

Bonding for Mothers and Daughters

Holidays for mothers and daughters are becoming popular. Teenagers, grannies and moms- all benefit from getting away together to heal rifts and forge bonds.

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Mother and daughters, often sworn enemies, bury the hatchet away from home with all its pressures and discover the whole new person that a journey like this can reveal.

Mothers take their teenage daughters or their 75 year old mothers along. They share, laugh, cry and spend time together in a different place and space where their relationship is top of the agenda.

As these Mothers and Daughters tours have grown in popularity, a variety of tour operators have emerged, offering a range of options from package tours for mothers and daughters of all ages, to quiet and exotic getaways. Some mothers and daughters can only take a short break and others have plenty of time to linger. Traveling and sightseeing is on the menu in some instances and the menu is the subject in another when mothers and daughters go to cooking school in Tuscany. These tours different from normal family holidays, they are all about very special relationships – the ones between mothers and daughters.

Let's take a look at a few options:

Sights and Soul Travels offer a range of tours to Europe. *The Lisbon and the Silver Coast Tour* leaves in spring; there is a *London and Oxford Tour* in June, July and August. There are tours to Poland as well as late summer tours to Hungary and to Prague.

Not all of these are tours for Mothers and Daughters but they are all women only tours. The June tour to *London and Oxford* is the special Mothers and Daughters tour.

This isn't exactly a tour, but it is a great getaway for Mothers and Daughters of all ages. The Maya Tulum Wellness Resort & Spa offers a seven night amazing *Mind-Body-Spirit Program* that should soothe over any scratchy patches between mothers and daughters. Located on the Yucatan Peninsula in Mexico, visitors can do eco and adventure tours, meditation, massages and yoga or just settle in and be pampered together at Maya Tulum.

So, you've always dreamed about going to Tuscany; and you and your daughter (or daughter in-law) both enjoy Italian cooking? Well, the perfect thing for the two of you is to immerse yourselves in Tuscan cuisine while living at the gorgeous Casa Ombuto villa in Italy. This top grade Italian cooking school is run by Paola Baccetti at Casa Ombuto and her partner, Franco Palandra in Torre del Tartufo. An Italian Mediterranean cookery course is run by Laura Giusti for those who prefer this type of cuisine. When you're not stirring the pots, you can linger in the little villages, shop, go for long walks and enjoy the magic of Tuscany together.

She'll only go to the rainforests, your teenage daughter told you as she slammed the door. Well, how about a remote, luxurious and exciting eco-lodge in the buffer zone of the largest national park and rainforest in Honduras in Central America? The most rewarding way into Pico Bonito is through the eco-resort of The Lodge at Pico Bonito, where you'll stay. Imagine: amazing, colorful birds, swimming under waterfalls and hiking on trails up the river valleys into the thick of the jungle. That should help the two of you collect memories and photographs to last a lifetime.

And then, for those mother's and daughters who are still hung up on "*Love Boat*", book now for a four day mother and daughter Bahamas' Cruise in February 2008 aboard the Carnival Celebration.

These are just a few of the many choices for mother and daughter holidays. It's worth it.