



FAMILY FIT

CHILD-FRIENDLY CAMINO WAY

January is the month when most of us start mulling over our fitness regime and – let's be honest – gym membership isn't for everyone. If you want to get the entire family active in the new year why not save your pennies for a holiday that's less about pool-side inertia and more about old-fashioned aerobic exercise through a sun-kissed landscape. Camino Ways, the walking and cycling holiday specialists, are now offering child-friendly, family breaks along the Camino de Santiago. Camino Ways are

now giving families the chance to cycle the last 100km stretch, over the duration of one week. This is broken down into 20km per day which means that your wee ones can enjoy it without recourse to doping in order to keep up. This cycle starts in Sarria and ends at the Cathedral of Santiago with accommodation, bike hire, breakfast and dinners included in the price. *From €690 per adult (excluding flights) with heavily discounted offers for children. To book, tel: (01) 525 2886 or visit www.caminoways.com.*

