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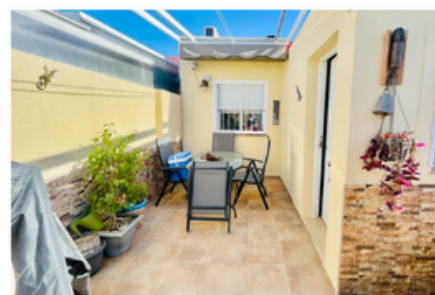


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How to Feed Vegetarians at a BBQ

"the range of vegetarian and vegan products in Spain is growing fast"

BBQ's are part of the culture when you live in a sunny country such as Spain, but not all of your guests might be meat-eaters. Here's our top tips for feeding vegetarians at a BBQ...

The sun comes out and so does the BBQ, it's a summer tradition especially here on the Costa Blanca, but the days of throwing a few burgers and sausages on the barbie are well and truly over as more and more of us look to plant based meals. The good news is, there is now a growing range of products available globally, and Spain is no exception. Although somewhat behind other countries, the range of vegetarian and vegan products in Spain is growing fast, and most supermarkets now offer a selection of alternatives to everything from burgers to hotdogs, perfect for the barbeque.

A little note of concern, before we begin. Caution must be exercised when cooking for vegetarians or vegans, so as not to contaminate the food with animal-based products, so a separate barbeque, or dedicated space, if it has been cleaned sufficiently, will be required for cooking. Meat fat splashes are the last thing we want on vege food.

Halloumi Kebabs

Everyone loves halloumi! And this firm and tangy cheese was made to be tossed on the BBQ. Cut into chunks and layer onto metal skewers with red and green peppers, red onions and courgettes. But if you're a bit of a purist then the best way to eat halloumi is on its own, straight off the grill! Halloumi is available in many supermarkets in Spain, although it is sometimes not described by the name, so you might want to pay close attention to the packaging.

Plant-Based

There are now many plant-based and TVP alternatives available in supermarkets in Spain. The Vegetarian Butcher has recently signed a distribution deal with Carrefour, but Garden Gourmet is also a very popular and widely-available brand, with burgers, and sausages, perfect for the BBQ, as well as "meat"balls, and more.



Although fish-based products may not be a typical barbeque choice, Findus distribute fishless fingers through Spanish supermarkets, and the Heura brand even have battered fishless fillets, as well as other options like chicken pieces and pretend breasts, as well as sausages, including the Spanish favourite, Chorizo.

Stuffed Peppers

Peppers on the BBQ are sweet and smoky just as they should be, but rather than filling with meat you can add an array of delicious veggie fillings. Couscous makes a perfect, although sometimes messy, alternative to meat, but rice, veggies and cheese also work really well...or try a mix of all the above to really tantalise the taste buds.

Sweet Treats

Despite its associations with meats and savouries, a BBQ is a great way to enjoy a number of sweet treats that all your guests will enjoy. Slice watermelon into medium sized wedges and place on the grill. Sprinkle it with brown sugar, mint and feta (checking that the feta you use is suitable for vegetarians, and

it will most certainly not be for vegans) as they slowly char over the flames. Pineapple is a fruit that works well for a BBQ. Cook and drizzle with a little honey (but not for vegans) or maple syrup (again, check that it is suitable for vegetarians or vegans, as the manufacturing process sometimes uses animal-based products).

A Little Inspiration

The Unión Vegetariana Española has some great recipes with a Spanish feeling on their website, and although they are in Spanish, you can of course use a translator such as Google translate. Similarly, as we mentioned their brand, Heura also offers recipes, which are in English this time, and although obviously based around their products, might offer a little slice of inspiration.





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Keeping Your Dog Cool in Summer

As temperatures heat up this summer, we must remember the needs and comfort of our furry companions. Dogs can suffer heat stroke and other health conditions related to heat; therefore, it's crucial that pet owners take measures to keep your dog cool in summer.

Summer is an enjoyable season and ideal for making memories with your dog, but heatstroke can be dangerous if they fail to remain cool enough.

Here are a few effective strategies and practical advice on keeping your pooch comfortable during these scorching temperatures, but you should always check with your vet for the best way to look after your pet. We will explain how providing proper hydration and shade, utilising cooling accessories, and creating a dog-friendly environment, can help, to ensure your dog stays comfortable and protected from the summer heat. By implementing these strategies, you can enjoy the season while keeping your dog happy, healthy, and cool.

Create a cool spot in your home

Create a cool spot in your home for your pet to stay cool during the heat of summer by creating an oasis for them, whether that means providing them with their own pet bed or finding somewhere out of direct sunlight and wind that provides some shelter from it all.





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10 GET SET FOR...

Regular grooming of your pet will help remove any tangles or mats that trap heat, as well as allow the fur to breathe more easily, keeping them cooler overall.

Your pup can benefit from sleeping under a cooling blanket as they help remove excess body heat. This is particularly helpful for breeds such as Boston terriers which have difficulty controlling their temperatures and are at greater risk of heat stroke.

Keep them hydrated

One of the key steps you can take to keep your dog cool this summer is providing ample fresh water. Dehydration is a serious threat for dogs and could result in heatstroke that could prove fatal.

Place several large bowls of water around your home and garden and remember to check and refill them on an ongoing basis. Additionally, using pet-safe frozen treats like Lickimats or Kongs may encourage your dog or cat to drink more often.

When on a walk or hike, take a collapsible pet water bowl and bottle of water so they can drink as needed. Brachycephalic breeds are more prone to heatstroke and therefore will need additional fluids than other kinds.

Check the floor

The sun can be harmful to both dogs' skin, feet, and pads. To safeguard their feet from this danger, ensure they avoid walking on hot pavements or roads that could burn their delicate feet and cause blistering.

Check the floor by feeling the temperature. If it's too hot to touch, it will be too hot for your dog.

Dogs tend to find it harder than humans to stay cool in hot climates; instead of sweating through pores, their foot pads sweat instead. You can help your pet by spraying water from either a garden hose or an iced-water bottle filled with cold water from time-to-time.



Keep them in the shade

As temperatures heat up, it is vital that your pet remains as shaded as possible to help him or her remain cool and avoid sunburn or heatstroke.

If you plan on bringing your pup along on an outing or beach visit, ensure there will be sufficient shade and fresh water available so they can drink. Because dogs have less sweat glands than people do, overheating may occur more quickly as their panting helps cool themselves.

Spraying your dog with a hose is an excellent way to lower their body temperature and have fun together, as we have said, but be careful not to overdo it as too much sprayed water could leave skin irritation behind.

Take them for a swim

Dogs love playing in water, and it is an effective way for them to cool off. A paddling pool in your backyard or beach trip are fun activities you and your pup can share together; just make sure not to expose them to extremely cold waters which could result in hypothermia for both of you.

Some dogs, particularly smaller breeds with shorter coats can quickly succumb to hypothermia. Shivering and thrashing may begin shortly thereafter, and it is essential that ocean water does not get into their system which could make them very ill.

If your pup is new to swimming, get them comfortable by encouraging and rewarding shallow waters with you. Over time they should become more confident in taking their first dips into deeper bodies of water.



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Discover the Top Beaches on the Costa Blanca



The Costa Blanca is a picturesque stretch of coastline in the Alicante province of Spain, located in the southern part of the Valencia Region on the east coast of the country.

The Costa Blanca spans over 200 kilometres of coastline, with a mixed array of stunning beaches that cater to every preference, from bustling urban shores to secluded wild coves.

Whatever you are looking for on a beach, whether a relaxing dip, water sports, nature or nudism, the Costa Blanca has something for everyone.

Playa de Levante, Benidorm

A Family-Friendly Paradise

Playa de Levante is a popular Blue Flag beach in Benidorm, known for its golden sands, crystal-clear waters, and safety and security. This makes it a perfect choice for a family holiday on the Costa Blanca. The pedestrianised promenade running along the top of the beach offers plenty of amenities, including restaurants, bars, and playgrounds for children.

Water Sports and Activities

Aside from sunbathing and swimming, Playa de Levante is a hub for water sports and activities. Visitors can try their hand at parasailing, jet skiing, and even banana boat rides, providing endless fun for the whole family.

Playa de San Juan, Alicante

A Pristine Beach Experience

Located in the north of Alicante, Playa de San Juan is an immaculately clean beach that stretches for 5 kilometres. The Mediterranean waters here offer a warm, inviting swimming experience. The beach is easily accessible by foot, public transport, or car, with ample parking spaces available.

Facilities and Amenities

Playa de San Juan is well-equipped with facilities such as toilets, showers, and disabled access. Additionally, it boasts an 18-hole golf course nearby, making it an excellent choice for golf enthusiasts looking to combine their love for the sport with a beach getaway.

Playa de San Juan, Alicante

Cala Ambolo, Javea

Embrace Nature

Cala Ambolo, located in Javea, is one of the Costa Blanca's best nudist beaches. This secluded cove offers 300 metres of shoreline, with a mixture of shingle and pebbles. The crystal-clear waters provide the perfect opportunity for visitors to check their tanning progress and enjoy a refreshing swim. Access is the problem here though, and the beach had been closed due to a risk of landslides.

Snorkelling and Scuba Diving

Cala Ambolo is a popular spot for snorkelling and scuba diving, thanks to its abundant marine life and underwater caves. The beach's remote location and lack of amenities mean visitors should come prepared with food, drinks, and other essentials for a day of exploration and relaxation.

Playa de la Fossa, Calpe

A Beach with a View

Playa de la Fossa, situated in Calpe, offers a unique beach experience with stunning views of the Penyal d'Ifac, a dramatic limestone cliff that emerges from the sea. This scenic backdrop, combined with the beach's golden sands and clear waters, make it a must-visit destination on the Costa Blanca.

Fishing Expeditions and Activities

In addition to sunbathing and swimming, Playa de la Fossa offers fishing expeditions for visitors who wish to try their hand at angling. The beach also features a range of activities, such as beach volleyball, making it a great spot for active holidaymakers.



Cala Ambolo, Javea

Cala Finestrat, Benidorm

Tranquillity Near Benidorm

Located just 3 kilometres from the lively resort of Benidorm, Cala Finestrat offers a more peaceful beach experience. This sheltered cove is a popular choice for families seeking a quieter spot away from the noise and crowds of the main tourist areas.

A Beach for All Ages

Cala Finestrat provides a range of amenities, including restaurants, bars, and shops along the promenade. The calm waters and gentle slope of the beach make it an ideal location for children to play and swim safely.

Playa del Postiguet, Alicante

A Blue Flag Beach with a View

Overlooked by the iconic Castillo de Santa Barbara, Playa del Postiguet is Alicante's main city beach. This Blue Flag beach features golden sands, calm waters, and a picturesque palm-lined promenade perfect for daytime strolls.

Enjoy Alicante's Beach Life

Staying in a villa near Playa del Postiguet allows visitors to enjoy easy access to the beach, with the opportunity to step off the promenade onto the sand and dive into the refreshing waters. The beach's close proximity to Alicante's city centre means that visitors can enjoy the best of both worlds: urban exploration and beach relaxation.

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Quesada Ladies



Playa del Postiguet, Alicante

Playa del Portet, Moraira

A Family-Friendly Shell-Shaped Beach

The shell-shaped Playa del Portet in Moraira is a favourite among families. Located between the harbour and the Torre de Vigilancia del Cap d'Or, this beach offers a safe and relaxing environment for visitors of all ages.

Beachside Refreshments

After a day of sunbathing or splashing in the sea, visitors can enjoy a cold drink or a meal at one of the bars and restaurants located above the beach, offering stunning views of the coastline.

Playa del Albir, Altea

A Quieter Alternative to Benidorm

For those staying in a holiday apartment in Benidorm, Playa del Albir is a nearby beach that offers a more peaceful alternative. Although it can get busy during the summer months, it is generally less crowded than Benidorm's urban beaches.

Morning Calm and Afternoon Waves

The sea at Playa del Albir is generally calm in the morning, making it perfect for a refreshing swim. However, the afternoon can bring waves, offering a fun change of pace for visitors seeking a more thrilling beach experience.



Playa del Albir, Altea

Playa del Moraig, Benitachell

A Diver's Paradise

Located near Javea, Playa del Moraig is a beautiful cove in Benitachell, popular among cave divers and snorkelers. The beach's main attraction is its underwater world, where visitors can explore marine life and caves beneath the surface.

A Beach for Adventure Seekers

Visitors staying in a holiday villa in Javea can easily access Playa del Moraig for a day of adventure and excitement. Whether exploring the underwater world or simply relaxing on the beach, this hidden gem offers a memorable experience on the Costa Blanca.

What's Your Favourite Costa Blanca Beach?

In conclusion, the Costa Blanca offers a diverse selection of beaches to suit every taste and preference. From bustling city shores to secluded coves, there is truly something for everyone on this beautiful stretch of coastline. Whether you are seeking relaxation, adventure, or a family-friendly escape, the Costa Blanca's top beaches are sure to provide the perfect holiday experience.



Playa del Moraig, Benitachell

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THE BEST ROAD TRIPS AROUND SPAIN

Spain is a diverse and culturally rich country, catering for most tastes, from city breaks to beach holidays, and even top skiing destinations, but that diversity can be experienced to the full by taking road trips around Spain.

The road network in Spain is linked by motorways and secondary roads throughout the country, as well as those off-track routes that are seldom explored, and with over half a million square kilometres of terrain, it's hard to choose where to begin, but here are three top routes to try that offer a bit of that cultural diversity.



Road Trips Around Barcelona

One of the most attractive road trips takes you around Barcelona. Though Catalonia argues independence from Spain, it is still part of the country, and offers plenty of places to visit, such as the Santuari del Miracle in Solsonés (Lleida) or the town of Cervera, the birthplace of Marc Márquez, with an enormous medieval and modern heritage.

Another good idea is to visit the different regions and towns of Catalonia by car, such as the Bages region with towns like Mura or Cardona and La Segarra, with towns like Olujas or Guissona, among others.



The N-340

Moving away from Barcelona, the N-340 is a main road connecting Barcelona and Cádiz. It was once the longest national highway in the country, and continues to maintain its charm, following the old route of the Via Augusta, the longest and busiest of the major roads built by the Romans in ancient Hispania. The road takes in the entire Spanish Mediterranean, including Andalusia, the Valencian Community, Murcia and Catalonia, with spectacular landscapes and a vast historical heritage.

Ruta de la Plata

Another mythical route is the Ruta de la Plata. With a length of 810 km, it also goes from north to south, although on this occasion, from Gijón to Seville. Also based on a Roman road, the current A-66 motorway runs through Asturias and its landscapes, Castilla y León with its medieval and ecclesiastical heritage, Extremadura with its gastronomy and Roman remains and Andalusia, ending in the unmistakable Seville.

Around Andalusia by car

Andalusia is one of the largest communities in Spain and one of the best for routes and trips by car. All the provinces have interesting places to see and explore by car, such as Malaga, with its beaches, and towns like the city of Ronda, perfect for taking pictures.

If you go to Almería, you have the Alcazaba and Cabo de Gata, but if you prefer nature, you will love the Doñana National Park in Huelva.

To bathe and reach the Atlantic, we recommend Cádiz and Jerez de la Frontera, with their wines and gastronomy. In Seville you will see monuments such as the Alcázar and the Giralda, as well as the famous Plaza de España. If you go to Córdoba, you will see the Mosque-Cathedral and its Alcázar, while in Granada you have the Alhambra. Finally, there are other interesting places, such as Úbeda and Baeza (Jaén), which are World Heritage Sites, as well as all the Mediterranean beaches.

The N-2

Heading back into the landmass, with a 780 km route, the N-2 road goes from Madrid to La Junquera, being one of the longest in Spain. Transformed into the A-2 highway, it runs through Alcalá de Henares, Guadalajara, Zaragoza, Lérida, Martorell, Barcelona, Girona and La Junquera, which is right at the border crossing to France. Five autonomous communities and a long journey await you, but full of surprises.



Tips for traveling around Spain by car

Before embarking on a road trip, you should take into account certain things to ensure your safety. The first thing is to plan the trip, checking the weather before leaving and the state of traffic, to avoid surprises. You can do this by consulting the Spanish traffic authority, the DGT, where live traffic advice is published in real-time. Sleep well and choose the least busy hours to avoid traffic jams. Remember to rest for the recommended time, dividing the longest trips into stages.

When traveling, don't leave anything behind, but don't load the car unnecessarily either. Too much luggage increases fuel consumption and puts more pressure on the wheels and tyres. Distribute the load well and avoid loose objects by making sure everything is secure.

Make sure the car is in good condition before leaving, especially if the route is long. Check the tyre pressure, the state of the engine, the oil levels, screen wash, the state of the battery, among others, or visit your local garage or workshop for them to carry out a check on your vehicle, explaining that you plan a road trip, and so they can adapt the checks and maintenance accordingly.

During the journey, pay close attention to the road and road signs, as some of them may be unusual. It is important that you comply with traffic laws at all times, so to do so might require a bit of research beforehand to make sure there are no surprises that could cost you dearly in the event of a traffic fine.



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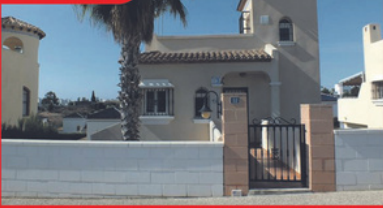
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5 TOP TOURIST ATTRACTIONS IN SPAIN



There are so many to choose from, so we have sat down to work out the 5 top tourist attractions in Spain! Spain is an alluring nation renowned for its long history, vibrant culture, and breathtaking landmarks. With our top five popular destinations in Spain article, we take you on an online virtual tour of some of its iconic tourist spots that should be on any traveller's itinerary.

Spain has long been one of Europe's preferred vacation spots, boasting bustling cities, stunning beaches and rich cultural traditions that draw millions each year.

Get ready to explore the picturesque town of Ronda, marvel at the monumental Valley of the Fallen, immerse yourself in the Guggenheim Museum, discover the surreal art at the Salvador Dali Museum, and be enchanted by the fortress of The Alhambra. Join us as we delve into the beauty, history, and allure of these remarkable destinations in Spain.

"The Valley of the Fallen houses over 33,000 remains"

30 GET SET FOR...

1. Valley of the Fallen

The Valley of the Fallen (El Valle de los Caídos) is an unnerving 20th-century memorial honouring those who died during Spain's Civil War. Commissioned by General Francisco Franco, its crypt houses bodies belonging to both Nationalists and Republicans alike topped with an enormous cross.

This monumental mausoleum, basilica and crypt is situated near Madrid in the mountains to serve as an everlasting reminder of Spain's three-year civil war and all of its horror.

The Valley of the Fallen houses over 33,000 remains, and more are discovered annually. Most are suspected to be Nationalist soldiers, but many remain unidentified - an eye-opening memorial and lesson on Spain's complex history.

Part of Royal Monastery and Basilica of El Escorial which has been listed by UNESCO World Heritage as well.

2. Guggenheim Museum

Bilbao in Basque country is home to an iconic Guggenheim Museum designed by architect Frank Gehry. The titanium-clad building has become an icon of Bilbao and an extremely popular landmark attraction..

The museum was first opened in 1997 by King Juan Carlos I, with an exhibition of 250 contemporary works of art.

The Guggenheim Museum is accessible and has entrances adapted for access. Children are welcome in the museum and they make special provisions for providing information for groups with kids.

The museum also features a restaurant, cloakroom and library.

"Guggenheim Museum designed by architect Frank Gehry"

3. Salvador Dali Museum

Salvador Dali Museum in Figueres is one of the world's largest surrealist art museums, designed by its namesake Spanish artist himself over an eleven-year period to transform an old hometown theatre into an exhibition hall for his remarkable artworks.

From the outside, the Museum-Theatre appears like an eye-catching work of art: Renaissance-style eggs adorn its roofline while mediaeval castle-like walls boast artistic little dimples that resemble loaves of bread (Dali was fond of baking bread for his meals).

Purchase tickets to the Dali Museum online before your visit for best prices and to skip long lines. Guided tours are also available, and visits can also be arranged to his home in Portlligat near Cadaques as well as his coastal retreat in Pubol Castle which he shared with Gala.

4. The Alhambra Palace

The Alhambra Palace in Granada is one of Spain's premier tourist spots, yet with such immense popularity comes large crowds that make it hard to fully enjoy all that this stunning structure has to offer.

The Nasrid Dynasty constructed this remarkable fortress complex that was then inscribed as a UNESCO World Heritage Site in 1984. The complex includes palaces, gardens and Alcazaba fortress which provide breathtaking views and experiences for visitors from around the world.

Plan to spend at least half a day discovering the Alhambra. Travellers who



have visited have advised it is wise to purchase tickets early as tickets often sell out during popular touring dates. Also keep in mind it can be quite an uphill trek from the Albaicin neighbourhood to the palace complex; bring plenty of water and wear appropriate footwear.

5. Ronda

Set high above an expansive gorge, Ronda makes for an incredible day trip from Malaga or Seville. Ronda's main drawcard is its Puento Nuevo (New Bridge), an 18th century behemoth which spans El Tajo Gorge - it has even made it onto postcards!

Ronda's old town is a winding maze of cobbled streets whose personality can be traced to Ronda's 800-year tenure under Moorish control. Explore its narrow alleyways for sections of old walls, white-and-yellow painted churches and hidden tapas restaurants.

Plaza de Toros, Spain's oldest bullring, is another major draw. While only one bullfight is held annually here now, you can learn about its rich history while

admiring Jose Martin Aldehuela's arena design - who also created Puento Nuevo!

Conclusion

In conclusion, the top 5 tourist attractions in Spain offer a mesmerising blend of history, culture, and artistic brilliance. No matter where your travel experience leads you - whether through Ronda's charming streets, visiting the Valley of the Fallen or diving deep into Flamenco music at its passionate heart; admiring Salvador Dali Museum or strolling The Alhambra halls; you are certain to leave with unforgettable memories from each destination.

From architectural marvels to artistic masterpieces, these attractions showcase the diverse and captivating essence of Spain. So pack your bags, embark on an adventure, and discover the magic that awaits in these remarkable Spanish destinations. Your journey through Spain's top attractions promises memories that will last a lifetime.

FIVE WAYS TO KEEP KIDS OCCUPIED ON A FLIGHT

Are you planning a family holiday and dreading the long hours on a flight with your little ones? Never worry at all because we've got you covered! In this article, we'll explore five effective ways to keep kids occupied and entertained during a flight.



From engaging activities and useful travel essentials to practical strategies designed to make the trip smoother and more enjoyable for you and your children alike, we will offer our expertise on making journeying with children a more pleasurable experience. Say goodbye to restless kids and hello to stress-free air travel with these creative ideas that will keep their minds engaged and their smiles shining throughout the flight. Let's dive in and discover how to make your next family trip a breeze!





1. Bring Your Own Fun

With an electronics ban in effect, parents may worry about keeping their children entertained on flights. But many airlines offer toys and games specifically for children.

Some great options for keeping children busy include travel sized versions of their favourite board and card games such as Scrabble and chess, which will keep them occupied for hours. Furthermore, consider getting something like a magnetic activity kit which will engage their fingers while teaching new skills.

Card games can also be an enjoyable pastime, particularly for older children. Try to extend their play time as much as possible; just be mindful not to pressure your child into winning every time!

Eye Spy is another fun and simple game that needs no explanation, but can help the time pass quicker on the flight.

2. Read a Book

If your kids can read, bring along some of their favourite books or comics as an exciting way to keep them occupied while on a plane. This will keep them engaged while providing something positive to do during flight time.

Books about your destination can offer a thrilling insight into the adventure ahead, whilst also being educational.

Recorded audiobooks are an excellent option for toddlers and young children on long flights, providing entertainment at a relatively inexpensive and light weight price. Not only will your child remain busy for the duration of the flight but can also practise reading and listening skills that are crucially important. Make sure your audiobook is downloaded to your device and not streaming, or you will not be able to listen to it without internet connection.

3. Get Technical

Provide entertaining distraction on a flight with a film on a portable DVD player! These lightweight devices boast long battery lives. Of course, mobile phones and tablets can also be used, but, like the audiobooks, make sure your film is downloaded to the device before you switch on aeroplane mode.

If you give your child access to a mobile phone or tablet, you can also preload apps to keep them busy. There are games, applications, and film players to suit all ages. As mentioned though, be sure the apps can be used without a connection.

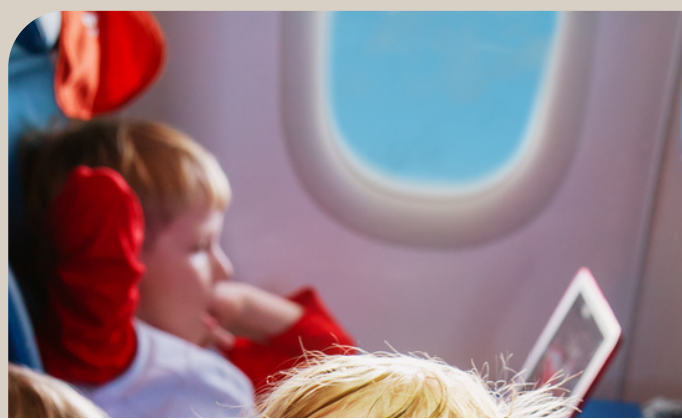
4. Finger Fun

Although you may never have considered it, finger puppets can be a fun way of entertaining kids on a flight, as kids of all ages love them and they take up minimal space in your luggage. Your children can retell stories or play games while adults relax and watch movies!

Stickers and sticker books can keep children entertained during flight - just make sure they do not contain loose parts that could end up on other passengers' seats! Stickers or window gel clings may be easier for using on bags, papers, the tray table, or windows than painting! Remember not to let your child post stickers on the aircraft though, as airlines don't like this.

5. Sleep

We spoke about keeping a child occupied, but of course another option is sleep! The sounds and atmosphere during a flight can be conducive to sleep, for people of all ages, but if this is something you might consider, you could take along a blanket, favourite soft toy, and other comforts of home, to make the experience more comfortable.





In conclusion, keeping kids occupied on a flight doesn't have to be a challenge. Implement these five strategies and you will guarantee an enjoyable, stress-free travel experience for you and your entire family. Remember to pack a variety of engaging activities, such as colouring books, puzzles, and handheld games, to keep their minds occupied.

Utilise technology wisely by preloading their favourite films or educational apps on a tablet or smartphone. Snacks, comfort items, and frequent stretch breaks are also essential for maintaining their well-being and preventing restlessness. With proper planning and a little creativity, you can turn a long flight into an opportunity for fun and bonding with your children. Be ready when embarking on your family adventure to make both its journey and destination thrilling experiences!

BEST BEACH PICNIC TIPS

Here, we offer our tried and tested top tips for a perfect beach picnic, whether you plan to enjoy refreshing fruit salads or savoury sandwiches and portable snacks, we'll help you pack for a picnic that ensures convenience on the sandy shores. So, grab your sunscreen, beach towel, and appetite as we dive into the world of the best beach picnic tips!

When it comes to enjoying a day by the beach, nothing beats a delightful picnic filled with delicious food and the sound of crashing waves. Selecting appropriate picnic foods will create an unforgettable experience whether you are going on a romantic date, spending quality time with family and friends or heading down to the beach with colleagues.

"If you're planning on bringing dessert, be sure to choose something that won't melt quickly"



1. Bring a Blanket or Quilt

As any beach lover knows, nothing beats enjoying an enjoyable picnic under the sunshine and sand between your toes. Unfortunately, beach picnics can be tricky without benches or tables for support.

Bring a blanket or quilt for sitting on to help avoid getting any sand into your food and drink. Not only will this create an area to relax in, but it will also serve to mark off your dining area to keep sand away from snacks and drinks!

If you're planning on bringing dessert, be sure to choose something that won't melt quickly - cookies or brownies make delicious options that won't succumb to heat!

2. Bring a Cooler

Beach picnics can be the ideal way to spend an enjoyable afternoon. In order to ensure its success, it's essential that a few key considerations be kept in mind when organising one.

Prepare meals ahead of time to avoid soggy sandwiches or food that becomes soggy in transit, including packing cold or room temperature dishes that work well as lunch options.

Bring along a cooler to store drinks and snacks; this will keep everything chilled while also deterring seagulls from preying upon it. Water is essential at any picnic, so freeze your bottles the night before to use as ice for your cooler. This way, your beverages will stay refreshingly cool all day long.

3. Bring Napkins or Hand Wipes

An outdoor picnic is a special event and paper napkins can add the finishing touch. An ample supply of hand wipes will come in handy to avoid messy hands after diving into delicious picnic food and can also help wash away saltwater from feet after splashing around in the sea.

4. Bring a Chair

Beach and picnics go hand in hand, but when packing for some people, sitting on the sand, or a blanket, can pose additional challenges.

Beach chairs offer an alternative to sitting on the floor, and you can also consider a table, although you will have to remember that you have to carry all of this to your beach location.



5. Bring Your Own Shade

As well as a chair, or chairs, shade can be essential on the beach, as protecting ourselves from the harmful effects of the sun is crucial. Sun cream is a must, but you can also take along shade in the form of a parasol, but they are not ideal on a windy day. You can get special devices to secure the parasol to the ground, but these too can sometimes break loose. Another alternative is a plastic bag that you can fill with sand and secure to the umbrella.

An alternative to a parasol is a beach tent. These can be purchased from sports shops, and other stores, and can usually be erected in seconds, offering both shelter from the sun and the wind at the same time.

6. Bring a Dessert

Beach days don't feel complete without some delicious sweet treats to enjoy on the sand. Try to steer clear from melting-prone treats like chocolate or ice cream; find something more hands-on like cookies or brownies instead.

Fresh fruit is another option, especially those with more of a water base, like melons. Try this veggie-packed option which is both healthy and vegan-friendly!

The beach offers the perfect backdrop for a memorable picnic experience. By following these top tips, you can enhance your seaside adventure and create lasting memories with family and friends.

Whether you opt for refreshing salads, tasty sandwiches, or indulgent snacks, remember to pack them in a beach-friendly manner and consider the convenience of portable containers and utensils. Don't forget to bring along sunscreen, beach blankets, and games for added enjoyment. Remember to take all of your rubbish home with you too.

So, grab your picnic basket, head to the sandy shores, and savour the flavours and relaxation of a beach picnic.





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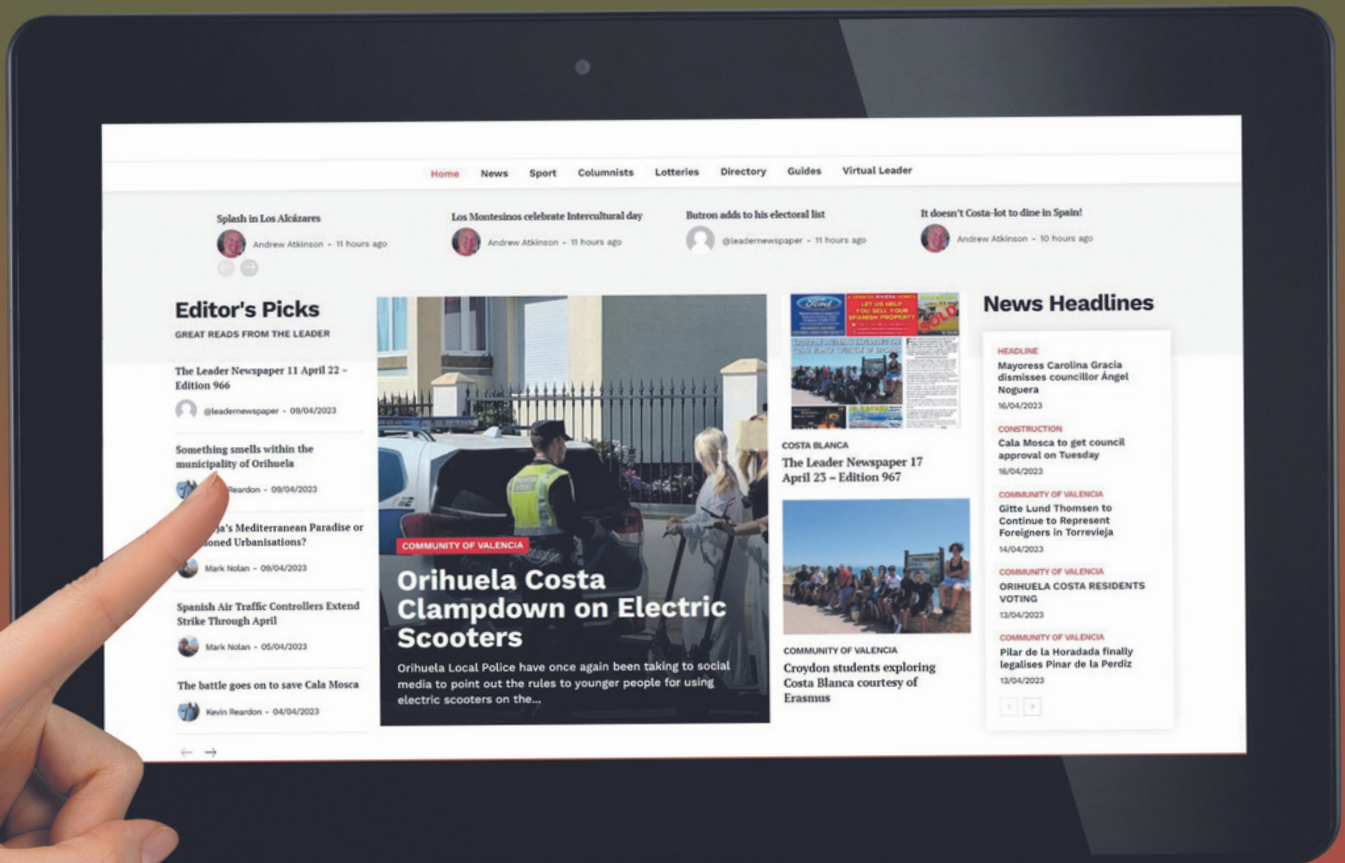
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