

## TOP PARENTING BLOGGERS SHARE THEIR 8 BEST BABYMOON BREAKS

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Being pregnant is hard work. The constant nausea, sleepless nights and lack of energy can really start to take a toll on your body. And then there's the person actually carrying the child...

All jokes aside, being pregnant is tough, even for the dutiful partner. In recent times, an increasing number of parents-to-be are choosing a relaxing getaway before their little bundle of joy arrives. After all, it's likely to be their last hurrah before their entire world changes forever.

But where to go on this pre-baby adventure? Somewhere thought-provoking and sophisticated or a place for some unadulterated 'you time'?

To help with this dilemma, 8 top parenting bloggers share their favourite locations for a brilliant Babymoon break.

## KYOTO, JAPAN

*“Visit the historic geisha district of Gion to explore well-preserved temples and shrines”*



*Photo credit: Keryn Means*

“A Babymoon to Asia may not be at the top of everyone’s list, but a trip to [Kyoto](#), Japan is a must. The city is perfect for women who need to stretch their legs, but don’t want to tackle too many hills. Spring and autumn are the best times to visit as the temperatures are mild and you can see the cherry blossoms or autumn leaves in all their glory. Pop into one of the department stores for a basement full of French pastries and visit the historic geisha district of Gion to explore well-preserved temples and shrines.”

– Keryn Means of [Walking on Travels](#)

## KENT, ENGLAND

*“From Canterbury Cathedral to the White Cliffs of Dover, it’s an idyllic destination for your last romantic break”*



*\*Photo Credit: Phillip Hotson*

“When you say ‘Babymoon’ I automatically think R&R in the sun, but the reality is you normally forget until the last minute. A Babymoon is essential, even if it’s just a night away to reconnect and enjoy your time as a couple before the baby arrives. I’ve always loved [Kent](#), known as the garden of England; it’s romantic for a weekend and is, conveniently, in England! Steeped in heritage, the coastlines are breathtaking. From Canterbury Cathedral to the White Cliffs of Dover, it’s an idyllic destination for your last romantic break. It can be beautiful in the summer when the sun is shining, but equally, in winter, enjoy breathing in the Kentish air and snuggle up by the fire in a good old B&B.”

– Leonora Bamford of [My Baba](#)

## GREEK ISLANDS

*“The Cycladic Islands are so relaxed you can’t help but feel like you are well and truly on vacation”*



“There are so many things people tell you not to do when you are pregnant, like eat soft cheese or ski. But there are plenty of things you *can* do, and sitting on a gorgeous beach with a good book is one of my favourites. [Greece](#) is the perfect place for that. The Cycladic Islands are so relaxed you can’t help but feel like you are well and truly on vacation.

Greece doesn’t experience the coldest of winters, but for the best weather, and to find most restaurants open, visit between April and October. Avoid July and August if you aren’t keen on crowds.

You can also try out some of the lesser-known islands like Kythnos for a more authentic experience. Since you’re eating for two, Greece will agree with you. There is plenty of delicious, fresh Greek food, most of which is farm-to-table. Lie on the beach or soak your feet in a hot spring. Wander the small quaint towns in search of history or art or just to chat with the friendly locals. Visit beautiful churches. And lastly, join the Greek siesta in the afternoons, the perfect pregnancy downtime.”

– Erin Bender of [Travel with Bender](#)

## FLORENCE, ITALY

*“The best time to visit Florence is in spring or autumn”*



“Our favourite Babymoon pick for 2016 is Florence. The historic Italian city is just a two-and-a-half hour flight away from London.

Take a well-deserved Babymoon Break at the luxurious Villa Cora. With 46 rooms and suites, the Villa features a large heated outdoor pool, blissful Spa Bené, top cuisine and mesmerizing Bellevue rooftop terrace with awe-inspiring views over the city. The best time to visit Florence is in spring or autumn. Definitely check out the Shoe Museum of Salvatore Ferragamo and go for some prenatal shopping while you’re there.”

– Ilonka Molijn of [Babymoon Travel](#)

[Alternatively, find a fantastic Florence rental for your next trip](#)

## FLORIDA KEYS, UNITED STATES

*“There are so many amazing things to do and it’s warm all year-round”*



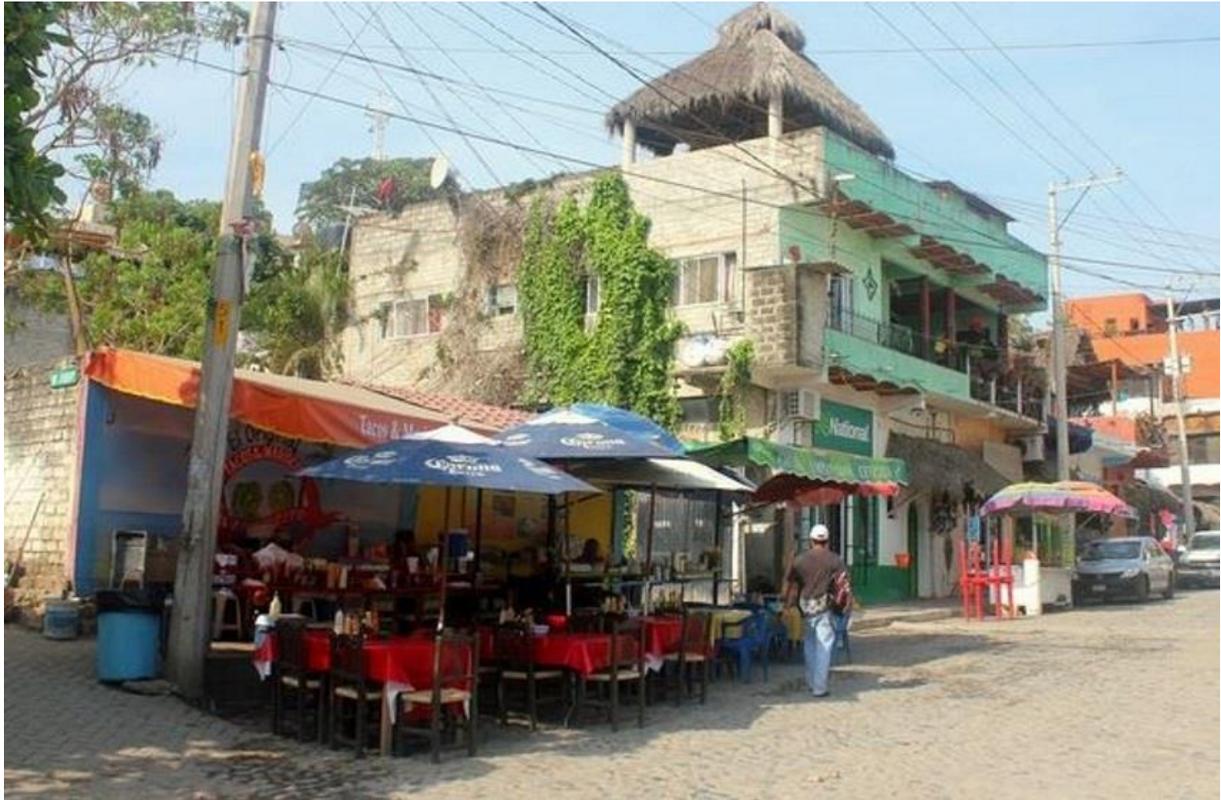
“For a babymoon location, I’d recommend the Florida Keys. There are so many amazing things to do and it’s warm all year-round. Plus, it’s perfect for getting away without the kiddies.

My biggest tip would be to do things that you know you can’t with young kids. While we visited, we had the chance to swim with dolphins. This was something I’ve wanted to experience for years and finally had the pleasure of doing with my hubby.”

– Marina K. Villatoro of [Travel Experta](#)

## SAYULITA, MEXICO

*“Surfing is the big attraction, but there’s plenty of water activities to keep you busy”*



*Photo credit: Cameron Wears*

“The appeal of [Sayulita](#) is that, unlike other Mexican resort towns, tourists can actually mingle with locals and eat and shop where they do. You can eat real tacos at streetside restaurants and pay the same price as the locals (well, most of the time).

The most popular time to visit is during the winter, from November to April. Another good time is October, before the busy season starts. But let’s get serious, there’s never a bad time to visit!

Here are a couple of useful tips on what to do while on a babymoon break. Like most coastal towns, Sayulita has a lot to offer beach lovers and water sport enthusiasts alike. Surfing is the big attraction, but there’s plenty of water activities to keep you busy, including standup paddleboarding, sport fishing, sailing, scuba diving and snorkelling.

If you visit during the winter months, from November to March, you may get lucky and spot humpback whales breaching from Sayulita’s shore.”

– Cameron Wears of [Traveling Canucks](#)

## PHOENIX, ARIZONA

*“Whether you just want to relax or visit the sites, there are plenty of options”*



“[Phoenix](#) is where I chose to babymoon before my daughter was born, and I definitely recommend it. It’s best to visit in the spring before it gets too hot – preferably before May. There’s so much to do – from dining at delicious restaurants to visiting top rated spas (with permission from your doctor, of course), and there are plenty of fantastic resorts to stay at.

Whether you just want to relax or visit the sites, there are plenty of options.”

– Jodi Grundig of [Family Travel Magazine](#)

## CARIBBEAN CRUISE

*“Try a couples massage, or a romantic dinner on your balcony”*



Photo credit:

“A cruise offers all of the amenities of a 5-star resort with the safety and security of a domestic destination. Not to mention fantastic food, a beautiful spa and world-class entertainment. Plus, with medics on board there is added peace of mind.

Any time of year is fantastic for a cruise, but winter is the ideal time to get away and escape the cold. While sitting in the sun at the beach won't be a high priority, relaxation and time together as a couple is. Try a couples massage, or a romantic dinner on your balcony. Get photos taken on formal night and enjoy the beautiful sea air. Rest, relax, rejuvenate and get ready for all the adventures a newborn has in store.”

– Kerrie Mendoza of [Family Food and Travel](#)