

MOTHERS ABROAD

Abu Dhabi

Kid-friendly city guide

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Cultural destinations

Most of Abu Dhabi's museums and cultural landmarks sit on Saadiyat Island, a few minutes' drive from one another. With kids in tow, we suggest one cultural site a day, then rounding out the afternoon with something from our selection – a play area, the beach or simply some downtime.





CULTURAL DESTINATIONS

Louvre Abu Dhabi

Why visit?

Housed beneath Jean Nouvel's famous "rain of light" dome, the Louvre Abu Dhabi is worth a visit for the building alone – but the real draw is the way it tells one shared human story, tracing art and artefacts across cultures and continents, from ancient civilisations to the present day, rather than region by region. It's a rare place where kids can wander from Egyptian antiquities to modern art in under an hour, and the calm, light-filled galleries offer a welcome break from the heat outside.

Don't miss:

- The Children's Museum, a dedicated space for younger visitors inside the main building
- Daily activities and workshops for adults and kids – see what's on during your visit

Practical information:

- Find it on Google Maps
- Open Tuesday to Sunday (closed on Mondays)
- Tickets can be bought at the entrance
- For lunch or dinner afterwards, head to the nearby Mamsha Al Saadiyat promenade
- Book a related experience on our website !

Book with us →



CULTURAL DESTINATIONS

teamLab Phenomena

Why visit?

teamLab Phenomena Abu Dhabi is an immersive digital art space on Saadiyat Island, built around teamLab's idea of "environmental phenomena" – installations of light, water, air and sound that only truly come alive when visitors interact with them. Inside a striking, almost windowless 17,000-square-metre building, a series of drum-like galleries hold artworks that shift and transform with the movement of the people around them, so no two visits look quite the same. A mesmerising, playful stop for art lovers and kids alike.

Be mindful:

- A fantastic, interactive experience that kids aged 3 and up tend to love. It may not suit children who are easily overwhelmed by bright colours, optical illusions or sensory-heavy spaces – and the building isn't stroller-friendly.

Practical information:

- Find it on Google Maps
- Open daily
- Free for children under 4
- One gallery is knee-deep in water – wear shorts and pack a change of clothes for little ones
- Book tickets a couple of days ahead to secure your preferred time slot
- For lunch or dinner afterwards, head to the nearby Mamsha Al Saadiyat promenade



CULTURAL DESTINATIONS

Natural History Museum Abu Dhabi

Why visit?

Opened in late 2025 on Saadiyat Island, the Natural History Museum Abu Dhabi tells a story on an astonishing scale: 13.8 billion years condensed into immersive galleries, from the birth of the universe to the world's first-ever display of a sauropod dinosaur herd, which greets visitors in the atrium. What sets it apart is its regional lens – one gallery takes you back seven million years to a lush, savannah-like Arabia, home to long-extinct creatures such as a four-tusked giant elephant. A wonder-filled stop for kids and adults alike.

Don't miss:

- A dinosaur-themed play area for little ones
- A sandpit where kids can dig for dinosaur bones
- A cosy reading corner for a quiet break

Practical information:

- Find it on Google Maps
- Open daily
- Free entry for children under 18
- Tickets can be bought at the entrance
- For lunch or dinner afterwards, head to the nearby Mamsha Al Saadiyat promenade