

THE TRIPTOES GUIDE TO
**PLANNING YOUR
UNFORGETTABLE
LONG-HAUL FAMILY
HOLIDAY**

TripToes
Family Holidays ■ CANADA ■

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Hi,

I'm Jessica Boston, founder of Triptoescanada. I created this ebook to help you to plan a memorable, adventurous, stress-free and above all, fun holiday for your family.

As a frequent long-haul traveller and busy mum of two little ones, I know and understand how intimidating travel with kids can be. There's a lot to take care of – tickets, travel to and from the airport, entertainment ... not to mention pre-flight jitters and of course the challenge of upsets when you're in the air!

I also know how important it is to find the right accommodation for your family and how tricky it can be to plan a truly fantastic itinerary that everyone will enjoy in a place you aren't familiar with.

I'm thrilled to be able to lend my expertise, helping you to create beautiful experiences and memories for your own family. This ebook is packed with family travel tips – covering everything from a pre-flight checklist to tips for finding accommodation to suit your family.

You'll also discover information about family adventures in Canada. With its outstanding natural beauty, trendy cosmopolitan cities, easy-going locals and abundant opportunities for adventure, Canada has everything to offer a family looking for an inspiring and memorable holiday together.

To find out more, or if you have a question about family travel or Triptoescanada don't hesitate to get in touch.

Jessica



FAMILY PLANNING

One of the best ways to get little ones excited about your upcoming holiday is to involve them from the beginning.

Once you've booked your trip, talk through your plans with your children; show them pictures, videos, maps and brochures to help them to understand and look forward to the holiday.

Show them the accommodation you've chosen and photographs of nearby attractions. Talk to them about which they would like to visit first.

Encourage older children to do their own research so they can contribute ideas for things to see and do while you're away. Learning local phrases or planning routes on maps will give them a sense of real participation in the holiday.

Introduce your children to the different types of wildlife they'll see at your destination. Encourage them to draw pictures!

Reminisce together about some favorite memories of previous holidays – remind them about their favorite moments on previous adventures.

Let your child take along their own little suitcase. They could even write a packing list of items they would like to take. You'll want to pack the bag yourself, of course!

Older children can keep a notebook to fill in during the time leading up to the trip with notes and drawings about what they're excited to do and see. They can continue to use it when you're on the trip and it will make a lovely keepsake to go with your holiday snaps.



TRAVEL BAG CHECKLIST

- Passports and boarding passes
- Phone, tablet, chargers
- Healthy snacks (and the odd lollipop)
- Water (purchased once through security)
- Colouring books, a new pack of crayons
- Puzzle books, playing cards, figurines
- A new travel journal
- Child-sized headphones
- Magazines and books
- Nappies or pull-ups
- A change of clothes for younger children
- Favourite teddies or snuggly
- Toothbrush and toothpaste (under 100ml)
- Bottle and dummy

FOR THE LONG HAUL

TOP TIPS FOR LONG-HAUL TRAVEL WITH CHILDREN

If the idea of a long-haul flight with kids strikes fear into your very soul, rest assured you're not alone. We've all squirmed in our seats when the peace onboard is shattered by the howling of a toddler, mid-meltdown. The only thing worse is when it's your little one doing the screaming!

At Triptoos we've been through it and lived to tell the tale, so we hope our tips will set your minds at ease and help get your family holiday off to a great start.

Arrivals



Allow yourself plenty of time for getting there and checking in ... then add an hour! This can feel a bit over the top if you are used to sliding into the boarding gate at the very last second when travelling alone, but that extra hour is easily used up with bathroom breaks, picking up last minute 'must have's at Duty Free and navigating potential holiday traffic.

Timing is everything



It goes without saying that a non-stop flight is the best option. Pick a flight time that fits your children's sleep routine if possible. In my experience a mid-morning flight on the way out usually works well and an overnight flight on the way back is fine.

Pack to entertain



List all of your essential items, then add copious amounts of milk and healthy snacks (a sugar rush in a confined space is never a great combination). Consider wrapping items in foil to help distract a toddler mid-meltdown. Rather than handing over a bursting bag at take off, try to stagger entertainment as much as possible.

Pace yourself throughout the flight; if the kids are happy watching the inflight movie don't distract them in favour of something from your bag of tricks – you may well need this later! Don't forget to keep a few things for the trip home too. Better still pick up a couple of new things when you are travelling.



Keep safe

Put your name and contact details on a piece of paper in your child's pocket or attached to an item of clothing. That way if they separated from you for any reason you'll be easy to contact.



Navigate your way to the gate with ease

Hold on to that buggy until the last minute. Most airlines will let you do this nowadays, so don't check it in too early and rely on little legs for two hours before boarding. Many airlines will also let you have your buggy as soon as you arrive at your destination.



Prepare your seats

Although many airlines offer early boarding for families with children under the age of five, sitting on a cramped plane whilst everyone else finds their seats can be a bad start to your travel experience. Speak to the boarding crew and send an adult on in advance to prepare your seats and store away luggage so that time waiting for take off is kept to a minimum.



Set the scene for sleep

Let's face it, sleep is the best way to kill time and eliminate stress. For younger children, make the effort to change into comfy pyjamas or a 'onesie' and prepare a nest for them to snuggle into and pack some pegs so that you can make a tent out of clothing or a blanket. Try a drop of lavender oil on their pillow and settle them away from the busy aisle and near a shaded window. Their favourite comforter/toy is going to be essential here. When my son was younger, 'Fluffy' the blue blanket was an absolute must.



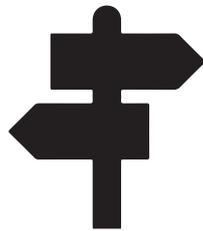
Depressurise!

Last but by no means least, to prevent the changes in cabin pressure (at take-off and landing) from upsetting your little ones make sure you have the breast/bottle/dummy/sugar free lollipop/boiled sweets to hand. In my family we also have the tradition carried over from my childhood of holding hands at take-off and landing.

HOME AWAY FROM HOME

WHAT TO LOOK FOR IN ACCOMMODATION

There's a lot to think about when it comes to choosing your holiday accommodation. Here are a few tips to help you narrow down the best option for your family ...



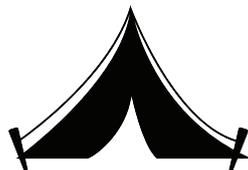
Self-catering or hotel?

Would your family be more comfortable in a full service hotel, a self-catered property, or something that has the best of both worlds? If you plan on touring around it may be that for short stays a hotel is fine, but for longer visits having a kitchen and washing machine is essential.



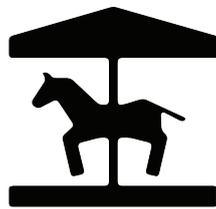
Try something different!

Consider more unusual accommodations. Many countries have excellent motorhome rentals which can work very, very well for families. Or perhaps you quite like the thought of sleeping in a tipi, treehouse or house boat for a change? Think outside the box and enjoy the adventure.



Local attractions

When picking either a rental property, hotel, lodge or even campground, think about what is nearby. Is there a playground within walking distance? Is there a supermarket or corner shop nearby? What are local transport links like? Where are the nearest attractions, bike or boat rental stations?



Location, location, location...

Canada is big. Take what you're imagining and add some. It's not unusual for our families to get overwhelmed by the sheer size and the distances between destinations. This can apply to many new places. It is impossible to do everything in one holiday. Identifying your top priorities can help pinpoint the best location for you. Speak to a travel specialist who really knows the area you are thinking of going to, and get the best advice with planning.



Need more help?

Get in touch! We at Triptoos can help you decide which accommodation choice will best suit your family.



ARE WE NEARLY THEEERE YET?

ENTERTAINMENT EN-ROUTE

Long car journeys can be trying for parents and children alike, and we all dread hearing those five little words ... ! With a little forethought though, traveling can actually be an opportunity for some uninterrupted family fun. After all, enjoying time with your kids is one of the main purposes of your trip! Why wait until you get to your destination before the fun begins?

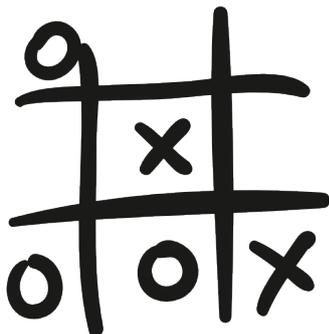


I Spy with a twist

Before a car journey write a list of things you might spot on your trip. As a family, all look together throughout the holiday and keep a tally to see who can spot the most items by the end of your travels. Include some easy to find items like a letterbox or a bridge, as well as some that are more difficult to spot, like a purple car, a grizzly bear or a white horse.

Endings game

One member of the family thinks of an animal like 'dog' and the next comes up with one that begins with the last letter of the first word; in this case 'gorilla'



Going on a trip

This memory game is an oldie but a goodie - the first player begins with the phrase "I'm going on a trip and in my suitcase I have packed ... my favourite teddy." The next player repeats the phrase and adds in their own item, e.g. "I'm going on a trip and in my suitcase I have packed my favourite teddy and my sunglasses ..." and so on.

Drawing and colouring

Ask your little ones to draw a picture of what they imagine the holiday will be like – of the beach or of the family doing something together on holiday.



Post-it note game

Each participant has the name of an object written on a post-it note and stuck to their head. They take turns to ask their opponents yes or no questions about their object until they are able to guess the answer.

WHEN YOU WANT TO QUIETEN THINGS DOWN...

Audiobooks

From Paddington and Pooh to Harry Potter and The Cat in the Hat, audiobooks can be a lovely addition to a long journey, keeping little ones (and kids at heart) entertained and content for hours.



Tablets

Of course screentime certainly has a place on long car journeys. There seem to be no ills that Frozen cannot mend and on a long flight, one or two favorite movies or TV programs played on the in-flight system or on your iPad can help to quietly and happily pass a couple of hours.

READING MATERIAL

FAVOURITE BOOKS TO INSPIRE YOUNGER TRAVELLERS

When I was little I particularly enjoyed reading about far off places. I think that's what inspired my love of travel. I try to encourage my children to read or be read to as much as possible, though I'll admit it is a hard battle sometimes against the ever popular iPad! Here is my list of favourite children's books to encourage holiday reading and adventurous spirits in the younger traveller.

Oh the Places You Will Go!, Dr. Seuss

Dr Seuss is a firm family favourite at our bedtime. I love this book because of the great message, and my children just love all things Dr Seuss related. They never seem to tire of verses like:

"You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way!"

Holiday (Usborne Look and Say), Felicity Brooks and Jo Litchfield

I had to include this hardback picture book, as once upon a time I had to read it to my son about 20 times a day for a period of 6 months. He loved it and never tired of hearing my made-up stories of camping, packing for holiday, eating at a café, etc, etc ... I, however, did! Our copy of this book has now been retired to the loft for safe-keeping,, but don't let that stop you!

Usborne Children's Picture Atlas, Ruth Brocklehurst

This classic first atlas for is beautifully illustrated and takes children on a magical journey around the world. Each map is crammed with fascinating details to pore over and talk about, with thematic pages describing people and places around the world. A must have for all travel-obsessed households.



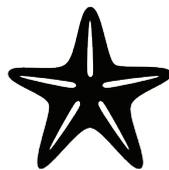
BE HERE NOW

MAKING THE MOST OF YOUR HOLIDAY

Let work know you're off the grid. Ideally, switch your phone off altogether and leave an out of office message stating that you're unavailable until your return date.

Let it go. Roll with the punches and choose to laugh off inconveniences rather than fretting over the details.

Don't view your holiday through a screen. Of course you want to remember it forever, but don't spend so much time looking through the viewfinder that you're barely there in the moment. Stay present, enjoy it.



Before you set off, create a list of the things you really want to do and put them in some kind of order or group them by location...

... but don't be afraid to throw out your plans. It's great to structure in the things you don't want to miss, but if something calls to you en-route, or if one day all you feel inspired to do is lounge around and paddle, do just that. The best, most memorable moments with your family are often completely unplanned so don't get tied up in checking off a list of "once in a lifetime" experiences.

Keep a family travel journal. Note down the funny moments, awe-inspiring views and interesting tidbits from your day. The kids can draw pictures and later, you can add your favorite holiday snaps.

Make sure each parent gets some time alone to recharge – a museum trip or a couple of hours in a spa can work magic.

Remember to pause. Take a deep breath. These are the days.

DISCOVER CANADA

BIG CANADA EXPERIENCES

Canada is a big place, and home to some incredibly big adventures. Here are four favorites that your family will remember forever.



Niagara Falls, Niagara, Ontario

You've seen the photos and heard the buzz, but nothing quite prepares you for seeing Niagara Falls in the flesh. Just a 90 minute drive from Toronto, the Falls are an absolute must-see.



Glacier Skywalk, Jasper National Park, Alberta

Not for the faint hearted, the new Glacier Skywalk at the Columbia Icefields in the heart of the Rockies, is a one of a kind experience. The walkway leads to a platform where glass is all that separates you from a 918 foot drop.



Whale and Iceberg spotting, Newfoundland

Newfoundland is one of the most spectacular whale watching destinations in the world, with 22 species including the minke, sperm, pothead, blue, orca, and the world's largest population of humpbacks. In spring and early summer you can head to Iceberg Alley and spot a 'berg too.



CN Tower, Toronto, Ontario

At a massive 1,815 ft, the CN Tower is both fantastic and thrilling for families. Nothing beats the thrill of a ride in the glass fronted lifts, with spectacular views across the city. If you are brave enough, take a walk over the Glass Floor.



ADVENTURE AWAITS!

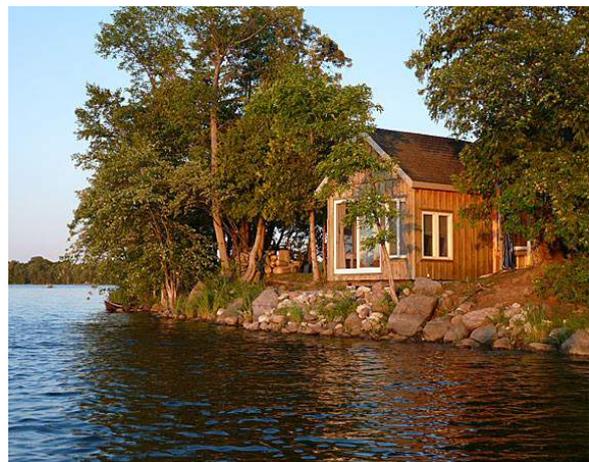
At Triptoos we craft unforgettable family holidays to Canada. Here are just a handful of examples of the adventures that await ...



A Luxury Guest Ranch in British Columbia

Siwash is a private hideaway in British Columbia's cowboy country. It is an iconic, luxury wilderness ranch, owned and run by a Canadian family. Ranking among North America's finest 'dude' and working ranches, Siwash is legendary for horseback riding, authentic experiences amid nature, organic pasture-to-plate cuisine, and lavish safari-inspired tents. Siwash offers intimate family adventure holidays all within a wild, peaceful paradise.

Typical children's activities at the ranch include horse care, animal tracking, wilderness survival training and shelter building, orienteering, arts and crafts, scavenger hunts, nature walks, fort building and outdoor games.



An Ontario cottage

The sweet-scented pine, crystal clear blue waters and blue skies of Ontario's 'Cottage Country' are part of what makes this destination so uniquely memorable, but perhaps the greatest thing about a traditional lakeside cottage holiday in Canada is that it offers your family the chance to truly get away from it all; to unwind, relax, and spend time together in beautiful surroundings.

Children are entertained for hours by the pleasures of water and woodland during the day. At night, there is nothing better than watching the sun set over the lake, listening to the sounds of wildlife, and stargazing from the deck.



A family canoe trip at Algonquin Park

This classic 3-day guided canoe trip is ideal for families looking for a taste of adventure, wildlife, stunning lakes, and tasty meals cooked over an open fire. The pace is relaxed which makes this canoe trip suitable for all abilities and experience levels. If you're lucky, you might catch site of a large moose or hear a pack of wolves.

This is a great canoe trip for any level of paddler. Learn and/or refresh paddle and portage skills along the way. The campsites are beautiful. Swim in the clean fresh water, enjoy back country gourmet meals cooked over a fire. Groups are small with an emphasis on exploring lakes and rivers in search of wildlife, relaxation and having fun!



On the road in British Columbia and Alberta

There's something both deeply romantic and hugely adventurous about travelling around with your home on your back and having the ultimate freedom to explore where the wind takes you and your fancy pulls you.

Western Canada, home to The Canadian Rockies, the Okanagan, Sunshine Coast, Pacific Rim National Park, Whistler, the Badlands, Vancouver Island and both Vancouver and Calgary, is perfect for exploring by motorhome or campervan. For families seeking an adventurous, freedom-filled, memorable trip, a motorhome holiday in Western Canada is the ideal choice.



"My family had a lovely time in Canada. Reese's Retreat was great! It was very well equipped, much more so than any cottage or self-catering accommodation we have stayed in anywhere in the UK or France. Everything in the cottage worked well, it was spacious and decorated beautifully. A friendly neighbour even took us out on his jet-ski and later lent us his pedalo!" Fiona McKinnon

"Wow, what a treat! We just got back from a fantastic holiday courtesy of Triptoos. An amazing house with all the facilities we needed, barbecues, campfires, swimming, kayaking, walking, canoeing, fishing and a hot tub. A relaxing outdoor retreat perfect for the whole family." The Massie family



ABOUT TRIPTOES

UNFORGETTABLE ADVENTURES IN CANADA, CRAFTED ESPECIALLY FOR YOUR FAMILY

Triptoos is the UK expert in family travel to Canada, combining a love and passion for the country with a practical understanding of what families travelling with children need. We provide families with bespoke, sustainable and adventurous holidays, removing stress from the planning process.

I founded Triptoos after years of working in the Canadian travel industry for a leading independent tour operator and taking time to stay at home with my two little ones. Through my own experiences, I saw there was a real need for a travel company that focussed on family. It tends to be an afterthought for a lot of companies but when we travel as a family, we have very different needs.

I wanted to be able to share my passion and expertise for Canada, and to offer something that would make parents' lives easier. I'm passionate about providing families with sustainable and adventurous holidays tailored to suit their wants and needs, removing stress from the planning process and ensuring that they experience the best of this vast and beautiful country.

At Triptoos we source impeccable, sustainable individual accommodation and service providers within Canada that are specifically tailored to meet the needs of families traveling with children. We handpick the best available Canadian accommodation including traditional lakeside cottages, wilderness lodges, luxury resorts, city hotels and adventure holidays, as well as motorhome packages that allow families to explore every aspect of Canada's stunning scenery.

We would love to help you craft your family's dream holiday to Canada. Get in touch!

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