

Travel companies are wising up to creating breaks for kids and busy dads or single dads. Here's how to spend quality time together – without an amusement arcade in sight

A voyage round my father

PROMENADE DES ANGLAIS

With the young explorers

With the ever-present lure of the Nintendo Wii, getting the kids to strap on their walking boots can be a challenge. But specialist walking holidays operator Upland Escapes has a cunning plan: an active week based around small villages in France's Mercantour National Park gets the kids active while dad soaks up some fresh air and spectacular mountain scenery.

Trips are designed with families in mind, so there are flexible departure dates, no high-season supplements charged during school holidays – and the support of the Upland manager, who is based in the same village as you. Not only that, but Upland Escapes promises the transfer time from Nice will be a maximum of two hours. Every child gets a personalised Upland Explorer activity pack which includes local phrases, a map of the village, and animals and flowers to spot on a selection of self-guided or escorted walks. Away from the nature trails, there are cycling routes, climbing, bungee jumping and horse riding – but not a Wii in sight.

The package: Upland Escapes offers seven-night breaks from May to October with adult prices from £615pp not including flights and a 25% discount for children aged 2-11, based on two people sharing a twin room on a B&B basis. The price includes daily packed lunches, hire car, three escorted walks per week and children's Upland Explorer packs. For further information call +44 (0) 1367 851111 or visit www.uplandescapes.com

→ bmi flies direct to Nice from London Heathrow.
For more information and to book, visit flybmi.com