The best places to have a 'one-parent, one-child' holiday

The 'two adults, two kids' package doesn't suit every family circumstance – but that needn't mean you miss out on the best deals

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Many destinations now cater to single-parent families, with joyful and relaxing locations to explore Credit: iStockphoto

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In the UK, a quarter of families are headed up by a single parent. Among the many issues that they face day to day, one that is perhaps least spoken about is how difficult it can be to travel, with a real lack of booking options available for anyone who doesn't fit into the traditional nuclear family mould.

"There are already enormous economic implications to heading a single parent household, and this is exemplified when trying to find an affordable break for you and your child/ren," says Rebecca Cox, a co-author of *How To Be A Happy Single Parent*. "From overt discrimination, like being forced to pay for a family room or double room despite being the only adult occupant, to experiences while travelling that include being given the worst rooms and being refused the best tables at restaurants, it all adds to the challenges and potential frustrations of holidaying as a single parent."

And it's not just single parents who are suffering. Anyone who wants to book a getaway without their partner but with their child will have experienced a similar sinking feeling – the majority of hotels will charge you the same for a room whether it's one adult or two in there. It certainly makes a mum-and-daughter spa trip or a father-and-son hiking holiday less appealing. But it doesn't have to be this way: here we've found 10 of the best one-parent, one-child holidays from around the world.

Best for... eco-tourists

Vivosa Apulia Resort, Italy

This luxury resort in Salento, Italy boasts clear blue seas and white sand beaches Credit: Francesco Orlandini

With its white-sand beaches and turquoise waters, it's easy to see why Pescoluse beach, on Italy's heel, is often referred to as the "Maldives of Salento". This is where you'll find the four-star Vivosa Apulia Resort, an all-inclusive, eco-luxury hotel.

The kids' club – included in the rate – has a sustainable focus, and includes everything from beekeeping to falconry, pottery to picking vegetables in the kitchen garden. There's also a great spa which boasts a sauna, bio-sauna, hammam, sensory showers and whirlpool – with a nutritionist and DNA testing also available on site.