

To & Fro Fam

TRAVEL TIPS FOR REAL FAMILIES



The journey is definitely part of any family adventure—and To & Fro Fam's travel tips are tested and designed to make that journey unforgettable for all the right reasons. I share family travel hacks + kid-friendly destinations to help overextended parents spend more time with their kids—with less stress.

I'm Catherine Ryan Gregory, a mom of two girls, a travel junkie, a full-time writer, a Portland, Oregon resident and the founder of To & Fro Fam. In addition to writing this blog, I contribute to national publications including Parents, Cosmopolitan, Glamour, Women's Health, Scary Mommy, Real Simple, Travel Portland and more.



18,000+
page views
per month



650+
followers



209,000
views
per month

my special sauce:

Serving up practical advice + relatable experiences that show families don't have to be Insta-perfect to have fun on vacation.

let's collaborate!

- sponsored posts
- press trips
- giveaways
- social media promotion
- service, lodging & product reviews
- custom or combined package—let's talk!

previous partners include:

Visit Bend, Oregon // Hotels By Day //

Oregon Coast Aquarium // Chicago Field Museum

This museum looks AMAZING! I could see how it can be overwhelming for families and I love how you broke it down into manageable sections. Now *I* want to go here—with or without my kiddos!

What amazing savings! Thanks for showing exactly how you and your family saved money!!

This has been on my bucket list of places to go for forever. Thank you for all of the amazing insider tips!

OMG thank you for writing this.
Holy moly, this is genius!

Catherine Ryan Gregory // Catherine@ToAndFroFam.com
www.ToAndFroFam.com // Socials: @ToAndFroFam