



*Lynzy & Co.*

TRAVEL  
SWITZERLAND

A Life & Style Guide for Modern Motherhood

“ *I am a passionate traveler, and from the time I was a child, travel formed me as much as my formal education.*

—David Rockefeller

“ *We must go beyond textbooks, go out into the bypaths and untrodden depths of the wilderness and travel and explore and tell the world the glories of our journey.*

—John Hope Franklin

“ *Travel, and the younger sort, is a part of education; in the elder, a part of the experience.*

—Francis Bacon

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We plan to travel as much as we can with our children as they grow. Not only does it help them to grow and mature, but us as parents as well.

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# OUR PACKING TIPS

**Create capsule style wardrobes for each member of your family.** This will allow you to mix & match many pieces and make the most of your wardrobe. We traveled light during our 2 week Switzerland/Austria trip! You can find my capsule wardrobes for my family here: For [Mom](#) | [Dad](#) | [Toddler-Young Girl](#) | [Toddler Boy](#)

I highly recommend [packing cubes](#) & these [travel compression bags](#). I packed all of the kids items into the packing cubes and our clothing into the travel compression bags!

**I always pack any shampoo, body wash, etc. into a bag that will allow for spillage.** There is nothing worse than getting your clothes full of shampoo before you arrive to your destination.

**I always pack one large backpack with everything I will need for the flight.** This includes, an extra change of clothing for each child, diapers, wipes (regular and sanitizing), snacks, toys/iPad, wallet, phone, and phone charger.







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We checked three items during this trip. Our large hard case suitcase, travel backpack from Tom Bihn, & our hiking child carrier backpack! Try to keep bags to a minimum, it makes traveling so much easier!

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We brought one [double umbrella stroller](#), one [ergo baby 360 carrier](#), one and [1 osprey child carrier hiking pack](#). We used all of these the entire vacation and would have been LOST without them. Remember that young kids get tired and having vessels to carry them in is key ;)

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If you are bringing a stroller, check it at the airline's gate. Grab one of [these mommy hooks](#) to hang your bag or even a car seat if you are bringing one!

## FAQ's about our Switzerland trip:

### Why did you choose Switzerland?

We did quite a bit of research last year and so many of YOU recommended it as being one of the most family-friendly countries to visit and I loved that we were out in nature without large crowds in the city.

### Where did you fly into? How far was it to Wengen (where you stayed)?

We flew into Zurich, rented a vehicle and drove to Wengen. Wengen is about 2 hours from the airport but it is a car free town. We parked our vehicle in Lauterbrunnen [here](#) for 5 days (cheap parking) and took the train up to Wengen (15 minute ride).



### Was it expensive?

Everyone told us that Switzerland was one of the most expensive countries to visit and while I do agree, I definitely don't think it's more expensive than visiting Boston or NYC :)

### Would you change anything about your time in Switzerland?

Other than have more of it, no :) I wish we could have stayed forever, it's magical.





# WHERE TO EAT



Truth be told, we cooked frequently at our Airbnb but we did stop at a few places along the way!

## PASTA & MORE {Wengen}

The food was phenomenal here! They had toys for the kids to pickout and bring to their tables and they had great high chairs as well!

## TINY CAFE AT THE GRUTSCHLAP STATION {near Lauterbrunnen}

Self serve restaurant that had the world's best cappuccino (put chocolate in it too) HEAVEN! We had a quick cup of soup here before our hike to Mürren and it was delicious!

## HOTEL OBERLAND {Lauterbrunnen}

Great food - we had pizza and it was delicious! The service wasn't great but the food made up for it!

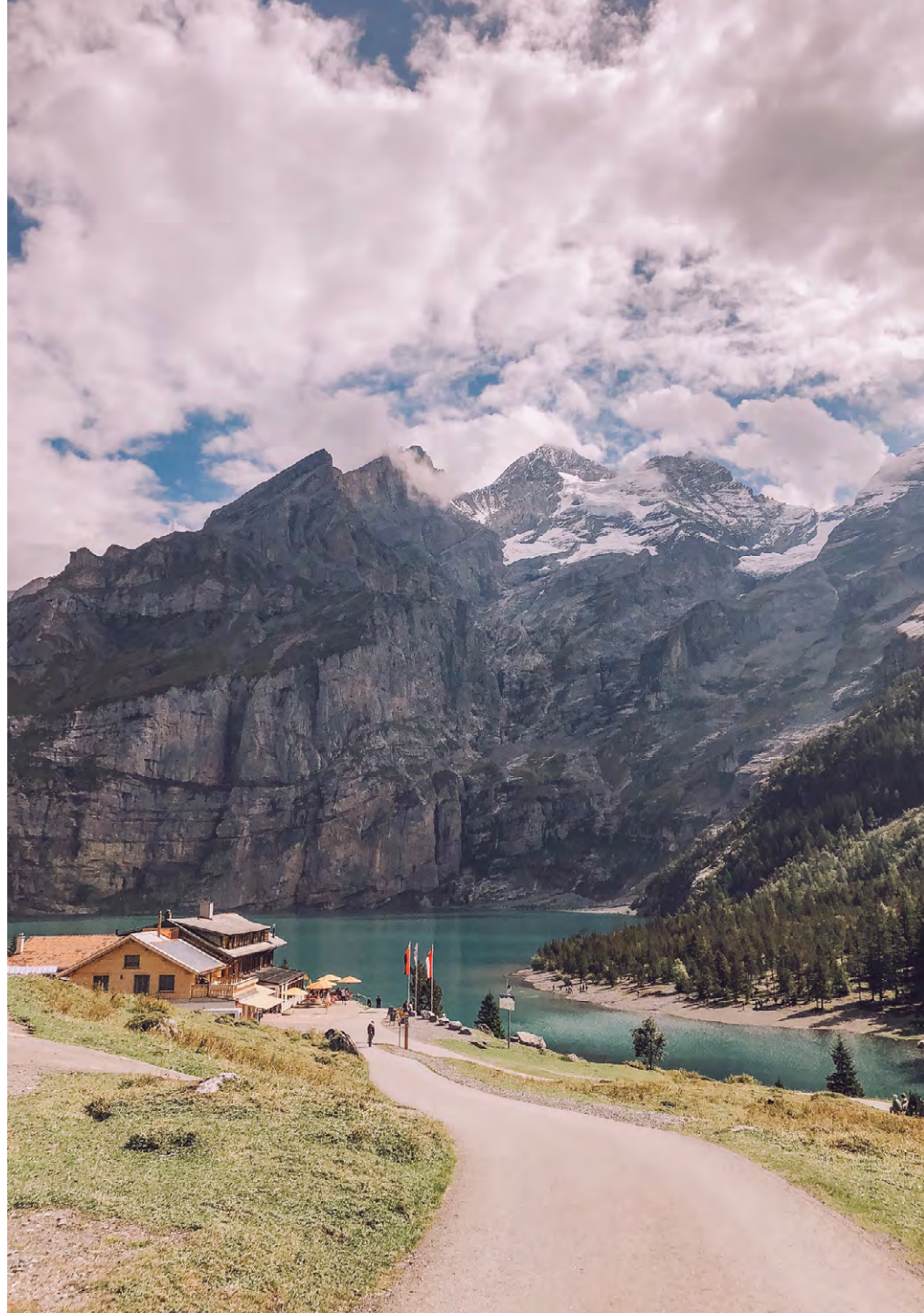


## BERGHAUS MÄNNLICHEN {Männlichen}

This restaurant was at the top and it was over priced but of course, had a great view! Family friendly!

## RESTAURANT AT OESCHINENSEE LAKE

Another overpriced restaurant but unbelievable views. Family friendly with a playground to the side of it and high chairs available.





# WHERE TO STAY

I did a LOT of research on where in Switzerland we would base ourselves and it came down to two places: Wengen & Mürren. Both of these mountain towns are car free and provide unbelievable views and a great way to engulf yourself into the Swiss culture.



## AIRBNB IN WENGEN

This came highly suggested to me by a friend and it was a slam dunk. It was about a 15 minute walk from town and it was peaceful and quiet and everything I wanted it to be. I felt as though I was LIVING in Wengen from this treasure spot. It was large (4 bedrooms) and had everything you needed to cook! My only complaint is that the beds were not that comfortable (IKEA mattresses) but I would go again in a heartbeat!

► [VISIT](#)





## MÜRREN

I have heard such wonderful things about this town and we walked through it for the day and I do feel that it had more to do when compared to Wengen. Wengen was a bit more quieter in my opinion!

► VISIT





# WHAT TO DO

Gosh, there are SO MANY THINGS to do! I will list out the things we did while we are there but just know that there are many other things we missed out on!



## DAY TRIP 1:

Take a cable car from Lauterbrunnen to Grütschalp station and hike from there to Mürren (hour and 15 minutes) Walk around Mürren and take the cable car to Allmendhubel to the Flower Park Playground. One of the most beautiful playgrounds I have ever seen! There is a gorgeous restaurant up there too! We tried to eat here but they close early (4 pm) so keep that in mind!







## DAY TRIP 2:

Take the cable Car from Wengen to Mannlichen. Beautiful playground for kids and breathtaking views. You can hike a ton from here (very doable with kids, rather flat) or take another cable car to Grindelwald!







### DAY TRIP 3:

Drive to Kandersteg (1.5 hours or so) and take a gondola to the top where there is a walking trail that took us to Oschistrasse - Oeschinsee Lake! It's about a 30 minute walk and it's gorgeous. It's a bit uphill on the way back but doable! There is a restaurant at the lake that has gorgeous views! You can also roast smores on the lake or take boats out!





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**Things we would do next time:**

- Hike to Grindelwald
  - Visited Bern for it's medieval town architecture
  - Visit Appenzell
  - Ride the **Glacier Express**
  - Visit Lucerne - beautiful lake town
  - **Gelmerbahn Funicular** - coolest rollercoaster through the alps!
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# MY MUST HAVE TRAVEL GEAR



## Large Hard Rolling Suitcase

I have this Samsonite one and it's been through about 8 years already with me. I love it so!

## Packing Cubes/Organizers

I love these for organization within the suitcase!

## Freshly Picked Diaper Bag

I love the amount of pockets this bag has and it easily fits everything I need in a carry on bag for the the kids & myself.

## Zoe UmbrellaStroller

great, high quality double stroller that was perfect for traveling. It has awesome under seat space (hard to find with umbrella strollers) and I love how the canopies go way over their head so it blocks the sun and even rain!

## Ergo Baby 360 Carrier

Love this carrier because it can hold a toddler as well! I wear Miles in the front and Ellie on my back sometimes!

## Headphones

Great for when the kids are watching a movie on the plane!

## Zella Leggings

My favorite leggings ever in general but also great for traveling. So comfy and never start to sag. The perfect fit and I wear them 5/7 days a week in the fall and winter!



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