little ones, the city

also has plenty of activities to keep the kids entertained.

For starters, hop on a tram (around the city circle it's free!). Little sports fans will love the National Sports Museum, housed inside the halls of the MCG, where they can test their sporting prowess with interactive exhibits as well as memorabilia from some of Australia's greatest sporting heroes.

The Hilton South Wharf is a great base from which to explore the city, offering family-friendly two-bedroom suites. The hotel, located on the Yarra River, is just a short walk to many attractions including Sea Life, Melbourne's aquarium. (And for mums, DFO South Wharf is right next door for a quick spot of outlet shopping!)

More info: Rates at the Hilton South Wharf start at \$615 a night for a two-bedroom suite. Visit www.hiltonmelbourne.com.au.



AVENUE HOTEL, CANBERRA, ACT

There's plenty to see and do in our nation's capital, and most of the sights are within close proximity, making it the perfect spot for a family weekend away. The Avenue Hotel is a lovely place to stay, with spacious, modern rooms and apartments, located just a few kilometres from the city centre.

As far as activities go, Questacon is a must-visit for mini budding scientists and is free for kids under four. The National Arboretum is a beautiful natural space for all kids and has an excellent playground and family-friendly cafe.

Other highlights in the capital include the National Museum of Australia, Tidbinbilla Nature Reserve with lots of walking trails, and Cockington Green Gardens, which features a model village and miniatures of iconic buildings from around the globe.

More info: Rates for the Family Fun Special start from \$314 per night for a two-bedroom apartment, brekkie and entry to Questacon. Visit www.avenuehotel.com.au.



BIG4 ADVENTURE WHITSUNDAY RESORT, AIRLIE BEACH, QLD

This multi-award-winning destination is hugely popular with families as it caters for kids of all ages. You have the option to choose from a wide range of affordable accommodation options, from camping to luxurious three-bedroom condos. There's also plenty for kids to see and do, and the majority of activities on offer are free. The resort boasts a 32m pool – the largest in Airlie Beach – tennis court, animal park, adventure playground and two jumping pillows.

If you want a break from the littlies, the resort offers Toddler Time sessions for kids aged 18 months to five years, and a Kids Club for children aged four to 12 years. The kids will have a blast making new friends and enjoying games and arts and crafts sessions in a safe environment, while mum and dad relax by the pool.

There's so much to do you probably won't even need to leave the resort, but if you do feel like a change of scene, you can explore Airlie Beach, which has more than 50 cafes, bars and restaurants to choose from, as well as weekly markets and self-drive tours in the surrounding rainforests and beaches. And of course, the Great Barrier Reef, Whitsunday Islands and beautiful Whitehaven Beach are just a short trip away.

More info: Two-bedroom luxury cottages start from \$195 per night. Visit www.adventurewhitsunday.com.au for a range of specials and packages. ●

