



UNITED STATES

TRAVEL GUIDE

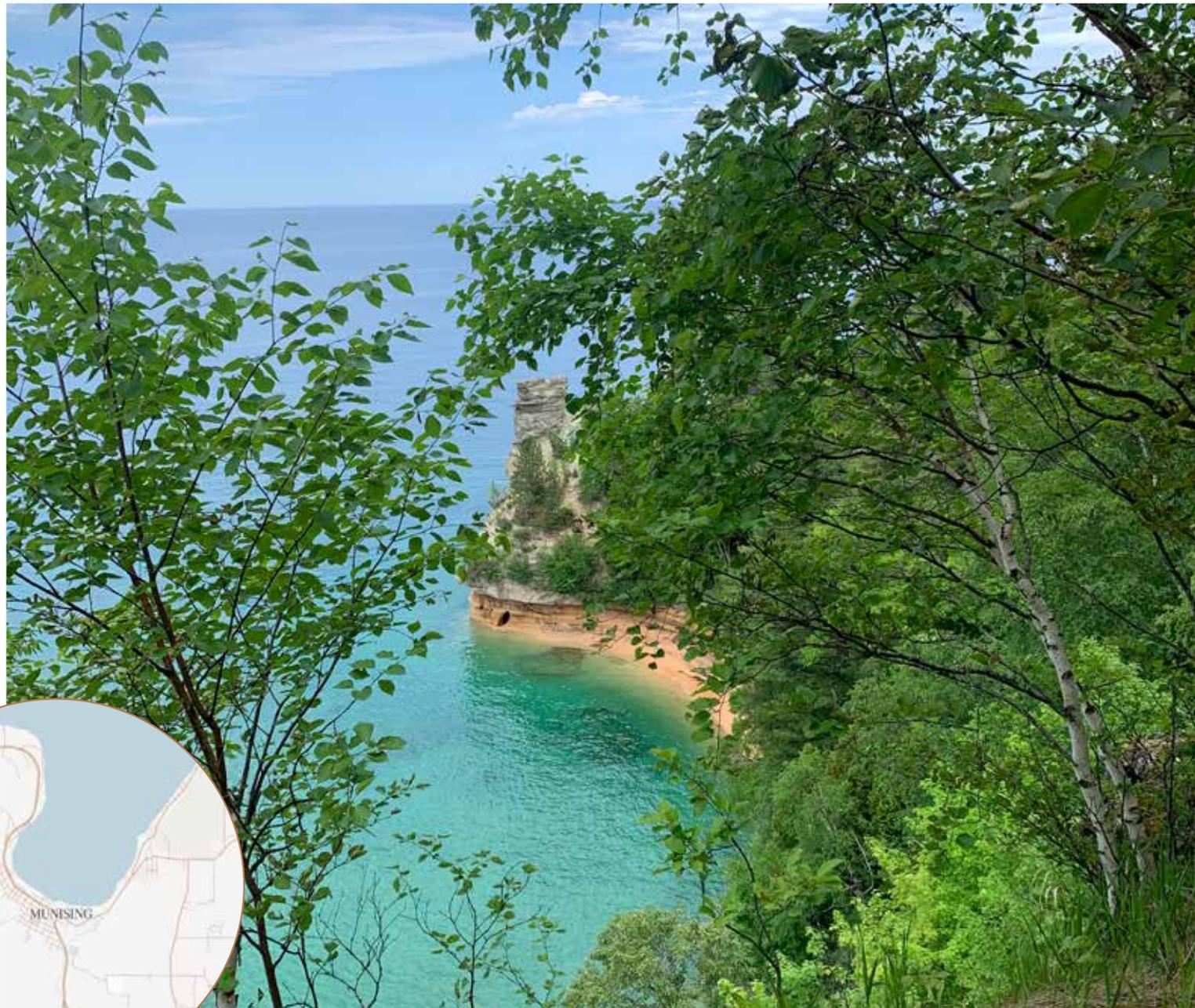




About this guide

Travel has always been a top priority for us and when we started having kids we didn't want that to stop us. Traveling allows us to immerse ourselves into a different culture, discover the abundance of nature in all different capacities and expands our ability to handle whatever situation travel may bring. Traveling with kids isn't necessarily that relaxing vacation you've taken pre-kids but it is an adventure that you will never forget and making memories with our kids is so important. In this magazine you will discover domestic destinations that have been traveled by families in our community and I hope that this helps you when you are looking to create memories with your own family.





MUNISING, MICHIGAN
UNITED STATES



A GUIDE TO *Munising*



PLACES TO EAT

Eh! Burger, Gallery Coffee Company, East Channel Brewing Company, Bygeorge Brewing Company, Driftwood Deli.



WHAT TO DO

Pictured rocks has amazing hikes. For families with little ones I recommend exploring the beach at pictured rocks lakeshore headquarters, sand point beach, miners castle overlook. For families with older kids who can hike I recommend the hikes at beaver creak (1.5 mile each way hike to Lake Superior), Capel basin (beautiful hikes from here to the lake).



WHERE TO STAY

We camped! But there are plenty of Airbnb in the area. Favorite camp group was little beaver lake & hurricane river. They are ran by the national forest and can be reserved on recreation.gov



HIDDEN GEMS/OTHER TIPS

Sable falls! It's beautiful. 100+ steps down to the falls and Lake Superior.



REMEMBER TO PACK

We camped on the beach and were in and out of the water so I would say best item we packed was our organic Turkish Cotton towels. They pack small and dry fast.



TIP FOR TRAVELING WITH KIDS

My tip is go with the flow. The schedule might be off but it is all worth it!





GRAND TETON NATIONAL PARK
UNITED STATES

A GUIDE TO *Grand Teton*



PLACES TO EAT

With small kids, I would suggest buying groceries and having breakfast at "home" - the food at Signal Mountain Lodge was pretty good. I hear Jackson Lake Lodge has good food too, but we didn't go there. Having a picnic by a lake is my suggestion. Dornans is great too!



WHERE TO STAY

We stayed on Jackson Lake - at the Signal Mountain Lodge - it was a perfect location! 2 queen beds and a pull-out sofa along with a small kitchen and full bathroom - right on Jackson Lake and the Grand Teton mountains - the views were insane. And the kids could swim in the lake if it's warm enough. There's also camping if you're so inclined! Just book in advance!!



WHAT TO DO

Jenny Lake!! One of our favorite hikes was the hike around Jenny Lake to Inspiration Point and Hidden Falls - amazing!! And when you're done hiking, I would suggest taking the little ferry boat back to the parking area - you get a boat ride across the lake which is beautiful! Also, crowds are crazy so go early or late to avoid mid-day crunch! Also, loved Schwabacher Landing - great views and easy hiking along Snake River!



HIDDEN GEMS/OTHER TIPS

You must book ahead - even a year isn't too early! More specifically, the line for the boat to cross Jenny Lake is LONG - the 2.4-mile hike to the other side is beautiful and easy! And then you take the boat back with much fewer people waiting.



REMEMBER TO PACK

Item I couldn't live without... water bottles! You always need more water than you think! And the kitchen in our room!



TIP FOR TRAVELING WITH KIDS

Meet your kiddos where they are! When ours were smaller, we didn't go on big hikes - they loved being by a beach/near water so we stayed closer to home and found lake houses and driveable distances. Once they hit 7 or 8, they were able to walk a few miles by themselves and our adventures got bigger!





A GUIDE TO *Palm Springs*



PLACES TO EAT

Midmod (great for sandwiches & breakfast), Eight4nine (great cuban sandwiches, crab chowder and their burgers and desserts are amazing!), Cartel Coffee (this is a MUST! Great coffee and teas and you have to get their chocolate chip cookie or scones. They sell out FAST so you need to get there early in the am), Aspen Mills (the best bakery! All sorts of fancy breads, desserts, etc), Birba (great for pizza), There's also a local ice cream shop and a fancy Starbucks you could visit for fun in the downtown area



WHAT TO DO

Living Desert Zoo, Visit Liberace's house, Palm Springs Aerial Tramway (takes you to the top of a mountain, beautiful views), Stroll through downtown Palm Springs



WHERE TO STAY

We always stay at the Turnkey location I suggested, but there's many hotels that are beautiful such as La Quinta Resort (it has an AMAZING spa, you could enjoy a great spa day here!) The grounds alone are extremely beautiful.



HIDDEN GEMS/OTHER TIPS

Everywhere there is SUPER friendly, it has a very small town feel if you stay in Palm Springs proper near downtown. The summer can get really hot so I'd try to avoid summer months if you can as it's hard to go out exploring when it's so hot (June-August can get to 120).



REMEMBER TO PACK

Sunscreen! We were constantly outside



TIP FOR TRAVELING WITH KIDS

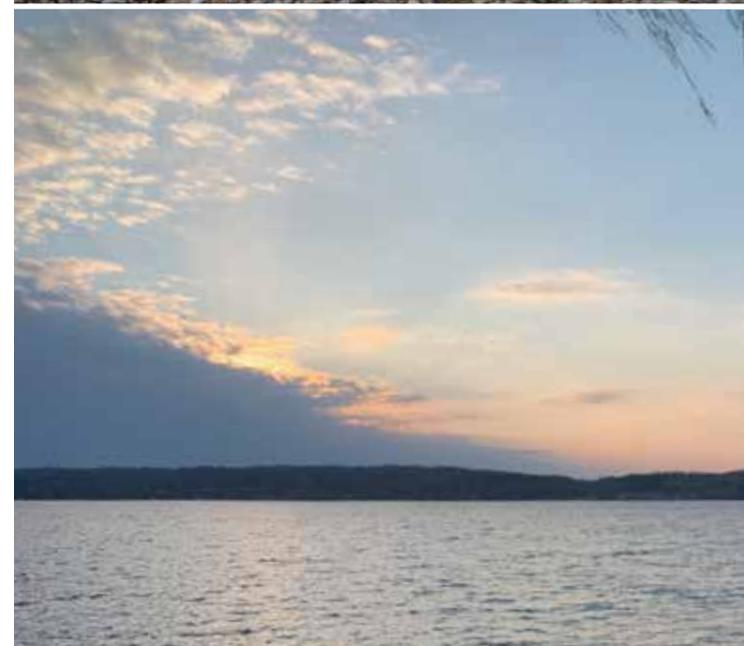
Lots of lots of snacks!

PALM SPRINGS, CALIFORNIA
UNITED STATES





SUTTONS BAY, MICHIGAN
UNITED STATES



A GUIDE TO *Suttons Bay*



PLACES TO EAT

Our favorite places to eat were Mundos, Wren, and the cove in Leland!



WHAT TO DO

My favorite store to visit is Poppy Things (so dreamy and SUSTAINABLE), drive along Lake Michigan on M22, lots and lots of beautiful wineries such as Black Star Farms or Suttons Bay Ciders, or Leland Fishtown



WHERE TO STAY

Any air bnb is wonderful, we have stayed at two on the water and both have been so dreamy!



HIDDEN GEMS/OTHER TIPS

Try to book as close to downtown Suttons Bay as you can or on the water. The downtown area also has a beach next to eat for early morning breakfasts or playground break while hopping around downtown!



REMEMBER TO PACK

Could not have lived with out a belt bag, but honestly it's such an easy place to be. You can be casual or dressed up as you like. Very kid friendly and so easy all around. The kindness of the community is amazing.



TIP FOR TRAVELING WITH KIDS

Have no expectations of your trip and have a loose schedule. Low pressure = way more relaxed and they can also enjoy themselves more. Try not to hang onto nap schedules, enjoy the experience, they will bounce back when you get home!



A GUIDE TO *Mackinaw Island*



MACKINAW ISLAND, MICHIGAN UNITED STATES



PLACES TO EAT

The Pink Pony (best patio ever, order a rum runner or pink lemonade), Pick up provisions from Doud's Market and have picnic at Marquette Park, Woods Restaurant, Carriage House at Hotel Iroquois, Murdick's Fudge



WHAT TO DO

Bike around the perimeter of the Island, Hike through the middle of the Island and check out Arch Rock, Sugar Loaf Rock, and Fort Holmes at the top of the Island, Let your kids roam free on the lawn at Mission Point or the playground at the school, We've never done it but I have always wanted to try kayaking around the Island!



WHERE TO STAY

The Chippewa Hotel, The Inn at Stonecliffe



HIDDEN GEMS/OTHER TIPS

Mackinac Island can be "touristy." We've had the best time when we've skipped the more commercialized activities and stuck to exploring the trails and parks. The Island has a lot of history and natural beauty.



REMEMBER TO PACK

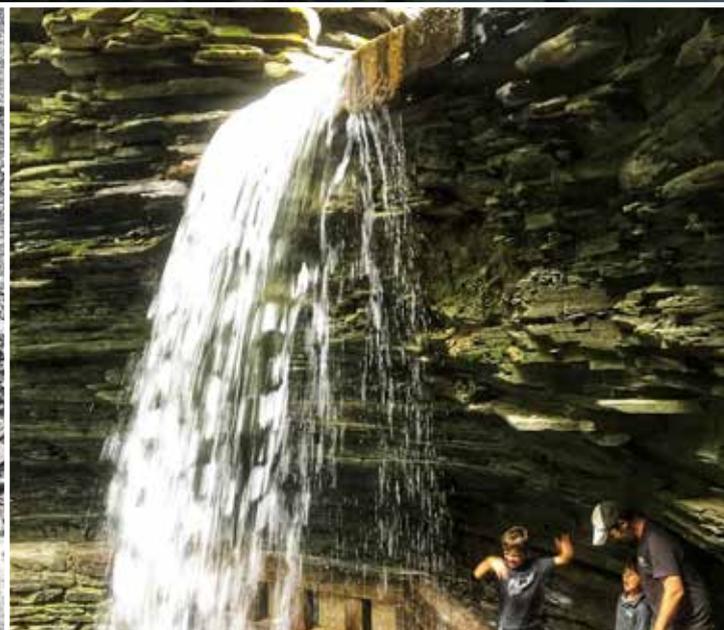
Strollers can be a challenge. Since there are no cars on the Island the sidewalks and streets are crowded in town. We've always brought carriers/hiking backpacks and it's much easier to navigate the streets!



TIP FOR TRAVELING WITH KIDS

Have zero expectations and plenty of snacks!





A GUIDE TO *Central New York*



PLACES TO EAT

Pittsford/Rochester: Simply Crepes, The Original Steve's Diner. There are a lot of restaurants near Niagara Falls, too! Especially on the Canadian side. Along the Erie Canal: Aladdin's Natural Eatery.



WHAT TO DO

Herkimer: Mining for Herkimer Diamonds. It was fun for school age children and older but if it is a hot day, there isn't much shade so I would suggest bringing some water too. For younger children or children not interested in going to the mines, there are pre packaged bags with hidden rocks and other things inside like shark teeth. Pittsford: There are so many trail/nature areas around Pittsford that beautiful for walks. Tinker Nature Park is the smallest, flattest, and most young child/stroller friendly nature park nearby. But I also highly recommend Mendon Ponds Park, Powder Mills Park, and Corbett's Glenn. Niagara Falls: We brought our passports and our children's passports to cross the border over the rainbow bridge. We did the Journey Behind the Falls trip where you are able to walk down towards the base of the falls and you are standing right next to it. There were tunnel areas you could walk through to look out at the falls from behind the waterfall. There are so many other ways to get closer to the falls as well like taking the boat ride, Maid of the Mist. They also have museums, a butterfly conservatory and so many other things that families can choose to do. Penn Dixie Fossil Park was our next stop. They give you a little tour and an introduction to all the different fossils that exist in the park that you can find. Watkins Glen State Park was mind blowing. It was a fairly short and easy walk to the gorge. Our last stop on our way home was Opus 40 - it is a sculpture park built by one man - it was amazing just to walk through and walk around but I would not suggest it as a place for toddlers.



WHERE TO STAY

Embassy Suites Niagara Falls Falls View



HIDDEN GEMS/OTHER TIPS

We hung out in Woodstock NY. There was a river with some great swimming hole and a nice town with lots of shops and restaurants. Things to know: If you go to the Canadian side, you have to have passports. They took US and Canadian money right across the border so we did not have to deal with currency exchange.



REMEMBER TO PACK

One item I couldn't live without for this trip was good hiking/walking shoes!

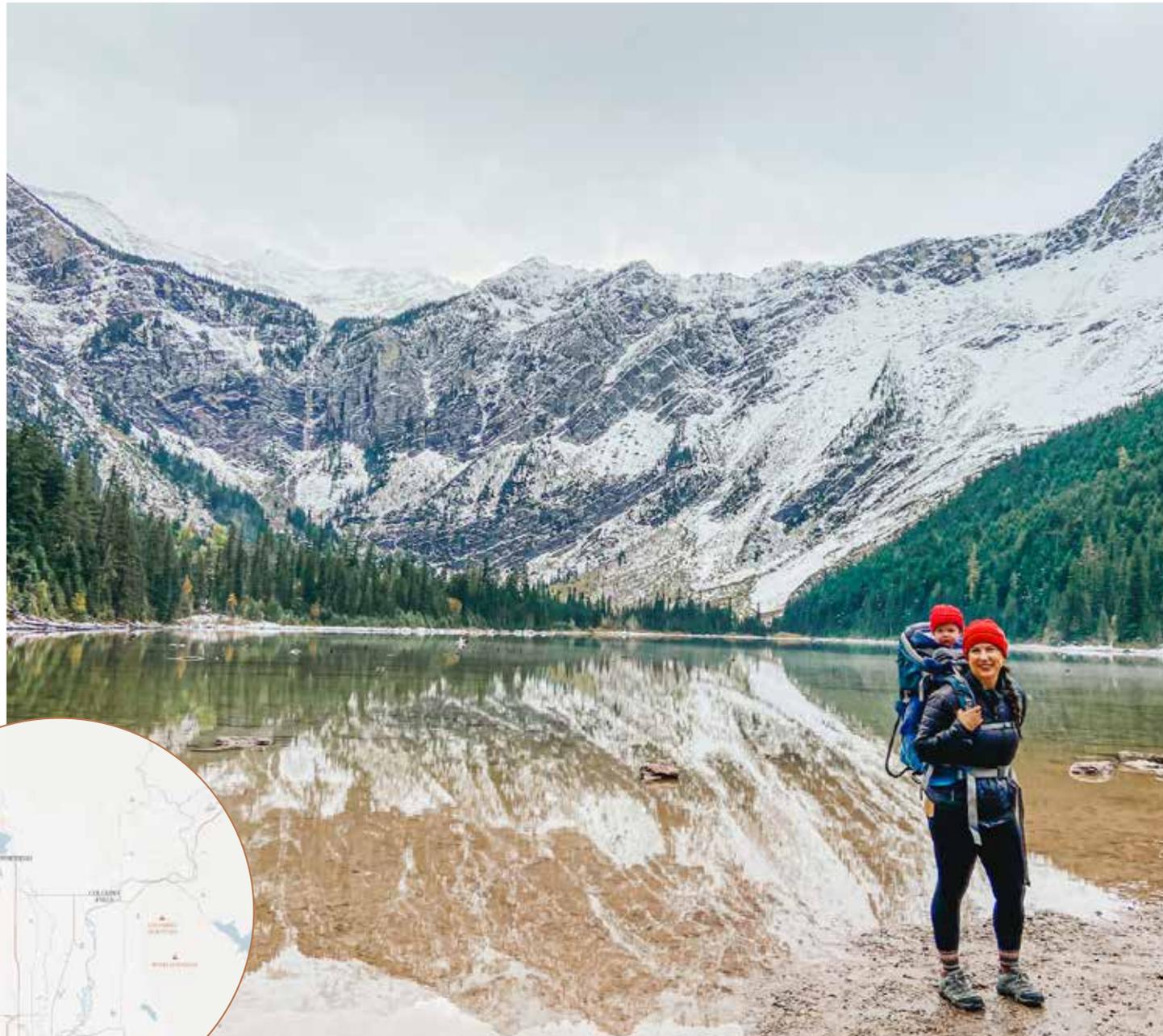


TIP FOR TRAVELING WITH KIDS

My number 1 tip for traveling with kids and pack a lot of snacks and things to do while in the car. I usually buy activity books for my kids to do and we listen to audiobooks.

CENTRAL NEW YORK & NIAGARA FALLS
UNITED STATES/CANADA





WHITEFISH, MONTANA UNITED STATES



PLACES TO EAT

Abruzzo Italian Kitchen was great for a nice dinner; the elk tartare was delicious! We also loved the Wich Haus for delicious, fresh sandwiches and Jalisco Cantina for a yummy taco night (and great margs).



WHAT TO DO

We spent a lot of time exploring outdoors and nearly no time doing indoor activities (we also went in the thick of COVID, so indoor activities were limited); our outdoor time included several parks/walking trails, driving up the mountain to explore the ski resort, walking around the lake, looking for wildlife (we saw tons of deer), and, of course, driving to Glacier National Park for hiking.



WHERE TO STAY

We stayed at the Good Medicine Lodge. It was an amazing, very welcoming bed and breakfast with incredible fresh, homemade breakfasts including anything we requested for our kids, an afternoon appetizer and drink happy hour (included!), and delicious fresh cookies individually packaged and available all day!



HIDDEN GEMS/OTHER TIPS

There's a yummy little French bakery downtown called Fleur Bake Shop that we happened upon...I highly recommend! I would also say it's important to know that, unless you stay at Glacier National Park itself, you do have to do some driving between Whitefish and the Park (35-45 minutes); we didn't find that it was difficult/cumbersome and were happy to do a little driving in order to experience both the adorable town of Whitefish and the beautiful park.



REMEMBER TO PACK

Our hiking backpack! We have a Deuter, but I've heard great things about Osprey's as well. It was a life saver for toting around our 2 year old!



TIP FOR TRAVELING WITH KIDS

We've traveled quite a bit with our kids, including internationally many times. We are generally go with the flow people, and I think that has really helped because there is truly no predicting how your kids will respond to a time change or long day of travel or disrupted routine. So my number one tip for traveling with kids is giving everyone (including yourself!!!) a ton of grace especially for the day of travel and the first day after arrival with little expectations has made traveling with kids much more enjoyable for me!





CHARLESTON, SOUTH CAROLINA UNITED STATES

A GUIDE TO *Charleston*



PLACES TO EAT

Fleet Landing Restaurant & Bar (downtown, on the water, need reservations), Poogan's Porch (downtown, open for brunch, southern comfort food), Kickin' Chicken (Mt. Pleasant, low key family restaurant), Vicery's Bar and Grill/Red's Ice House/Water Edge (along the water in Shem Creek), Hyman's Seafood/Aaron's Deli (downtown, notorious restaurant, seafood/deli sandwiches), Kaminsky's (dessert location downtown, offers kids desserts and dessert cocktails)



WHAT TO DO

The Charleston SC Aquarium, Charleston Harbor Tours, Fort Sumter, Patriot's Point Naval & Maritime Museum, City Market, Waterfront Park/Battery Park, Shem Creek Boardwalk, Magnolia Gardens/Cypress Gardens, Beaches - Seabrook Island, Folly Beach, Sullivan's Island, or Isle of Palms



WHERE TO STAY

Recommend staying in Mt. Pleasant – just across the Arthur Ravenel Bridge. Super convenient, not downtown where noisy, and like 10 minutes from everything. We stayed at an [AirBnB](#) which was super nice and lots of room



HIDDEN GEMS/OTHER TIPS

Pineapple Fountain/Fountain at Waterfront Park - kids play in them; so bring a bathing suit or change of clothes with them; fun to play around and cool off in the heat. Lots of places to get ice cream/gelato downtown – Be prepared to always get a snack



REMEMBER TO PACK

Depends on when you go but can get VERY hot there so if you go in the warmer months remember: Sunscreen, portable fan for the stroller for kids



TIP FOR TRAVELING WITH KIDS

When you travel with kids and they are out of their normal environment there are more opportunities for temper tantrums and breakdowns because you are go go go, and lots of stimulation with no breaks. Rest time in the heat of the day for everyone to take a nap or relax/recharge for an hour or two can help make an enjoyable evening for kids and you.



A GUIDE TO *Treasure Island*



TREASURE ISLAND, FLORIDA
UNITED STATES



PLACES TO EAT

Gigis is a great local Italian restaurant within walking distance of a lot of the hotels along the beach. It's local to that area and has been around over 50 years. If you go there before 6 you can take advantage of their early bird specials! Very yummy Italian food and supporting local businesses. If you are looking for seafood the Friendly Fisherman down at John's Pass is a great place to eat. It's on the water so you can watch the boats and dolphins go by and watch for the drawbridge to go up all while you enjoy your dinner. There are several other restaurants on the pass, both local and chain, something for everyone!



WHAT TO DO

One thing I would recommend while you are there is going down to John's Pass. It's where Treasure Island connects to Madeira Beach and is a complex full of shopping, restaurants and more that is right on the boardwalk by the ocean. There is something for everyone there. Food, shopping, pretty scenery, music, bars, activities and more. It's a great place to go and have dinner and just hang out for the evening. Dolphins like to swim in the pass so it's usually a great place to see them along with other sea life. You can also rent jet skis, go parasailing, boating, deep sea fishing or even take a dinner or pirate cruise there. Our kids like watching the workers clean the fish caught by the deep sea fishers and feed the leftovers to the pelicans.

Another thing you can't miss is going to the ocean shore for sunset. The sunsets over the ocean there are so pretty! Don't miss going all the way down to the ocean at least once on your trip at sunset. You will not be disappointed!



WHERE TO STAY

There are many great places to stay along the island, most of them being beachfront and most of them being very reasonable in pricing. We have stayed at South Beach Condo Hotel for many years. They have one and two bedroom condos that are like small apartments. They have washers and dryers, living rooms, private balconies, full kitchens, and the two bedroom units have two bathrooms. They also have cribs and cots available if needed for your room. Great for families! Their sister property, The Surf is just a few doors down and has all two bedroom units. I would recommend either of those two properties. Both are run by the same people and they are very friendly and helpful! It has become like a second home to us over the years.



HIDDEN GEMS/OTHER TIPS

One thing you should know before traveling here is that it is a large beach, so while your hotel is right on the beach you still have to walk a ways out to the ocean. You will see this in my photo of the beach. When our girls were babies we took our large double jogging stroller and rolled it down to the beach so we didn't have to carry them the whole way and they had something to nap in if needed. This time we brought a collapsible wagon so we could carry everything down there easier. So make sure to come prepared with some sort of wheeled transportation if you can, and if not at least a big beach bag to carry everything!

Another thing to know is there is a free shuttle on the island. Great if your party wants to do different things and you only have one car! All of the hotels have information on this and are happy to share info on it and other local attractions.



REMEMBER TO PACK

One thing we couldn't have lived without on this trip was our collapsible wagon, we used it throughout our whole trip. It was a lifesaver in the airport, allowing us to carry their car seats and luggage in and out of the airport with only two adults. You can gate check collapsible wagons like a stroller too, so if needed you can pull the kids and carry ons through the airport. We used it to roll down to the beach and pool everyday so we didn't have to carry all of our beach toys, towels, floaties, coolers etc when we went out. The sand is packed down enough on the paths to the beach so we had no problem rolling it through the sand down to the ocean. We also used it to bring in our groceries from our car and we had it so if we decided to walk down to any of the shops we could pull any tired kiddos and souvenirs in it! Super helpful and highly recommended!



TIP FOR TRAVELING WITH KIDS

Number one tip for traveling with kids would be to be flexible. If they are happy you will be happy! You may have a plan for everything but don't be so set on sticking to it that everyone ends up unhappy. If one little thing will make them happy in this moment, do it! Just go with the flow and I promise you your vacation will be better!





LANSING, WEST VIRGINIA
UNITED STATES



PLACES TO EAT

Our first night was a Monday night which was wing night at Chetty's Pub. We liked it so much we went back two days later for lunch. Chetty's Pub provided a casual menu featuring sandwiches and salads with both indoor and outdoor seating that had an amazing view. There was also live music on Monday night. While enjoying the pool on the resort one afternoon, I was able to indulge in an adult beverage at Canyon Falls Snack Shack. On our last night, we drove into the town of Fayetteville to enjoy pizza at Pies and Pints. There is another restaurant on the resort called Smokey's and I wish I had taken advantage of Java Falls Coffee Shop.



WHAT TO DO

Adventures on the Gorge offers a large variety of adventures to book and participate in for families with children of all ages. Our favorite activity was a day long whitewater rafting adventure on the New River. The trip included all of the necessary equipment, a guide in the boat, lunch on the river, and beverages at the end. There are a number of different whitewater rafting trips from which to choose to accommodate a variety of ages and levels of experience. We also spent a morning at Timber Trek Adventure Park. This adventure accommodates adults and kids all the way down to the age of four, but it was not for the faint of heart. With the different suspended bridges, nets, platforms, and ziplines, it definitely tested our fears and strength. Whether your preference is aerial adventures, water adventures, or adventures on land, make sure to book your adventures early. And, there are plenty of hiking trails available to navigate on your own. My recommendation would be the Long Point Trail. It's just a 1.6 mile hike to the most amazing panoramic view of the New River Gorge including the New River Gorge Bridge, the longest arch bridge in the western hemisphere. And, when it's time to relax, the resort offers a beautiful pool with amazing views.



WHERE TO STAY

It was so fun and convenient to stay right on the resort. Accommodations range from campgrounds to deluxe cabins. A deluxe cabin is more my speed, with air conditioning, a fully stocked kitchen, towels, and bed linens, Wifi, and even a hot tub! If you have an RV, feel free to bring it and park it on the resort. Adventures on the Gorge also offers more rustic cabins to stay in and even glamping tents. If for some reason you do not want to stay on the Adventures on the Gorge property, you can still stay locally and book adventures through Adventures on the Gorge.



HIDDEN GEMS/OTHER TIPS

Our vacation was 4 days and 3 nights, and we were definitely exhausted by the end, but there is plenty to do to keep a family busy for an entire week. The deluxe cabin was pretty well equipped, and we brought enough food to eat breakfast at the cabin and we grilled one night. Be sure to bring some camping chairs to sit around the fire pit, bug spray, beach towels and sunscreen. Adventures on the Gorge is open year round.



REMEMBER TO PACK

A sense of adventure. As I shared with our friends who were with us, this was more of a field trip than a vacation.



TIP FOR TRAVELING WITH KIDS

While Adventures on the Gorge can accommodate families with children of all ages, we thought it was perfect for our teen and pre-teen. We took this vacation with another family who we have vacationed with several times before, but we've always gone to a beach town. Our kids are getting older (ages 14-11) and so it takes a bit more to impress them. The last thing I wanted to hear from either of my children was them telling me they were bored. The trip was definitely a success! I was so happy to give them an experience of a lifetime.





A GUIDE TO *Door County*



PLACES TO EAT

Al Johnson's in Sister Bay is a Swedish restaurant featuring breakfast and lunch. They have goats on the roof and a little shop with all sorts of Swedish items. In a place filled with great restaurants, Al Johnson's is the go-to choice for many in Door County; White Gull Inn in Fish Creek is a yummy breakfast and lunch place. It also is a little B&B; Chocolate Chicken in Egg Harbor has delicious desserts, including ice cream and fudge; Not Licked Yet Frozen Custard in Fish Creek serves delicious frozen custard; Wilson's Restaurant and Ice Cream Parlor in Ephraim serves amazing homemade ice cream; Summer Kitchen in Ephraim serves delicious breakfast and lunch; Village Café in Egg Harbor has delicious breakfast and lunch; Shipwrecked Brew and Pub in Egg Harbor has delicious lunch and dinner in a cool atmosphere that makes you feel like you are on a ship; Fireside Restaurant serves lunch and dinner and is delicious with so many unique options.



WHAT TO DO

Skyway drive in movie theater; Seaquist orchards; Door County Creamery; Chartered fishing; Door county confectionery; Door county brewery; Bicycling; Edgewood Orchard galleries; Hands On Art Studio; Kurtz corral; Island Orchard Cider; Lautenbach's Orchard Cider; Lautenbach's Orchard Country Winery & Market; Door Peninsula Wine



WHERE TO STAY

We stayed in Sister Bay at the Scandinavian Lodge. There are a lot of B&B's and cute hotels all throughout Door County, so there's lots of options to choose from in terms of lodging..



HIDDEN GEMS/OTHER TIPS

There are tons of hidden gems all throughout Door County including State Parks, B&B's, restaurants and shops. They have an adorable Octoberfest full of pumpkins and fun for the whole family. Peninsula State Park in Fish Creek is a beautiful state park that has campsites, a summer outdoor theater (featuring the peninsula players), a golf course, beaches, bike trails, and a lighthouse. This place is BEAUTIFUL.



REMEMBER TO PACK

One item we couldn't have lived without for our trip was comfy shoes for walking for the whole family since you will be doing a TON of walking, whether that is through all the little towns up and down Door County or through the state parks. I always pack white noise machines since that is what our kiddos are used to but I know not everyone uses them.



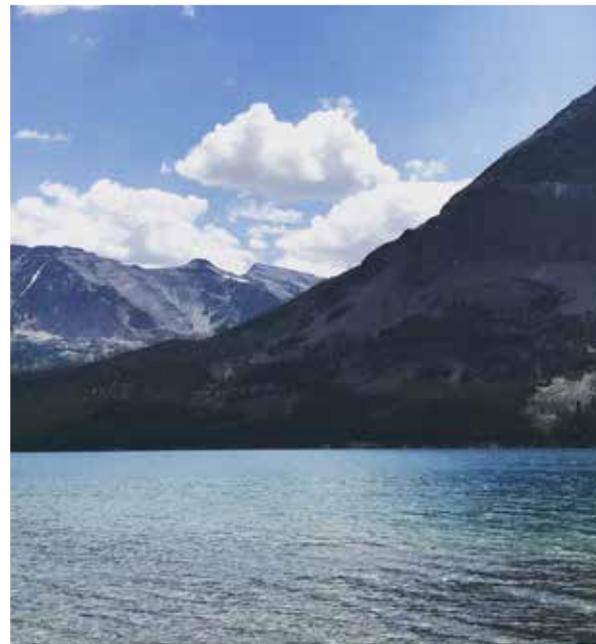
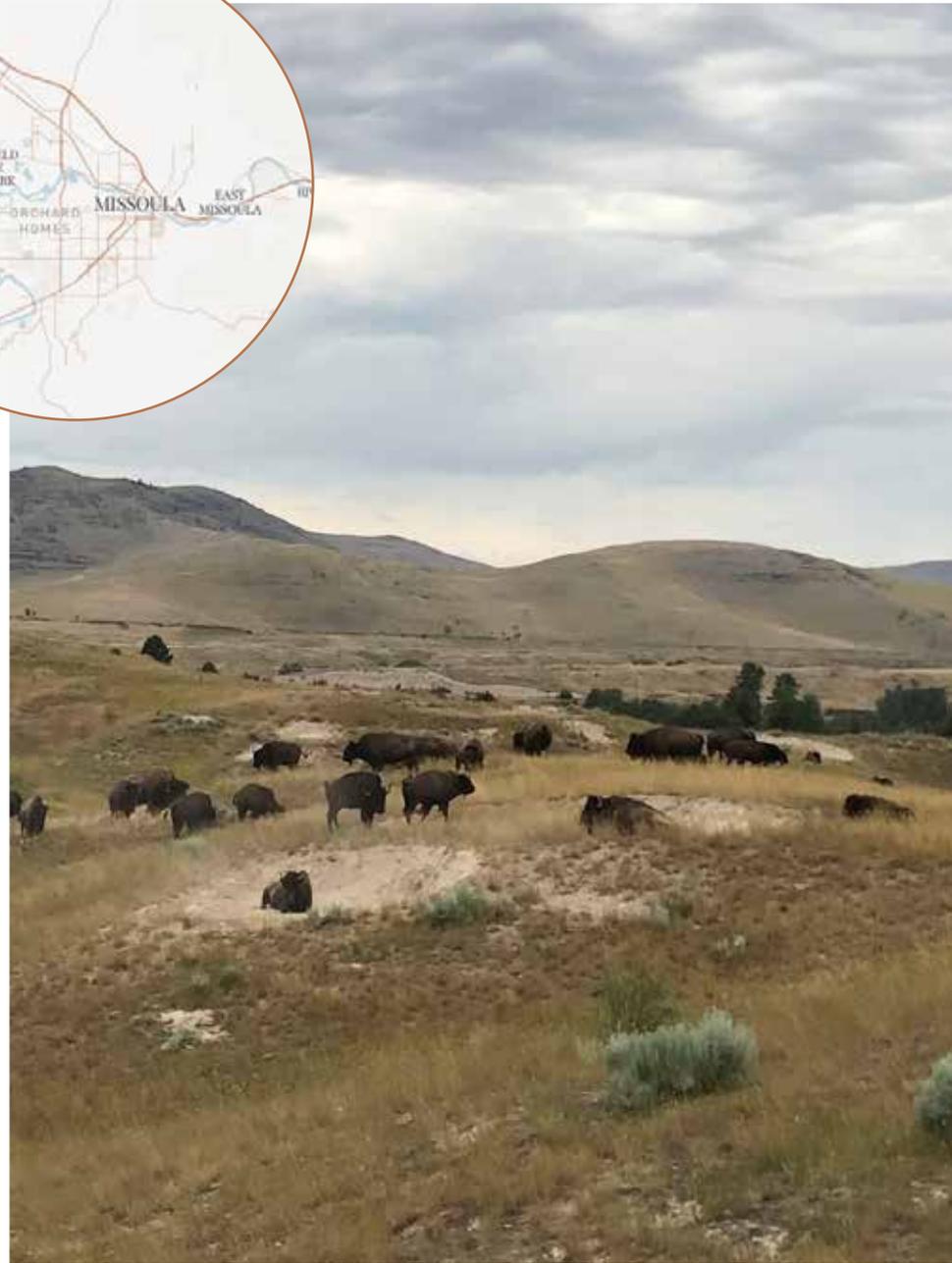
TIP FOR TRAVELING WITH KIDS

My number one tip for traveling with kids is to go with the flow and meet your kiddos where they are at. Our daughter was 11 months old at the time of our trip, and we knew she might not nap or she might not go down at her regular bedtime and that's ok. We went with her cues and her schedule for what she needed. We gave her breaks when needed and didn't rush back to the hotel for naps because she often didn't nap when we tried to put her down.

DOOR COUNTY, WISCONSIN
UNITED STATES



A GUIDE TO *Missoula*



PLACES TO EAT

Notorious P.I.G. - BBQ joint in Missoula
Montana Coffee Traders - awesome breakfast in Columbia Falls



WHAT TO DO

We visited A Carousel for Missoula and Dragon Hollow. This attraction is great for children as it consists of a beautifully restored antique carousel and a magical playland constructed by local artists and students. There is a concession there for quick bites, a gift shop, and different family friendly events throughout the year. A great spot for kids to burn off some energy after a long flight! Also - anything and everything in Glacier National Park - could have done a whole trip with just this spot alone!



WHERE TO STAY

Any place with multiple bedrooms to keep children separate. This helps to keep earlier bedtimes and allows for parents to have some relaxation and quiet time. We always have luck booking through Air BnB or VRBO. Try to stay within 30 minutes of destination spots.



HIDDEN GEMS/OTHER TIPS

If taking the Going-to-the-Sun Road, consider having a separate accommodation closer to where you exit at this north end of the park. It was a 3 hour drive back to our place after traveling the full 50 miles north on this road, which we did not consider. We were almost to Canada! Bring activities for the car ride, as there is quite a lot of driving. Montana is huge and there's really so much to see. Nothing disappointed us! Our kids did great, but I could see it easily being a challenge. Downloaded movies on our tablets were life savers.



REMEMBER TO PACK

Our Kelty hiking backpack! Our daughter loved being in it and we used it every single day.



TIP FOR TRAVELING WITH KIDS

Go with the flow! Do not try to keep a routine. It is not easy traveling with kids, but it will be worth it and the memories will last forever! Try not to be too serious and have fun!

MISSOULA, MONTANA
UNITED STATES





KEY LARGO, FLORIDA
UNITED STATES



A GUIDE TO *Key Largo*



PLACES TO EAT

At the resort Dry Rocks is a restaurant and bar with indoor and tons of outdoor seating right on the beautiful water. It has modern american bar food staples plus seafood, apps, desserts and drinks. Calusa is on the second floor of the resort, but still plenty of indoor and outdoor seating with views. It has a more high end vibe restaurant that is amazing for breakfast, and has a bit fancier of a dinner menu than Dry Rocks. You get a food credit each day as a guest so is helpful! Nearby restaurants outside the resort - Lazy Lobster, Fish House, Mrs. Mac's Kitchen for breakfast



WHAT TO DO

On the resort there is coconut beach with a tiki bar with its own mini menu which is great for kids and families. There are water activities available for guests like Kayaks and paddle boards, as well as fishing equipment every day (fishing ends at 12pm). There is Hammock beach which is more secluded and private. Chairs are set in between mangrove trees and there are a couple hammocks along the path that lines hammock beach. There is a pool with a family and adult only side, as well as recreational area where they hold fun events daily. The events change so you can check each day what is going on for kids. In the resort there is a library room that has a large wall mounted scrabble game, a large jenga game, plenty of books, a pool table and more. They also have a pineapple scavenger hunt and you can find golden pinapples all over the resort, but if you find the one green one you win \$20! There is an open air market and outdoor activities at Islamorada, about 20-30 min away.



WHERE TO STAY

Bakers Cay Resort. Request a water front room if possible! There are multiple styles of rooms available to fit your needs. I believe they have pack n plays available if necessary.



HIDDEN GEMS/OTHER TIPS

The resort has beach toys, buckets, floats, rafts, balls to throw around, etc, even sunscreen available for guests to use. The water is warm and shallow and perfect for kids to swim. My 1.5 year old sat on the shore and played with a damp truck for hours. There are also plenty of chairs with umbrellas and shady spots bc of the palm trees that grow. We didnt rush onto the beach at the crack of dawn, usually around 9 am each day and we always got a decent spot! You can also bring your own food and drinks onto the beach. There are plenty of nearby grocery stores where you can get snacks and drinks to save some money.



REMEMBER TO PACK

The only thing that comes to mind for what i couldnt live without is a good sun hat because the sun is strong! And your favorite bug spray! Its so nice to be on the beach at night, but not used to the florida bugs.



TIP FOR TRAVELING WITH KIDS

Bring activities your kids like and if you are ok with screen time while traveling download a few of their favorite shows on netflix or other streaming services. Also, its ok to take breaks, especially if your room is close to the beach! You can go in and out as needed.





KAUAI, HAWAII
UNITED STATES



PLACES TO EAT

Kauai Juice Company- Delicious pressed green juices, elixirs, smoothies, and healthy grab-and-go bites; Holey Grail Donuts - these taro/kalo based donuts highlight the unique flavors of the island. They are located in Hanalei which is on the North Shore. Best to make a day of it, and grab them on the way to explore the majestic north shore scenes and beaches; Wishing Well Shaved Ice - In the same alley as Holey Grail Donuts, this old bus turned food truck serves sinful shave ice and ice cream combinations; Java Kai - Hands down some of my favorite roasted coffee; Food trucks: this island is big into food and their collection of food trucks is a testament to that; The Eating House 1849 (Roy Yamaguchi)- Probably one of my favorite date night restaurants, though children are welcome. They are located inside The Shops at Kukui'ula on the South Shore. If you reserve a Wednesday evening, there is a farmer's market called "Kauai Culinary Market" that features local produce, flowers, and other goods.



WHAT TO DO

Waimea Canyon - also called "The Grand Canyon of the Pacific". Includes waterfalls and incredibly beautiful scenery along the hike; Kilohana Plantation (Lihui) Koloa Rum and the Kauai Sweet Shoppe are located there. The plantation is set on a lush a beautiful property. You can book a cool historical train tour around the property in advance; Na Pali Coast (North Shore)- Some of the most majestic and pristine beaches and coastal views on the Na Pali Coast can only be accessed by water or by hiking. A boat or catamaran tour might be a more family-friendly option and you might even see some dolphins! There are many companies that offer tours; Anini Beach (North Shore)- Gorgeous, clear blue water beach. Calm swimming for family; Shipwreck Beach (South Shore)- The jagged bluffs against the beautiful ocean make for astonishing views. You can take a small hike to the top of the cliff for a nice lookout-especially awesome at sunrise-and head back down to the beach to spend the day; Poipu Beach/ Keiki Cove (South Shore)- Great easy beaches to spend the day with family. At dusk, you can see the Turtles come up to the beach for the night. Also, the seals like to rest for hours at a time on these beaches!; Botanical Gardens- Kauai is called the Garden Island so these are a must-see at some point. It's just worth appreciating the bounty of lush greenery in Kauai and it's a fun walk for the children.



WHERE TO STAY

We prefer to stay on the South Shore in an area called Poipu Beach because it is the sunny side of the island. We look at the weather and decide on the best options for day trips to the North Shore. We always choose to stay at the Niihi Kai Villas- It's a condo community in Poipu Beach within walking distance to Brennecke Beach, Poipu Beach Park, and Keiki Cove as well as many shops and protected native sites. At Niihi Kai Villas, most recently our group stayed in units 511 (3 bedrooms) and 524 (2 bedrooms) and we loved it! Both have ocean views, are fully stocked with kitchen necessities, and they had air conditioning. If you prefer a stand-alone house, The Nene Nest is also in Poipu Beach area and is recently updated with sweet and fun details. These options are all family-friendly locations with kitchens. For hotels, check out The Grand Hyatt or Koloa Landing. Both have incredible pools and still very easy access to everything in the area.



HIDDEN GEMS/OTHER TIPS

Papaya's Natural Foods - This market is of better quality than Whole Foods and they carry an incredible selection of supplements as well as products for people with alternative diets; Warehouse 3540 - a warehouse turned community space with local artists displaying their creations through different mediums; Little Fish Coffee - A bright blue hut serving breakfast and coffee through a counter.



REMEMBER TO PACK

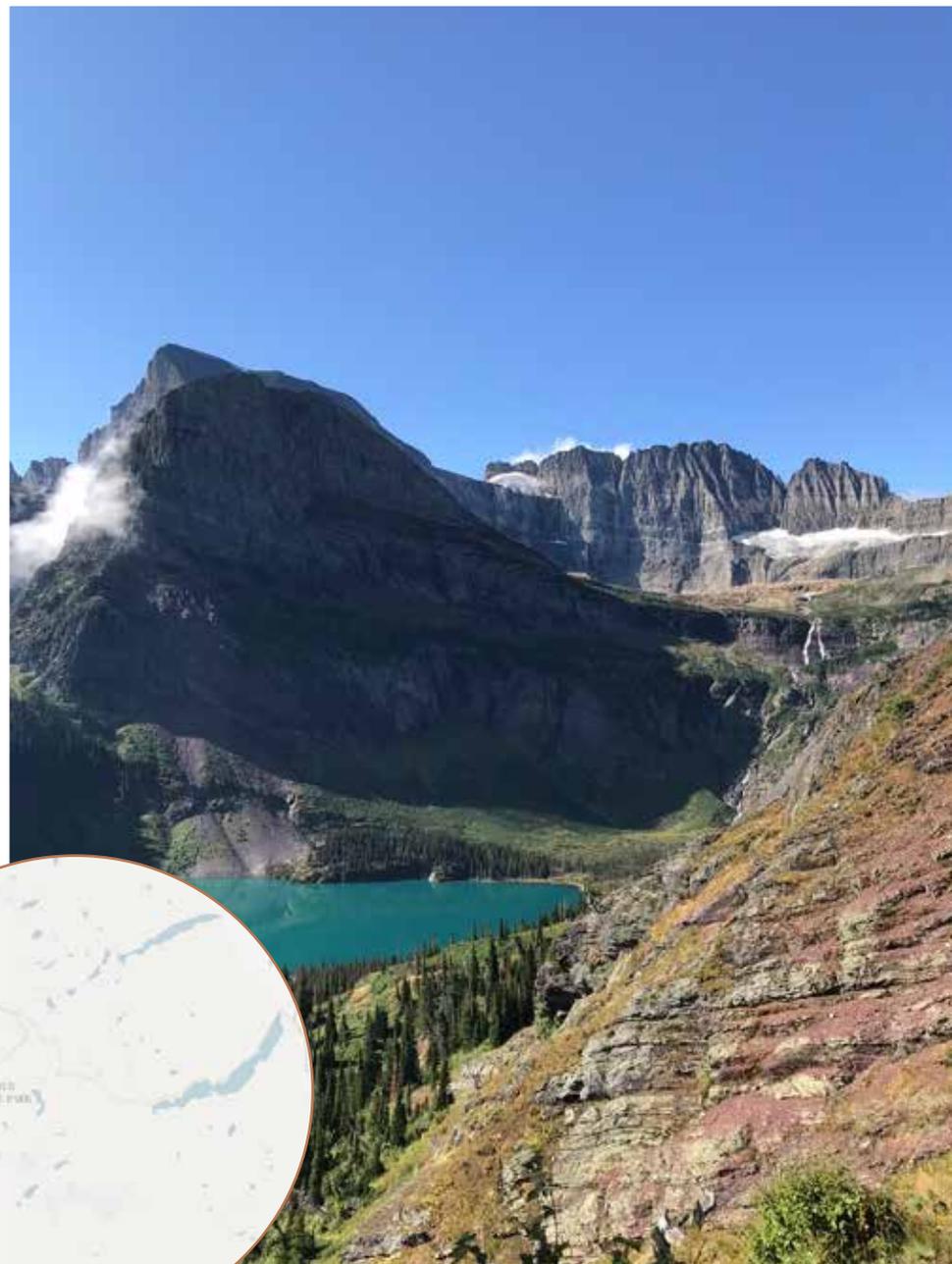
Couldn't narrow it down, you definitely need 3 items! Water shoes, snorkel gear, and reef-friendly sunscreen. You can snorkel on most beaches in Kauai but it is always a good idea to have water shoes since the entry to the water can be rocky.



TIP FOR TRAVELING WITH KIDS

The biggest thing we try to remember when traveling to Kauai, specifically, is that no matter how many times we visit, we are guests on this magical island. It's an important message to kids. If we want to return to it as it is, we have a responsibility to take care and to give back. Kauai has been able to maintain so much of its lush beauty because of the local community there. So while there, be a steward of the land, just as they are. And lastly, shop local where you can. Kauai has such an incredible community of small businesses that are run by enthusiastic, creative, and often purpose-driven humans. It feels so good to see them flourish!





BANFF & GLACIER NATIONAL PARK

UNITED STATES/CANADA



A GUIDE TO *Banff & Glacier*



PLACES TO EAT

To be honest, this is not a “Foodies” vacation. For the Glacier part of the trip, we would recommend stocking up on groceries and cooking at home. The Swiss Lounge at Many Glacier Hotel is a great spot to stop after hiking for a drink and snack. The views from the hotel are stunning and the local mountain goats know it too. Banff is much more developed with plenty of great food options on the main street. We recommend the Grizzly Paw Brewery taproom and Rocky Mountain Bagel co.



WHAT TO DO

Glacier NP- Taking a drive on The Going to the Sun Road is a must. The Grinnell Glacier trail ranks #1 on our top hikes list. 12 miles long, steep and in the heart of bear country. There’s even a ferry you can choose to take across the lakes that will shorten the hike. From the west side of the park, Avalanche Lake and Trail of Cedars was a flat hike along wooden walkways through the beautiful forest. A great, less strenuous family friendly hike. Banff area: Take a break from hiking with the Banff Gondola to the top of Sulfur mountain. Great way to take in the views without lugging small children on your back. Bow Falls, located just below the Fairmont Banff Springs hotel, has ample parking or an easy trail walk from town. Lake Louise: Avoid the crowds by hiking the Six Glacier Trail. Moraine Lake is stunning, but the crowds can be intense and parking is limited. If time allows, drive north on the Icefield’s Parkway up to Jasper. There are multiple overlooks with stunning views like the picturesque Peytoe Lake.



WHERE TO STAY

East Glacier: St. Marys village tiny cabins. They are cute, simple, clean, updated and you can’t beat the views right outside your door. You’ll also wake up to the local free range cattle at your doorstep. Many Glacier Hotel is the other East Glacier lodging option. The rooms are dated and pricey but you can’t beat the views. West Glacier: airbnb Reclusive Moose Cabins. A collection of cabins well off the beaten path. The cabins are beautifully decorated and have everything you need including bikes and a fire pit. Banff: if you want a splurge, Fairmont Banff Springs hotel and Fairmont Chateau Lake Louise is where to do it. However, if you want to avoid the crowds and stay with the slower pace, Cranmore is just south of Banff and there are much more reasonably priced AirBnb condos.



HIDDEN GEMS/OTHER TIPS

Glacier National Park - We loved the East side of the park as it felt entirely relaxed and submerged in nature. That being said, families should know it is REMOTE. We recommend being well stocked on supplies and food. Banff - The weekly farmers market is in a beautiful park down town and a great place to grab lunch and eat by the Bow River. *This area is becoming increasingly popular with tourism. We felt waking up early was always worth it to ensure parking and enjoy nature without the traffic jams. Also, we strongly encourage taking the time to pull over at viewpoints.



REMEMBER TO PACK

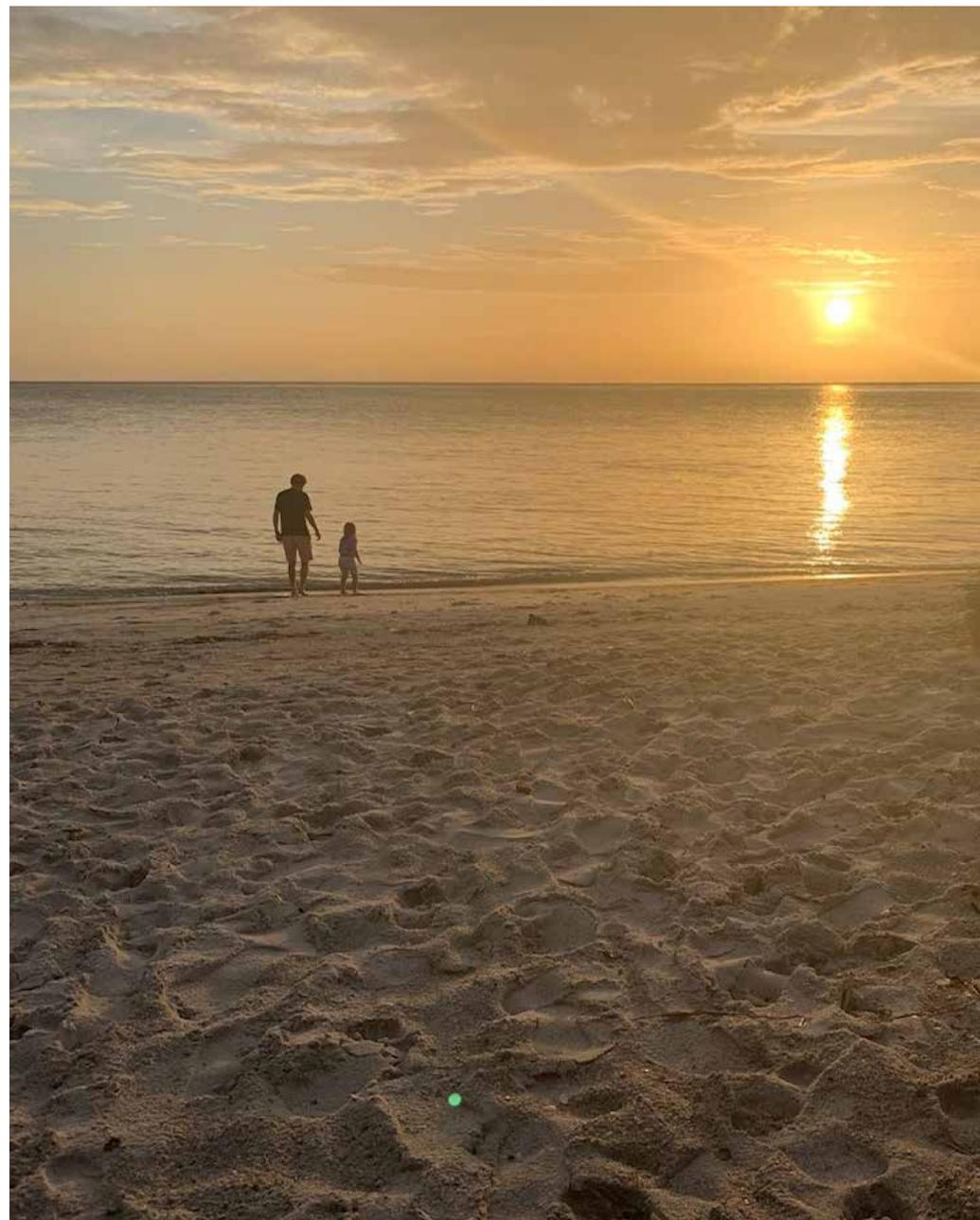
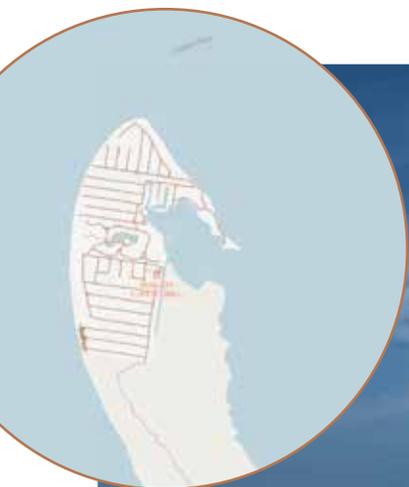
Osprey Poco plus backpack allowed us to bring our son everywhere we went, with plenty of storage for his needs, as well as snacks for us. He also loved being in the pack waving to hikers passingby. We bought the rain cover last minute before we left and it sure came in handy.



TIP FOR TRAVELING WITH KIDS

Be prepared with keeping organized (packing cubes!) and the essentials handy (snacks, wipes, change of clothes). I would also say it’s important to have patience and know that not everything will be perfect but in the end it will be worth it.





A GUIDE TO *North Captiva Island*



PLACES TO EAT

There are only 4 restaurants and bars on the island. They all have a great atmosphere and great fresh fish. We especially loved Mainstay Bar & Restaurant, casual, great with kids and ice cream on top!



WHAT TO DO

The sunsets are a must! Absolutely gorgeous! During the day take your golf cart to the beach. No house is more than a few blocks from the beach. There are great shells for the kids to find! The whole island is very small. On the south end is a state park you can hike and find a truly remote beach. Also rent some jet skis or do a boat trip to nearby islands. Cabbage Key and Boca Grande are wonderful and popular islands nearby.



WHERE TO STAY

You can rent a house through airbnb, VRBO or www.northcaptiva.com.



HIDDEN GEMS/OTHER TIPS

The island is only accessible by ferry. Be sure to plan your groceries ahead as there are only two very small convenience stores with very limited items. The rental house can coordinate a delivery for you ahead of time and everything will be preloaded in your house for a fee or you can order online at the local Publix and bring it with you on the ferry. Do not be intimidated by the no cars! It is so worth it. The island has an amazing vibe and is so laid back and all the locals are friendly and will help you out. Once you get there, it is so relaxing.



REMEMBER TO PACK

BRING LOTS OF BUG SPRAY! The mosquitos are everywhere. Bring the bug spray with you in your golf cart! Also I would skip a stroller. All the roads are sand, we brought our wagon and never used it. The golf cart was our mode of transport for everything. There are parking spots right at the beach! We have a 15 month old and a 4 year old. We did not use car seats either as there are no cars or real roads. The entire island is private as well. There is reliable internet as well.



TIP FOR TRAVELING WITH KIDS

Don't over plan your schedule, flexibility is key with kids, especially young ones and breathe.

NORTH CAPTIVA ISLAND, FLORIDA
UNITED STATES

