

FAMILY TRAVEL: OUR AMELIA ISLAND ESCAPE

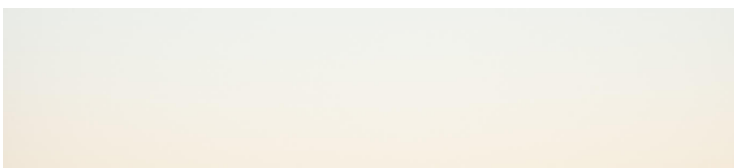
JANUARY 22, 2021

BeyondFit Family travel: Amelia Island (<http://ameliaisland.com>)Edition!

Last weekend we had the chance to escape getaway with our family to Omni Amelia Island Plantation.

With natural beauty and southern charm, it's a little piece of paradise and the photos don't do it justice...

You have to visit and experience it first hand!

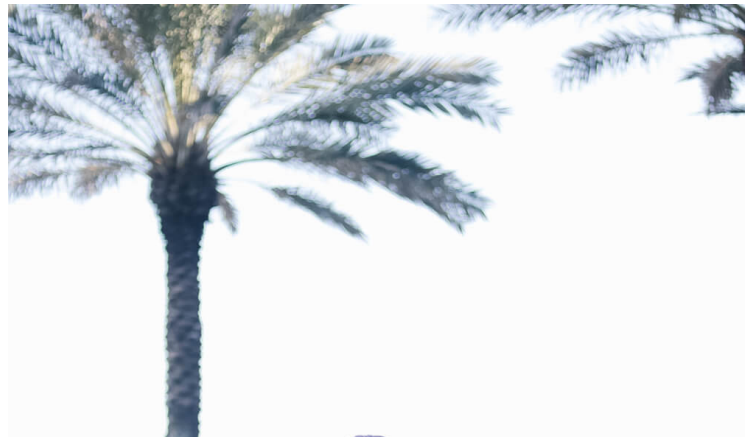




AMELIA ISLAND: WHERE TO STAY

We had the best stay at Omni Amelia Island Plantation (https://www.omnihotels.com/hotels/amelia-island-plantation?utm_source=GMBlisting&utm_medium=organic) and enjoyed beautiful views of ocean-topping sunrises and spectacular sunsets over green salt marshes. The 1,350-acre Omni Amelia Island Resort offers superior accommodations and activities and Florida's most beautiful natural surroundings.

We loved their amazing pools, and the furnished balcony was perfect for morning coffee and ocean views!









AMELIA ISLAND: WHAT TO EAT

We had so many wonderful meals during our stay on Amelia Island.

Here were a few of our favorites...

Brunch at Marche Burette

From hearty breakfasts to homemade ice creams, Marché Burette (<https://www.omnihotels.com/hotels/amelia-island/dining/marche-burette-deli>) is the market/deli of your dreams. Step back in time at this grocery and wine shop featuring gourmet products from French Farm, Savannah Bee Co., Pelican Bay, Peterbrooke Chocolates, Nancy's Candy and more!

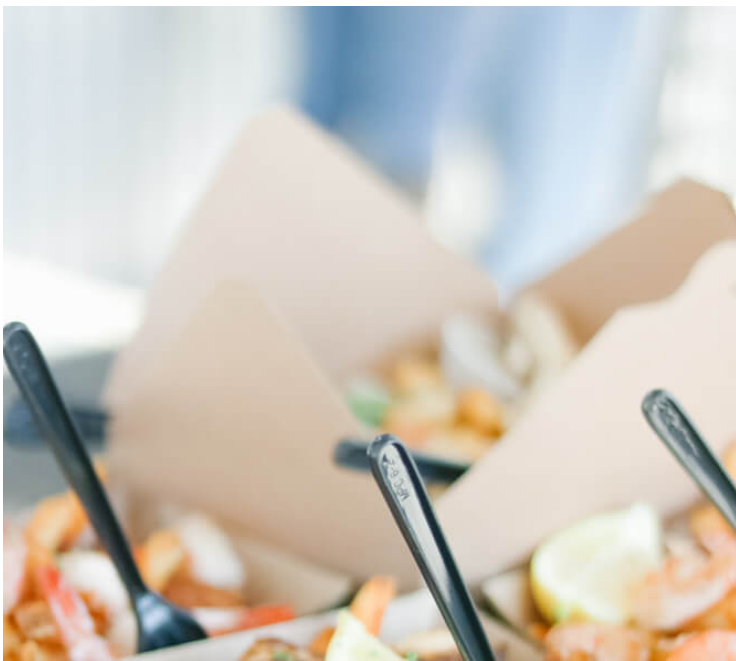
For brunch, we highly recommend the brunch tower and giant cookies!

Lunch at Timoti's Seafood Shack

Timoti's Fry Shak (<http://www.timotis.com/>) is dedicated to serving fresh local and wild-caught seafood on Amelia Island. Timoti's is passionate about serving the freshest locally procured ingredients available while supporting the local fishermen, farmers, and brewers. Guests order their meals at a window and can dine outside in a fun atmosphere. Favorite menu items include shrimp, oysters, fish, clams, lobster rolls and fish tacos.

Dinner at Salt Life Food Shack

Salt Life Food Shack (<https://www.saltlifefoodshack.com/locations/fernandina-beach/>) offers a carefully crafted eclectic menu to cater to all tastes and personalities and provides the perfect locale for beach goers to enjoy great dishes, cool drinks and the opportunity to catch up with family and friends. The casual yet trendy open-air space will accommodate all types from the avid seaman to land lovers looking for a taste of the Salt Life. So bask in the life and pull up a stool. Eat. Drink. And Be Salty.







AMELIA ISLAND: WHAT TO DO

CUMBERLAND ISLAND TOUR WITH AMELIA ISLAND RIVER CRUISE

Take a River Cruise

We took what is one of our most popular tours: the Cumberland Island Tour with Amelia Island River Cruise (<http://www.ameliarivercruises.com/>).

This excursion offers an extensive and rich history of Amelia and Cumberland Island with views of wildlife along the way. We cruised by Fernandina's shrimp boats, historic Old Towne and Ft. Clinch to the wild horses of Cumberland Island. The boys loved listening to historians as they shared the colorful stories that define the character of this unique part of the world. Reservations are recommended.

Mini-Golf Adventure

Gregor MacGregor's Mini Links & Drinks (<https://www.macgregorminigolf.com/>) combines some of Florida's favorite pastimes: a round of golf, a tasty drink, and beautiful scenery in the heart of historic Fernandina Beach. Right now, we're creating a lush garden putt-putt course, a beachy bar, and cool, comfy patio to enjoy with friends. Now open!

Splash in the Pool or Walk on the Beach

Splash in the pool or take a walk on the beach and enjoy the beautiful scenery. From shell hunting to wave jumping, just make sure you're wearing your Cabana Life for UPF 50+ (https://rstyle.me/+LP_mLZ88gpxABtiyn7yCtQ) protection all day long!



AMELIA ISLAND: WHAT TO PACK

Speaking of what to wear... make sure you pack your Cabana Life for UPF 50+ protection, no matter the season you're planning your visit. Our family packing checklist includes:

- Trunks & Rash Guards sets (<https://rstyle.me/+sasjgvVOBWwigyl2G6d5QA>) (for dad and boys) to keep both my big and little guys protected in sun, sand and surf. The nylon/spandex rash-guard offers 50+ UV Protection for the life of the garment. The UPF 50+ boys and mens swim trunks are made of quick-dry microfiber.
- Swimsuit and Beach Pants (<https://rstyle.me/+9i2hz394RVYbt1M6WRpw7A>) (for mom) slip into this new paperbag waist trouser pant for a relaxing on the balcony as you drink your morning coffee. The fabric is soft, lustrous and lightweight, providing the perfect drape look. The removable sash adds an extra fun feel that helps to make the perfect fit.

Pairs perfectly with the matching Tassel Blouse or swim top for a complete head to toe ensemble to head from the beach to lunch or dinner!

- Coverups and dresses for strolling around town, and my favorite Cabana Life Sport Zip Polo (<https://rstyle.me/+7NKtKXIaOfW3DOSQ5LSuwW>) for sunset beach walks... with the perfect combo of sporty and stylish, this will be your new go-to top! This Solid Navy Sport Zip Polo feels great, looks fabulous & goes everywhere you do, including the water. This long sleeve top is made from our luxurious, wicking sport knit fabric.



Kate Horney (<https://beyondfitmom.com/author/kate/>)

C.P.T. & B.S. Exercise Physiology, is a health & fitness professional with over a decade of experience working in the health and fitness industry.

Specializing in prenatal & postnatal fitness as well as female fat loss, Kate has worked with thousands of women worldwide through her online fitness programs designed specifically for women using research, science, and proven techniques.

As a Pre & Postnatal Fitness Expert as well as Certified ME-NC Nutrition Coach, Kate's research, programs and protocols have been recognized by fitness organizations across the globe.

Kate is a wife & mom who is passionate about helping women live healthy, happy and balanced lives.

Email [Kate \(mailto:kate@beyondfitmom.com\)](mailto:kate@beyondfitmom.com) | [@beyondfitmom \(https://www.instagram.com/beyondfitmom/\)](https://www.instagram.com/beyondfitmom/)
Instagram | [BeyondFit Mom \(https://www.pinterest.com/beyondfit/\)](https://www.pinterest.com/beyondfit/) Pinterest | [BeyondFit Mom \(https://www.facebook.com/beyondfitmom\)](https://www.facebook.com/beyondfitmom) Facebook

 (<https://www.pinterest.com/beyondfit/>)  (<https://www.instagram.com/beyondfitmom/>)

 (<https://www.facebook.com/beyondfitmom>)