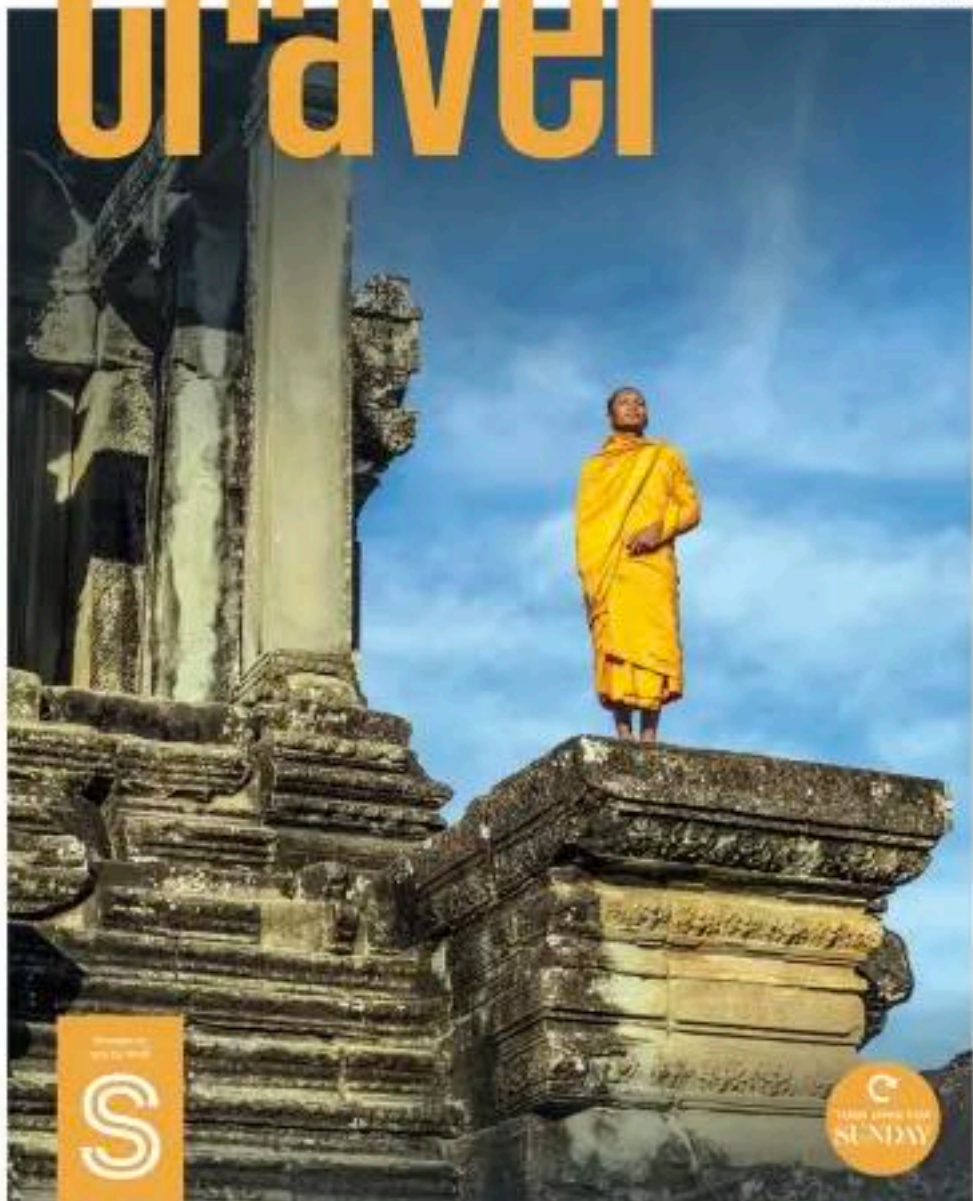


Siem Reap: A family adventure to remember

SUNDAY STAR★TIMES


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# travel



ROAD TRIPS WITH KIDS • DOG-FRIENDLY HOLIDAYS • TIPS FOR MULTIGENERATIONAL TRAVEL





# Are we there yet?

PHOTOGRAPHS  
FROM TOP  
Meg Law and her  
children, Daisy  
and Jason, with  
husband Warren at the  
Grand Canyon.

Travelling through North America with kids is equal parts exhilarating and exhausting, but worth every minute, writes *Meg Law*.

**T**hink travelling across North America with kids is a recipe for disaster? You're not wrong, but it's also unforgettable.

From Route 66 road trips to yoga high rolling and sunrise hikes at the Grand Canyon, here's how we survived (and thrived) on a six-week family adventure with two kids across 30 states in the United States and Canada.

Travelling with kids can feel like herding caffeinated cats across continents, but with planning, humor, and the right mix of road skills and nature, it becomes the trip of a lifetime. With our two children, aged 8 and 11, we came home with good memories and a renewed appreciation

of digital entertainment systems. Here's what worked for us and what might keep you sane too.

#### Surviving the long-haul flights

The first challenge comes before you've even loaded the car: after two Pacific crossings, the survival kit was equal parts low-tech and high-tech.

- **Headphones:** The car needs to have Shade 5-0FF air filters in the car, but even Tucker (with her seat) has right, lower cabin.
- **Books and Games:** Games that keep kids engaged.
- **Navigation:** Google Maps (yes, help from the Subject).





And for adults? Noise-cancelling headphones, deep breaths and a reminder the holiday starts when you land.

### Bright lights, big cities

The beauty of Las Vegas, Los Angeles and New York is that – if you know where to look – they're giant playgrounds for kids.

Beyond casinos, Las Vegas is packed with family fun – rollercoasters, the Bellagio fountains, late-night street performers and even zip-lining beneath neon lights. Our hotel pool's lazy river was a highlight, offering pure bliss between the chaos of the Strip. Tip: Bank your sleep before you go; this city never shuts down.

Disneyland is pricey, but worth every cent. We met characters, collected autographs, took a Disney animation class and even visited Mickey's house.

Beyond the castle, LA has palm-lined beaches, endless malls, the Hollywood sign and quirky encounters such as spotting Cybertrucks and delivery robots roaming the streets.

Times Square in New York City was a sensory overload that our teen adored. She also loved Black Tap's Crazy Shakes, the Empire State Building and Fifth Avenue shopping. Our younger one was all about his first Yankees game, FAO Schwarz, the Lego Store and a cruise to the Statue of Liberty. Central Park and Bryant Park gave us a chance to swap sidewalks for grass and breathe.

### Nature fix

After days of neon and queues, wilderness was our reset button. US and Canadian national parks are not only spectacular, they're family-friendly, too.

### Grand Canyon

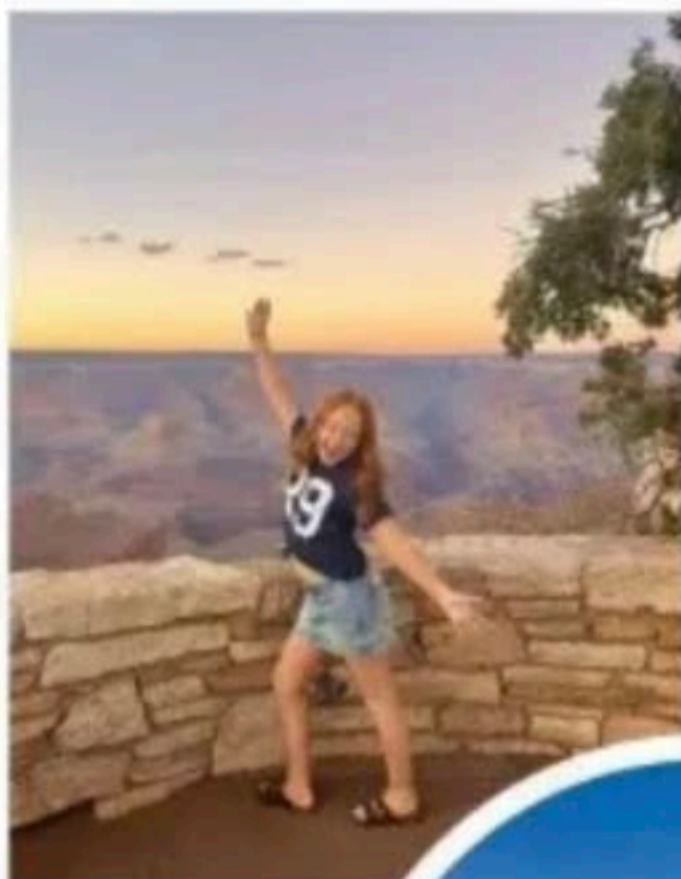
The sheer scale silenced even our chatty 8-year-old. We hiked the South Rim at sunrise and it was pure magic.

### Yosemite

Easy trails like Glacier and Lower Yosemite Falls gave the kids bragging rights without Everest-level stamina. Spotting a black bear was the ultimate highlight.

### Canadian Rockies

In Banff, Emerald Lake and Jasper, we found turquoise lakes, gondolas, canoes and plenty of wildlife. Our son especially loved Jasper – after all, it's the town he was named after.



### Keeping your sanity intact

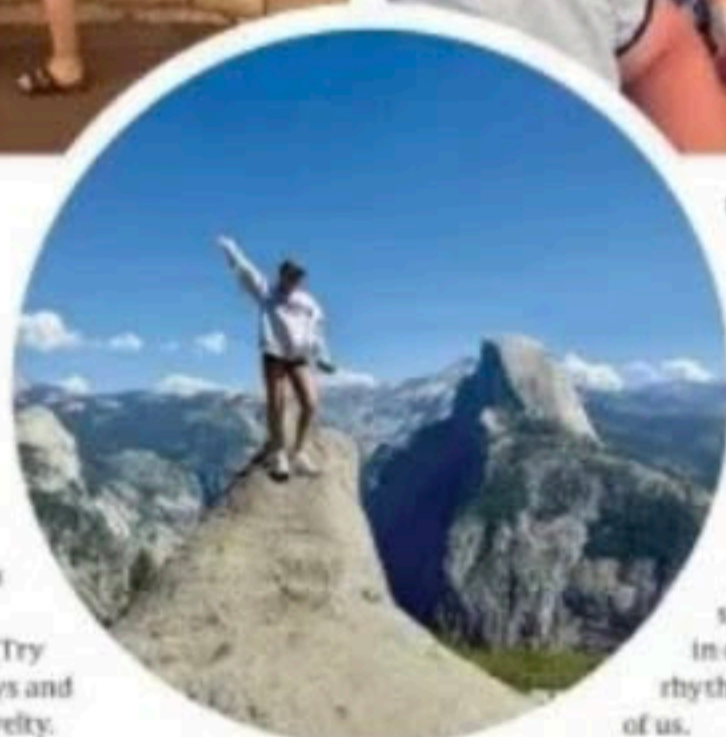
Exploring big cities with kids can feel like an Olympic sport, but a few tricks helped.

Maps are magic – hand kids a paper map or park guide and let them lead. Break big cities such as NYC down, one neighbourhood at a time. Try public transport – subways and buses are cheap and a novelty.

Downtime matters: in Palm Springs, afternoons by the pool (kids splashing, adults sipping margaritas) kept everyone recharged. Sometimes ditching the plan is the plan. We swapped itineraries on a whim, like heading to Vegas "for one night" and staying four, or driving to Arizona for a college football game.

Imperfection is inevitable, roll with it, laugh at mishaps and don't sweat the small stuff. Celebrate small wins – a smooth subway ride or successful family hike deserves a cheer.

Balance is key; pair Broadway nights or city chaos with morning swims or park picnics to avoid



meltdown mode, adults included.

Travelling North America with kids is equal parts exhilarating and exhausting, but it's worth every minute. By mixing high-energy cities with grounding nature, sprinkling in spontaneity, and building in downtime, we found a rhythm that worked for all four of us.

For families willing to brave the long haul, the pay-off is huge. You don't just come home with souvenirs, you come home with kids already plotting the next big adventure. Now that's a travel success.

### PHOTOGRAPHS FROM TOP TO BOTTOM

Yosemite has easy, family-friendly trails. The writer's daughter, Daisy, at the Grand Canyon. The family travelled around the United States and Canada for six weeks. Getting into nature helps balance city adventures.