

FAMILY TRIP · NO. 113

Copenhagen

10 days in Denmark with a 3-year-old and a 7-year-old — first family visit to Copenhagen, soft play requested.



10

DAYS

2

CHILDREN

30

EXPERIENCES

1

PRAMS

1

HOTEL

OUTBOUND ·

FRI 25 SEP

London

British Airways

BA822 · dep

20:35



RETURN · SUN 4

OCT

Copenhagen

CPH · dep 21:25

a 3-year-old and a 7-year-old

city break

YOYO + hotel cot

Cashews and mild peanuts (child 1); healthy food, packed with vegetables and protein

Adults travelling: 2

Prepared for James Bond

25 September – 4 October 2026 · British Airways · The Huxley Copenhagen, Copenhagen · Your complete day-by-day plan inside →

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Every section stands alone — tap any line to jump straight to it.

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How to use this brief: read the Trip Summary and the day-by-day cards first (10 minutes total). The detail sections are for the moments you need them — on the sofa before you fly, or standing in a Copenhagen drizzle wondering what Plan B is.

Trip Summary

The fridge sheet. Print it, screenshot it — **this is the page you'll actually use.**

OUTBOUND FLIGHT • FRI 25 SEP

British Airways BA822 • LHR 20:35 → CPH 23:20

Heathrow Terminal 5 • about 1 hr 45 min. Request seats together now via Manage My Booking; the YOYO gates free. A 20:35 departure is a bedtime flight — pyjamas in the cabin bag.

RETURN FLIGHT • SUN 4 OCT

CPH 21:25 → LHR 22:20

Evening BA service — flight number **Unconfirmed**; the exact number varies by season. Check the airline app 24 hours before departure. BA departs Copenhagen from Terminal 2, and the metro runs straight to the terminal from the city.

YOUR HOTEL

The Huxley Copenhagen

Peder Skrams Gade 24, 1054, Copenhagen. Metro Kongens Nytorv a 4-minute walk — the M1/M2 runs direct to CPH airport in 13 minutes. Email the hotel to request a travel cot for the 3-year-old and a high-floor quiet room before you fly.

AIRPORT → HOTEL

Metro M1/M2 • 13 min • kr 30/adult

Direct from CPH to Kongens Nytorv, 4 minutes' walk to the hotel. Lifts and level boarding — the pram rolls straight on, under-12s ride free with a paying adult, and it runs all evening for the 23:20 arrival. The easiest airport transfer in Europe.

SLEEP PLAN

8pm local, from night one

One hour ahead, late flight out, late flight home — the schedule does the work. Keep mealtimes local and everyone lands on Copenhagen time by breakfast on day two.

WEATHER

9° / 14° • changeable — bright showers between sunny spells

Layers, rain shells, and broken-in walking shoes — Copenhagen is a 15,000-steps city.

MONEY & LANGUAGE

Danish krone (kr) • Cards everywhere; tap a contactless card straight through the metro gates.

English is spoken everywhere — the Danish phrase card is courtesy, not necessity.

FOOD NEEDS

Cashews and mild peanuts (child 1); healthy food, packed with vegetables and protein

nut allergy + veggie-packed

The three rules of this trip

1. One anchor activity per half-day — be heading home before the melt, not after
2. The metro is your best friend: lifts, level boarding, and under-12s ride free with you
3. 8pm local bedtime, every night — the one-hour shift is in your favour, don't stretch it

The full detail

Read any section, skip any section — each stands alone.

SECTION 01 • READ THIS FIRST



Documents & Health

DOCUMENTS CHECKLIST

All four travellers, all covered

Passports valid for the whole trip (all four, including both children — Denmark wants 3+ months beyond your stay); no visa needed for UK tourists (90 days in 180); travel insurance naming both children; hotel confirmation with the cot request email. Denmark is in the Schengen area, so it's the passport queue, not a visa form.

INSURANCE & THE CHILD

Name both children on the policy

Check the policy names all four travellers and covers medical care — carry the GHIC (or EHIC) card too: it gets UK visitors state healthcare in Denmark on the same terms as locals, and it backs up insurance rather than replacing it.

GOVERNMENT TRAVEL ADVISORY • CHECKED 13 SEP 2026

UK Foreign Office advisory for Denmark: no travel restrictions — standard European precautions apply; petty theft around busy tourist spots (Nyhavn, Tivoli) is the only listed risk. **OFFICIAL ADVISORY PAGE** → <https://www.gov.uk/foreign-travel-advice/denmark>

VACCINATIONS TO CONFIRM

No vaccinations needed for Denmark beyond the children's routine UK schedule. Nothing to arrange — just make sure routine jabs are current before any trip, which your GP surgery can confirm in one call.



Flight Readiness

✈️ OUTBOUND · CUE CARD

British Airways BA822 · LHR → CPH

ROUTE	Heathrow (LHR) → Copenhagen Kastrup (CPH)
DATE	Fri 25 Sep
DEPARTS	20:35 · Heathrow Terminal 5
ARRIVES	23:20 local (22:20 home time)
DURATION	about 1 hr 45 min
AIRCRAFT	Not confirmed online. Please verify with the airline before travel.
SEATING	Short-haul Euro Traveller — no bassinets on this route. Sit as far forward as you can: faster boarding with a pram and the loo is behind you, not next to you. Rows near the front also get you off first at 23:20 with a sleepy 3-year-old.
CHILD FARE & SEATS	Both children have their own seats — the 3-year-old pays a child fare, the 7-year-old pays the child/young-person fare. BA seats children with at least one accompanying adult; pick seats free at online check-in 24 hours out, or pay to choose now.
BAGGAGE	Adults 23 kg hold + cabin bag each; children with seats get the same. The YOYO travels free to the gate — tag it at the desk and it waits at the aircraft door on arrival.

Aim airside by 18:15 — dinner airside by 19:00, boarding from 20:05, pyjamas changed before boarding. 20:35 take-off is 19:35 body time: treat it as bedtime.

✈️ RETURN · CUE CARD

CPH → LHR · the evening service home

ROUTE	Copenhagen Kastrup (CPH) → Heathrow (LHR)
DATE	Sun 4 Oct
DEPARTS	21:25 · Copenhagen Terminal 2
ARRIVES	22:20 home time (23:20 local)
DURATION	about 1 hr 55 min
FLIGHT NO.	
AIRCRAFT	Not confirmed online. Please verify with the airline before travel.
SEATING	Same aircraft type on the return: a forward window pair keeps the 7-year-old's ears happy on descent and gets you to the front of the passport queue. Avoid the last few rows — galley traffic and engine noise.
CHILD FARE & SEATS	Same rules both legs — one pram gates free per child, seats together guaranteed at check-in.
BAGGAGE	Identical on the return. Keep the gate-check tag; CPH ground staff re-tag at the gate for the flight home.

Leave the hotel around 19:00 — metro to Kongens Nytorv then M1/M2 direct to CPH Terminal 2, lifts all the way. A 21:25 departure keeps Sunday evening calm; the kids sleep on the short hop home.



Allergy note for both flights: British Airways does not guarantee nut-free cabins and nut snacks may be served around you. Wipe the tray tables, keep the antihistamine in the seat pocket (not the overhead), and tell the crew about the 3-year-old's cashew/peanut allergy when you board — they can make an announcement on request.



Money: £1 ≈ kr 8.6 (checked 13 Sep 2026). Cards are accepted everywhere in Copenhagen — even a single pastry — so you barely need cash; tap a contactless card straight through the metro gates. If you do want kroner, use an ATM at the airport rather than exchange desks. **RATE SOURCE** → <https://wise.com/gb/currency-converter/gbp-to-dkk-rate>



Hotel Toddler Report



25 SEPTEMBER – 4 OCTOBER 2026 · THE HUXLEY COPENHAGEN

**A quiet 81-room boutique in the cultural heart of the city —
Royal Theatre next door, Nyhavn round the corner, and the
metro a four-minute walk.**

81

ROOMS

Peder Skrams Gade 24, 1054, Copenhagen · Metro Kongens Nytorv a 4-minute walk — the M1/M2 runs direct to CPH airport in 13 minutes.

WORKS WELL FOR YOU

- Location is the story: Nyhavn, the Royal Theatre and Kongens Nytorv on the doorstep — almost everything on this itinerary is walkable.
- Kongens Nytorv metro 4 min away: direct to the airport (13 min), direct to Blå Planet and the beach at Amager.
- Quiet, recently renovated rooms with classic Danish design — ask for a courtyard/high-floor room for deeper sleep.
- Breakfast included in most rates — bread, cheese, eggs and fruit, with highchairs in the breakfast room.
- Honest boutique scale: staff know the neighbourhood well and will book restaurants and babysitters if asked at the desk.

PLAN AROUND

- No pool or kids' club — rainy-day energy goes to soft play and museums instead (both covered in this brief).
- Rooms are boutique-size: a travel cot fits comfortably, but request it in writing so it (and extra bedding) is in the room on your 23:45 arrival.
- No restaurant for dinner — but Torvehallerne food market is 8 minutes' walk and room service is a Wolt order away.



Transport & Airport Transfers

CPH Airport ↔ The Huxley Copenhagen · 5 options for a family with a 3-year-old and a 7-year-old. Costs are approximate and each way.

OPTION	TIME	APPROX. COST	CHILD SEAT SUPPLIED?	PRAM & LUGGAGE	BOOKING
Metro M1/M2 best first Kongens Nytorv station, 4 min walk to the hotel	13 min	kr 30/adult; under-12s free	Not needed	Perfect — lifts, level boarding	Tap a contactless card at the gates
Taxi (rank) Official yellow taxis at arrivals	20 min	~kr 350–450, metered	No — taxis are exempt; bring your own if you want one	Boot takes the folded YOYO	Rank outside arrivals
Uber / Bolt Licensed taxi partners in Copenhagen	20 min	Shown upfront in app	Not guaranteed	Fine — request a larger car if needed	App; availability is patchier than the taxi rank
Private transfer via hotel Fixed-price car, booked ahead	20 min	Fixed quote from the hotel	Arrange when booking	Easiest with luggage	Email the hotel
Car hire Not recommended — you won't need a car	—	kr 500+/day + parking	Hire one with the car	Fine	Airport desks

CHILD CAR-SEAT LAW HERE

Denmark requires approved child restraints for children under 135 cm in private cars; taxis are exempt from supplying them. With the metro this good, you'll never face the question.

BOOKING STEPS

For the metro: tap any contactless card or phone at the gates — the right fare is calculated automatically. One card per person (the kids travel free on yours).



Verdict: Metro, both ways. thirteen minutes, lifts all the way, children free, and it drops you four minutes from the hotel door at any hour — the late 23:20 arrival makes taxis tempting, but the metro is still easier with a pram.



SECTION 05

Sleep & Timezone Plan

Denmark is one hour ahead of the UK for your whole trip (both clocks change on the same late-October weekend, after you're home). This is the easiest jet lag in family travel: shift nothing on purpose, keep anchors (bedtime, meal rhythm) local from day one, and the schedule absorbs the hour by itself.



The hidden gift: the 20:35 outbound is a bedtime flight — 19:35 body time — and the one-hour shift means 8pm local feels like 7pm. Both children will drop fast; the risk is parents stretching the evening. Don't.

AT HOME	IN COPENHAGEN	WHAT TO DO
Wake 07:30	08:30	Let it drift — no alarms. A later wake protects the nap and the bedtime.
Wake 07:30	08:30	No nap at age 7 — the later wake gives you a lazy, slow-start morning; use it for pastries at Torvehallerne.
No nap (age 7)	Quiet hour instead	Build in one low-key hour a day (hotel rest, a long lunch) so the 7-year-old doesn't hit the wall at 17:00.
Bedtime 20:00	20:00 local	Same as home, one hour kinder. The 7-year-old can stay for one Tivoli ride after the 3-year-old's bedtime on alternate nights — trade evenings.
Nap 13:00–15:00	13:00–15:00 local	Same window, local time. Pram naps count — the 3-year-old can sleep through a harbour-bus loop.
Bedtime 20:00	20:00 local (19:00 body time)	Run the normal routine in a darkened room; they'll drop fast. Don't push later — tired kids wake earlier.



SECTION 06

Weather-Aware Packing Checklist

9° / 14°

Late-September Copenhagen: bright chilly mornings, afternoons in the low teens. Fleece-plus-shell beats one heavy coat.

~11.5 h

Sunrise ~7:10, sunset ~19:05.
Outdoor anchors 10:00–15:00; museums and soft play for late afternoon.

Likely 1–2 days

Sharp showers, not all-day rain. The pram rain cover and shells in the pram basket cover it.

Pack for "UK October half term, but windier": nothing that can't handle a shower, nothing "just in case" that won't be worn.

ON THE PLANE

- ☐ Nut-free snack stash — nothing with peanuts or cashews enters any bag
- ☐ Refillable bottles, filled after security
- ☐ Tablet + kids' headphones, downloaded that morning
- ☐ One new small toy each, wrapped for the flight
- ☐ The children's antihistamine and any meds in the cabin bag, never the hold
- ☐ Spare clothes for the 3-year-old (and a top for you)

CLOTHES & WEATHER

- ☐ Rain shell each — worn, not packed
- ☐ Two fleece/jumper layers per person
- ☐ Hats + thin gloves for single-figure mornings
- ☐ Broken-in walking shoes — cobbles are real
- ☐ Familiar pyjamas — bedtime cues travel well

BABY KIT

- ☐ Pram rain cover (sharp showers, not days of rain)
- ☐ Favourite bedtime book
- ☐ Travel blackout blind + a roll of painter's tape
- ☐ Snack stash for day one — restock at Torvehallerne
- ☐ Type-K plug adaptor (European two-pin usually fits hotel sockets)

DOCUMENTS & HEALTH (DETAILS IN SECTION 01)

- ☐ Passports (all four) + a phone photo of each
- ☐ GHIC/EHIC cards + travel insurance certificate
- ☐ Hotel confirmation + cot request email
- ☐ Allergy card from your GP listing the cashew/peanut allergy
- ☐ A contactless card that works abroad (metro gates)



Car Seat, Pram & Travel Cot Report

One pram flying with you, one cot waiting at the hotel — both verified below.

ITEM (BRAND / MODEL)	AIRLINE SAYS	FOLDS TO / WEIGHS	GATE-CHECK OR HOLD	HOW TO PACK IT	AIRPORT DROP-OFF
Babyzen YOYO	BA accepts collapsible pushchairs to the gate free of charge — cabin baggage if it folds into its cover and space allows, otherwise tagged at the gate.	52 × 44 × 18 cm in its carry bag — within BA's cabin limit	Gate-check tag at the desk; collected at the aircraft door on arrival	Fold into the padded bag — nothing to remove	Desk at LHR; gate at CPH for the return
Hotel travel cot	n/a	n/a	n/a	Email the hotel 48 hours out: travel cot + highchair in the room for the 3-year-old, high floor away from the lift, late arrival noted (landing 23:20).	Hotel

HIRE VS BRING

Copenhagen rental prams exist (~kr 150–200/day) but with the metro this easy, bringing the YOYO you know is simpler.

GETTING AROUND TOWN

Walk + metro for everything on this itinerary; the YOYO folds for buses if you venture further. No car seat needed — you won't be in a car.



Confirm with the airline: gate-check handling for the YOYO on the CPH return — BA Copenhagen tags at the gate, not the desk.



Medication & Pharmacies

PACK FOR A 3-YEAR-OLD AND A 7-YEAR-OLD

A small kit, in the cabin bag

Child paracetamol and ibuprofen (sachets travel best), antihistamine for the 3-year-old's cashew/peanut allergy as advised by your GP, plasters, and any prescription medicine with a photo of the prescription. Danish pharmacies (apotek — a green 'A' sign) stock familiar brands; names differ, so bring what you trust.

BUYING MEDICINES IN COPENHAGEN

Apotek on every other corner

Pharmacies are everywhere in the centre — Steno Apotek on Vesterbrogade (by Tivoli, 12 min walk from the hotel) keeps long hours and speaks English. For anything mild, the supermarket at Torvehallerne or the 7-Eleven on Kongens Nytorv sells basic plasters and painkillers too.



If a child gets ill on the trip: for non-emergency medical advice in Copenhagen call 1813 (the capital region's 24-hour helpline, English spoken); for emergencies it's 112. Rigshospitalet is the main hospital, 10 minutes by taxi. The hotel desk will call either for you. **FIND CARE →**

<https://www.regionh.dk/English>



Dietary & Meal Notes

The good news first: Denmark is the organic capital of Europe — vegetables, rye bread, fish and protein-forward kids' menus are the default, not the exception. Torvehallerne food market is 8 minutes' walk from the hotel.

The caution: The 3-year-old's cashew/peanut allergy is the one flag to manage: Danish bakeries love nuts and cross-contamination is real at buffets. Show the phrase card at every table, carry the antihistamine everywhere, and skip self-serve bakery counters with the 3-year-old in arms.

Supermarkets: Torvehallerne (8 min walk) for fruit, yoghurt and lunch supplies; Irma/Netto branches around Kongens Nytorv for milk, nappies and staples; Field's is irrelevant from this hotel — you have better, closer options.

Grocery & food delivery: Wolt delivers groceries from Wolt Market in about 30 minutes (milk, fruit, nappies, snacks) straight to the hotel — order to reception and they'll send it up. Just Eat covers restaurant delivery if a bedtime collapses the dinner plan.

SAY THIS AT EVERY TABLE

"Mit barn er allergisk over for nødder — findes der nødder i retten?"

"My child is allergic to nuts — are there nuts in this dish? (Cashews count: cashewnødder.)" — show it, say it, wait for the answer before anyone orders.

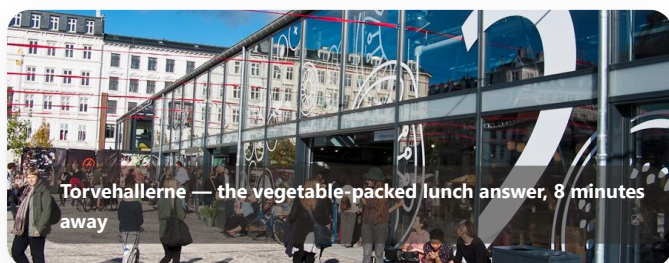


Restaurant & Food Suggestions

Five vetted picks within 10 minutes' walk, chosen for pram access, vegetable-and-protein menus, nut-aware kitchens and quick service — the allergy phrase card goes to every table.

PLACE	DISTANCE	WHY IT WORKS WITH A 3-YEAR-OLD AND A 7-YEAR-OLD	BEST FOR
Grød, Torvehallerne VIEW MAP →	8 min walk	Porridge and grain bowls — warm, vegetable-packed, exactly the healthy brief; counter service, highchairs, and the market stalls around it feed the 7-year-old's pickier moments.	breakfast or early lunch
Tivoli Food Hall VIEW MAP →	2 min walk	A dozen stalls under one roof — everyone eats what they actually want, highchairs and space for the pram, and it's 90 seconds from the hotel when hunger strikes mid-evening.	flexible dinner
Café Norden VIEW MAP →	4 min walk	Grand old café on Kongens Nytorv: eggs, fish, open sandwiches — proper vegetables and protein, patient with children, and big enough to absorb a pram and a wobble without drama.	lazy breakfast
Aamanns 1921 VIEW MAP →	7 min walk	The refined end of smørrebrød — rye bread, pickled fish, salads — lunch-focused, happy to adapt for the allergy, and a proper sit-down that still welcomes children at noon.	special lunch
Restaurant Schønnemann VIEW MAP →	9 min walk	A 1877 smørrebrød institution — book the early sitting (11:30) and it's surprisingly family-friendly: quick service, hearty plates, and the 7-year-old will tell this story for years. Check nut content per dish with the phrase card.	booked lunch treat

Book Schønnemann and Aamanns a few days ahead; everything else is walk-in. Bakeries are the hidden allergy risk — bread itself is usually fine, but nut pastries share counters, so packaged beats counter-served for the 3-year-old.





SECTION 11 • THINGS TO DO

Nearby Toddler-Friendly Alternatives

Eight toddler-first picks, all walkable or one metro ride from the hotel, balanced to your 'up to 3 things a day' pace — play first, classics woven in.

	PLACE	GETTING THERE	WHY IT'S USEFUL WITH A 3-YEAR-OLD AND A 7-YEAR-OLD
	Tivoli Gardens VIEW MAP →	2 min walk	The anchor: rides sized from toddler to 7-year-old, gardens, playgrounds and soft-serve. Free for under-3s; a day pass suits the 7-year-old. Open till late — golden in the evening light.
	Kongens Have (King's Garden) VIEW MAP →	8 min walk	Free: Copenhagen's best city-centre playground, duck ponds and lawns around Rosenborg castle — the morning run-around that saves every afternoon.
	Nationalmuseet VIEW MAP →	6 min walk	Free entry with a brilliant children's museum section — climb, dress up, play. The rainy-day answer two streets from the hotel.
	Experimentarium VIEW MAP →	20 min by S-train	Denmark's science centre: water play, a giant bubble dome, hands-on everything — a half-day the 7-year-old will rank above Tivoli.
	Copenhagen Zoo VIEW MAP →	15 min by bus/metro	Elephants, hippos and the Arctic ring — world-class and stroller-friendly, with indoor houses for grey afternoons.
	Den Blå Planet VIEW MAP →	12 min by metro	Northern Europe's biggest aquarium, direct on the M1 — sharks overhead in the tunnel, and the seafront outside for windy run-arounds.
	Harbour bus, Nyhavn VIEW MAP →	5 min walk to the stop	Free with a metro ticket: the water-bus from Nyhavn to the Opera and back — a boat ride that doubles as transport, and the 3-year-old can nap in the pram mid-cruise.
	Rundetårn VIEW MAP →	7 min walk	The 17th-century spiral ramp (no steps) the 7-year-old can run up, a telescope at the top, and cake at the café after — the classic that earns its slot even on a first-timer's list.

Simple Day-by-Day Itinerary

10 days, 10 cards. One anchor activity per half-day — always home before overtiredness. Meal stops are built in; nap windows stay flexible.

Day 1 · Fri 25 Sep

Fly out, crash out

3 EXPERIENCES

● EVENING · HOME TIME

Leave home early enough for a calm Terminal 5 — dinner airside by 19:00, pyjamas changed before boarding. 20:35 take-off is 19:35 body time: treat it as bedtime.

● ON BOARD

The wrapped toy comes out at cruising altitude; the tablet is the reserve. Wipe the tray tables — the 3-year-old's allergy kit stays in the seat pocket.

● ARRIVE · 23:20

Metro to Kongens Nytorv (runs late, lifts all the way), four minutes' walk to the Huxley. The cot should already be in the room — straight to bed, unpack tomorrow.

travel day

bedtime flight

late check-in

Plan B: If the metro feels like too much at midnight: the taxi rank is right outside arrivals (~kr 350–450, 20 minutes).

Day 2 · Sat 26 Sep

Kongens Have & a first Tivoli peek

3 EXPERIENCES

● 09:30–12:00

Slow breakfast, then Kongens Have (8 min) — the city playground, duck ponds and a loop of the castle moat. Let the 3-year-old burn the flight off.

● 13:00–15:00

Proper nap back at the hotel — blackout blind up. The 7-year-old reads or rests; nobody leaves the hotel.

● 16:00–19:30

Tivoli for a first taste (2 min): the vintage cars, the playground and dinner in the Food Hall. Home by 19:30, bed by 20:00 — first night, don't stretch it.

playground

park

Tivoli

Plan B: Rain: swap the gardens for the Nationalmuseet children's section (6 min) — free, indoors, and they can touch everything.

Day 3 · Sun 27 Sep

Tivoli, properly

3 EXPERIENCES

● 09:30–12:30

Tivoli at opening — the rides have no queues at 10:00. The 7-year-old gets the roller coaster runs; the 3-year-old owns the little car track.

● 13:00–15:00

Lunch in the park (packed or Food Hall) then the hotel for the 3-year-old's nap. One parent stays; one keeps the 7-year-old riding — trade at 15:00.

● 15:00–19:30

Back to Tivoli for the gardens, soft-serve and the evening lights. Early dinner, home before the meltdown, bed by 20:00.

Tivoli

rides

early night

Plan B: Tivoli crowds peak Sunday midday — if queues bite, the boat lake and playgrounds inside are free to wander and nobody queues for a carousel twice.

Day 4 · Mon 28 Sep

Museum morning & the harbour bus

3 EXPERIENCES

● 09:30–12:00

Nationalmuseet (6 min) — the children's museum section first, then the Viking ship the 7-year-old came for. Free entry.

● 12:30–15:00

Lunch at Grød in Torvehallerne (8 min) — porridge bowls and market stalls — then the hotel for nap hour.

● 15:30–18:30

Harbour bus from Nyhavn (5 min): the water-bus to the Opera and back. Boat ride + nap for the 3-year-old + views. Dinner near the hotel after.

museum

harbour bus

free with metro ticket

Plan B: Harbour buses thin out in rough weather — swap for Rundetårn (7 min): spiral ramp to run up, cake at the top.

● 09:30–12:00

Late breakfast, checkout, bags with the hotel concierge. One last Kongens Have run or a slow Strøget coffee while the city wakes up.

● 12:30–15:00

Harbour bus final loop (5 min to Nyhavn stop) — the goodbye boat ride — then the last Torvehallerne lunch and souvenir top-up.

● 19:00 → 21:25

Collect bags, metro to CPH Terminal 2 by 19:45 (direct, lifts all the way). Fly 21:25, land 22:20 — a Sunday-evening flight that keeps Monday kind.

checkout

harbour bus

night flight home

Plan B: If energy collapses after checkout: claim a corner of the hotel lounge, order Wolt to reception, and go to the airport straight from there.

● 09:30–12:00

Leo's Legeland morning — the big indoor play centre you asked about (Frederiksberg location, ~20 min by metro/bus): climbing, slides and a toddler zone for the 3-year-old.

● 12:30–15:00

Lunch at the in-house bistro (nut-check at the counter), then home for the last proper nap and a pack/check-in prep hour.

● 15:30–19:30

Final Nyhavn wander — the coloured houses, one harbour photo, and an early farewell dinner at Schønnemann if you booked it, or the Food Hall if not. Ice cream for everyone.

soft play

Nyhavn

farewell dinner

Plan B: Leo's sells out on wet Saturdays — pre-book online the day before, or swap for the Nationalmuseet's children's section and call it a duet.

Day 4 · Fri 2 Oct

Rundetårn & the classics

3 EXPERIENCES

● 09:30–12:00

Rundetårn (7 min): the 7-year-old runs the spiral ramp, the 3-year-old rides the pram to the top, everyone gets the view. Cake in the tower café after.

● 12:30–14:30

Smørrebrød lunch at Aamanns 1921 (7 min) — book yesterday. Then hotel rest hour.

● 15:00–19:30

The shopping you asked for: a slow Strøget stroll — the LEGO store and Torvehallerne for gifts — then Tivoli for the evening lights and a last shared ride.

classic

tower

shopping

Plan B: Tower closed or queues: Christiansborg palace riding ground (free to wander, 12 min) — huge courtyard, horses, and a lift up the tower instead.

Day 4 · Thu 1 Oct

Den Blå Planet

3 EXPERIENCES

● 09:30–12:30

M1 metro direct (12 min) to Den Blå Planet: sharks in the tunnel, the coral reef hall and touch pools. Arrive at opening for the quietest tanks.

● 13:00–15:00

Café lunch (allergy phrase card out), then the 3-year-old naps in the pram by the waterfront while the 7-year-old watches the harbour planes.

● 15:30–19:00

Metro home; Wolt order for an easy apartment-style dinner at the hotel or an early bite at Torvehallerne. Pack a little tonight — checkout Sunday.

aquarium

metro

waterfront

Plan B: Grey day upgrade, not downgrade — the aquarium is better in rain: it's busier outside and empty-feeling inside.

Day 4 · Wed 30 Sep

Zoo morning, Frederiksberg picnic

3 EXPERIENCES

● 09:30–12:30

Copenhagen Zoo at opening (15 min): elephants and the Arctic ring first, indoor houses if it drizzles. Weekday mornings are blissfully empty.

● 13:00–15:00

Picnic supplies from a bakery counter (packaged for the allergy) and lunch in Frederiksberg Have next door — the 3-year-old naps in the pram on the grass.

● 15:30–19:00

Home for a proper reset, then Tivoli Food Hall dinner and one carousel ride each. Bed on time — tomorrow is the aquarium.

zoo

picnic

Frederiksberg

Plan B: Rain: the zoo's tropical house is warm and under cover — bring layers to peel. Or swap the day to Den Blå Planet entirely.

Day 4 · Tue 29 Sep

Experimentarium day

3 EXPERIENCES

● 09:30–13:00

S-train from Østerport to Hellerup (20 min), then Experimentarium: water play, the bubble dome, hands-on halls. Go on a weekday — it's quiet.

● 13:00–15:30

Lunch at the Experimentarium café (nut-check with the phrase card), then the 3-year-old naps on the train home — plan for it.

● 16:00–19:00

Quiet hotel hour, then an early dinner at Café Norden on Kongens Nytorv (4 min) and a slow stroll home. Nothing else today — the science centre earns it.

science

half-day trip

quiet evening

Plan B: If weather turns glorious, swap Experimentarium for the beach at Amager Strand (direct metro) — windbreaks, shallow water and ice cream.



Post-Trip Wind-Down

The holiday isn't over when you land — Monday is part of the trip too. Keep the first day home deliberately empty and let these small rituals close the loop.

THE FIRST EVENING HOME

- ☐ Unpack only the essentials, then stop — the rest keeps until Tuesday
- ☐ Order prints of the five best photos while you still mean it
- ☐ Try the lakrids and the Torvehallerne preserves you brought home — taste the trip once more
- ☐ Get the Tivoli souvenirs to their people within the week, while the story is fresh
- ☐ Back to the usual 20:00 bedtime from night one — the one-hour shift home is nothing

MAKE THE MEMORIES STICK

- ☐ Make a one-page collage with the kids — let them pick the pictures
- ☐ Save the metro tickets and the harbour-bus photo in a shoebox "trip drawer"
- ☐ Write three lines in a notes app about what worked — future-you will thank present-you
- ☐ Screenshot this brief's Trip Summary before you archive the email



Final Pre-Departure Checklist

THIS WEEK — 20 MINUTES ON THE SOFA

- ☐ Email the hotel: travel cot + highchair + late arrival (23:45) confirmed in writing
- ☐ Choose or shortlist BA seats — free at online check-in 24 hours out, paid now if you want certainty
- ☐ Pre-order nothing — the flight's short; pack the nut-free snack box instead
- ☐ Check insurance names all four travellers; find the GHIC cards
- ☐ Book Schønnemann and Aamanns lunches; pre-book Leo's Legeland for Saturday
- ☐ Download films and the Copenhagen offline map; screenshot the phrase card
- ☐ Tell BA about the 3-year-old's peanut allergy on the booking (special requirements)

PACKING DAY

- ☐ YOYO in its padded bag; gate-check tags at the desk
- ☐ Allergy kit + both children's meds in the cabin bag
- ☐ Rain shells + fleece layers for all four
- ☐ Nut-free snack stash for both flights
- ☐ Travel cot sheet (hotel cots are always short of one)
- ☐ Blackout blind + painter's tape
- ☐ Type-K adaptor + a working contactless card

AT THE AIRPORT

- ☐ Seats together confirmed at check-in; allergy note repeated at the desk
- ☐ Gate-check tag for the YOYO — photo the tag
- ☐ Bottles filled airside; snack box restocked
- ☐ Pyjama change at the gate, boarding passes in the 7-year-old's pocket
- ☐ Photo of all four passports on both phones



You now have one page for the fridge and fourteen sections for the "what now?" moments. When a day goes sideways — and one probably will — the Plan B line on each card is the whole trick: do less, eat earlier, ride more rides. Have a brilliant first Copenhagen.

If you need help in Copenhagen

**EMERGENCY
SERVICES**

112 · the all-services number in Denmark — free from any phone, English spoken

YOUR HOTEL

The Huxley Copenhagen

Peder Skrams Gade 24, 1054, Copenhagen · +45 33 13 06 66 · Metro Kongens Nytorv a 4-minute walk — the M1/M2 runs direct to CPH airport in 13 minutes.

TAXI PHRASE

"Peder Skrams Gade 24 — ved Det Kongelige Teater" — "Peder Skrams Gade 24 — by the Royal Theatre"

ALLERGY PHRASE

"Mit barn er allergisk over for nødder — findes der nødder i retten?" — "My child is allergic to nuts — are there nuts in this dish? (Cashews count: cashewnødder.)"

PHARMACY

Steno Apotek, Vesterbrogade 6C (by Tivoli, 12 min walk) — long hours, English spoken; any apotek (green 'A') for basics.

DOCUMENTS

Passports (all four) + GHIC cards + insurance — photos of each on your phone.

Screenshot this page before you fly.

Checked against live sources on 13 Sep 2026: BA baggage and child-fare pages, the Huxley Copenhagen and Best Western listings, Visit Copenhagen and the UK Foreign Office travel advice. "Not confirmed online" flags mark what we couldn't verify — please double-check those with the airline or hotel. Hotel and venue photos: Wikimedia Commons. Travel Routine is independent and not affiliated with British Airways, Best Western, or any venue listed.