

Advice for travelling with kids

To have pleasant family holidays for everyone, parents and children, we offer a series of advice that might be useful on your trip:

- Get your vehicle ready in time in order not to make the group wait.
- Always carry enough food and water, even though the trip is expected to be short, because you might meet trouble on the road.
- Have music in the car to entertain the youngest, better songs to be sung in a group.
- Carry games (cards, chess, ludo, etc.)
- Wear suitable clothing for travelling by car: wear flip flops in the summer, cap, sun cream and towels on the seats; in the winter carry a blanket and an extra jersey out of the luggage compartment, as the air conditioning or the heating could fail.
- Keep baby's kit and the food bag at hand..



Sun protection

- Children's skin is particularly sensitive so it is always better to use high sun protection.
- Apply the photoprotector to dry skin 30 minutes before sun exposure, never on the beach or the mountain. Use it even when it is cloudy. If you swim, apply the sun protector once more.

- Protect heads with a hat or cap, eyes with sunglasses and lips with a sun protection stick.
- In the summer avoid direct exposure to the sun between 11 a.m. and 3 p.m., and drink constantly.



Trips with children

- **By plane:** If the trip is a long one, air companies generally have a children's menu and entertainment (cut-outs, dolls, etc.) to distract the children during the flight. Have their favourite toy, a story, and bottle with water, etc. in the hand luggage. The under 12s usually have discounts on air tickets, depending on the destination and the company.
- **By train:** On train journeys, the under fours normally travel free, provided they do not occupy a seat. Those who occupy a seat and the under 12s will have a reduction on the adult ticket, depending on the journey.
- **By ship:** On some journeys, children up to two travel free if they do not occupy a seat, and the over twos and under 12s pay 50%, except in the case of special rates.



Cycling with children in the hills

You must ensure that the bicycle is of the right size for each child. When cycling in complicated areas, you must wear a helmet, gloves and other essential safety elements.

If the children are young or you prefer to take them with you on your bicycle, traffic regulations allow you to carry them in approved seats when they are under seven, provided the rider is of age.



Essential materials for going to the mountains with the family

In the mountains it is best to wear boots, carry a bottle, windcheater, coat, cap and sun cream, amongst other things.