

FAMILY ROUTE · ATLANTA, GA

THE ULTIMATE ATLANTA TRAVEL GUIDE FOR FAMILIES

Atlanta for families: aquariums, dinosaurs, civil-rights history, and indoor backups for summer storms.

Start early before the heat peaks, plan around MARTA stops, and pick attractions around your kids' ages, the storms, and the distances.

Midtown · Downtown · Buckhead · Old Fourth Ward · Decatur · Inman Park

AT A GLANCE

Your guide, in one glance

Check these patterns first, so heat, storms, and MARTA transfers fit into your plan.



Morning start

Start at Piedmont Park or Centennial Olympic Park before 10 a.m., then take a shaded lunch break in Midtown.



Little ones under six

Pick short museum visits and the Piedmont Park playground, plus flat stroller paths for a shady break.



Mixed-age families

Pair one hands-on stop like Fernbank with an evening walk on the BeltLine Eastside Trail.



Storm-day plan B

Keep an indoor stop ready, such as the Center for Puppetry Arts, for sudden thunderstorms or the midday heat.

ORIENT YOURSELF

Atlanta at a Glance

Plan around one district a day, so little legs get shade, snacks, and rest between stops.

ZONE	WHAT'S THERE
Downtown	Georgia Aquarium, World of Coca-Cola, Centennial Olympic Park, and Zoo Atlanta.
Midtown	Piedmont Park lawns, High Museum of Art, Center for Puppetry Arts, and Atlanta Botanical Garden.
Old Fourth Ward	Martin Luther King Jr. National Historical Park, Ponce City Market, and BeltLine walkways.
Inman Park	Krog Street Market, the BeltLine Eastside Trail, and shaded tree-lined sidewalks.
Buckhead	Atlanta History Center and LEGOLAND Discovery Center at Phipps Plaza.
Druid Hills	Fernbank Museum of Natural History and a flat neighborhood loop for strollers.
Airport & Stone Mountain	Delta Flight Museum by the airport; Stone Mountain Park for a longer day outdoors.
Practical tips	Carry water and a sunshade by midday, and plan indoor stops from 1 to 4 p.m. when storms build.
Transit	MARTA trains link downtown, Midtown, and Buckhead; check elevator access at each station before you go.

Which major attraction fits your family?

DESTINATION	WHY IT WORKS
Georgia Aquarium	Huge ocean tanks that suit all ages; book timed entry on weekends.
Children's Museum of Atlanta	Water and climbing play built for toddlers and kids up to about ten.
Fernbank Museum of Natural History	Dinosaur halls and a giant screen; best for school-age kids.
World of Coca-Cola	Tasting bar and memorabilia; a short visit, best for older kids.
Center for Puppetry Arts	Puppet shows and a hands-on gallery; great for under-eights, check show times.
Zoo Atlanta	Giant pandas and a shaded train ride; go early before the afternoon heat.
Martin Luther King Jr. National Historical Park	Sweet Auburn history and the birth home; quiet, walkable, best for school-age kids.
Centennial Olympic Park	Fountains and open lawns; splash areas in summer, ideal for toddlers.
Atlanta BeltLine Eastside Trail	A flat paved path for strollers and bikes; best in the morning or evening.
Piedmont Park	Playgrounds, lawns, and a lake; a flexible day with shade and snack stops.

Before you book, check each attraction's official site for current hours, timed tickets, stroller rules, and age limits.

THE BIG LIST

20 Must-Visit Family Attractions

1. **Georgia Aquarium** for ocean tanks and a cool indoor start; book timed entry.
2. **Children's Museum of Atlanta** for water play and climbing built for toddlers.
3. **Fernbank Museum of Natural History** for dinosaur halls and a giant screen.
4. **World of Coca-Cola** for memorabilia and a tasting bar; best for older kids.
5. **Center for Puppetry Arts** for puppet shows; check the show times first.
6. **Zoo Atlanta** for giant pandas and a shaded train ride in Grant Park.
7. **Martin Luther King Jr. National Historical Park** for Sweet Auburn history and the birth home.
8. National Center for Civil and Human Rights for age-aware exhibits on freedom and justice.
9. Atlanta Botanical Garden for its children's garden and shaded paths.
10. High Museum of Art for family-friendly galleries and a Midtown lawn stop.
11. Ponce City Market for food halls and a shopping break in an old mill building.
12. Krog Street Market for food stalls and a relaxed lunch near the BeltLine.
13. Stone Mountain Park for the skyride, the laser show, and a longer outdoor day.
14. Chattahoochee Nature Center for boardwalk trails and wildlife animals.
15. Atlanta History Center for gardens, historic houses, and hands-on history.
16. Delta Flight Museum for vintage planes and a kid-friendly cockpit area.
17. LEGOLAND Discovery Center Atlanta for indoor building zones, best for ages 2 to 10.
18. **Atlanta BeltLine Eastside Trail** for a flat, stroller-friendly walk.
19. **Piedmont Park** for playgrounds, lawns, and a lake loop.
20. **Centennial Olympic Park** for fountains and open lawns downtown.

Before you go, check ages, timed-entry slots, summer hours, and stroller rules on official sites.

LOWER-COST DAYS

18 Free & Budget-Friendly Places

Pair one paid highlight with a free park or trail, and the day stays easy on the budget.

01 **Piedmont Park** for lawns, a playground, and a lake loop at no cost.

02 **Centennial Olympic Park** for fountains and open lawns; free to enter.

03 **Atlanta BeltLine Eastside Trail** for a flat, shaded walk with stroller room.

04 Grant Park for shaded lawns, a playground, and walks near the zoo.

05 Krog Street Market for food stalls and a relaxed snack break near the BeltLine.

06 Ponce City Market for free entry, window shopping, and a snack stop.

07 Oakland Cemetery for historic walks and quiet shaded paths.

08 Freedom Park for trails, a playground, and a flat path toward Inman Park.

09 Chastain Park for a shaded playground and a summer lawn picnic.

10 Georgia State Capitol for free weekday tours and a shady lawn.

11 Sweet Auburn Curb Market for budget snacks and local stalls.

12 Atlanta Central Library for a children's room and a free air-conditioned break.

13 Historic Fourth Ward Park for a splash pad and open lawn in summer.

14 Murphey Candler Park for a playground, trails, and a picnic shelter.

15 Cascade Springs Nature Preserve for shaded trails and a quiet walk.

16 Sweetwater Creek State Park for creek trails and a low-cost parking day.

17 Atlanta BeltLine Westside Trail for a flat stroll and public art.

18 Chattahoochee River trails for shady riverside walks.



OFF THE BEATEN TRAIL

Local Favorites & Hidden Gems

1. Old Fourth Ward for the BeltLine, Ponce City Market, and easy stroller paths.
2. Inman Park for Krog Street Market, Victorian porches, and a shaded walk.
3. Little Five Points for vintage shops and a quick lunch between stops.
4. Decatur Square for a flat, walkable town center and ice cream.
5. Grant Park for the zoo area, shaded lawns, and a playground.
6. Sweet Auburn for the Curb Market, historic storefronts, and a quiet street walk.
7. Chastain Park for shaded trails, a playground, and summer concerts.
8. Virginia-Highland for brunch spots and a stroller-friendly walk.

Pick one district per day; a snack, a shady bench, and a short MARTA ride keep everyone happy.

WEATHER BACKUP

Rainy-Day & Indoor Picks



For curious young scientists

Children's Museum of Atlanta for water tables and climbing indoors.



For the littlest ones

Center for Puppetry Arts for short puppet shows and a gentle indoor visit.



For a cozy warm-up

Ponce City Market for covered food halls, shops, and a cool snack when storms roll in.



For a brief break in the rain

Atlanta Central Library in Midtown for a children's room and reading nooks.



For grown-ups

Keep a cushion in the schedule for snacks, a cold drink, and one indoor highlight such as a visit to the **Georgia Aquarium**.

Confirm each attraction's hours, timed entry, and stroller access on its official website before you go.

BEFORE YOU GO

Atlanta Area Map, Mistakes & Source Notes

Atlanta Area Attraction Map

ZONE	HIGHLIGHTS
Downtown & Centennial Park	Aquarium, Coca-Cola, Olympic Park, MARTA links
Midtown & Piedmont	High Museum, Puppetry Arts, Piedmont Park, Botanical Garden
Old Fourth Ward & Sweet Auburn	MLK park, Ponce City Market, BeltLine walkways
Inman Park & Little Five Points	Krog Street Market, BeltLine Eastside Trail, Freedom Park
Buckhead & Druid Hills	Atlanta History Center, LEGOLAND, Fernbank Museum
Grant Park & Zoo	Zoo Atlanta, shaded lawns, playground
Airport & Stone Mountain	Delta Flight Museum, Stone Mountain Park skyride
Northern suburbs	Chattahoochee Nature Center, Roswell trails

Common Planning Mistakes

1. Packing too many stops into one day with toddlers; in summer, keep outdoor time before noon and rest indoors after lunch.
2. Forgetting the storms; a clear morning can turn into a thunderstorm by mid-afternoon, so carry a rain layer.
3. Underestimating distances between neighborhoods; MARTA and rideshare trips take longer than the map suggests.
4. Skipping timed tickets for Georgia Aquarium and the Center for Puppetry Arts on busy weekends.
5. Driving into Midtown and downtown without checking parking rates and event-day traffic near the stadiums.
6. Having no plan B for storms or heat; keep one indoor stop ready.