

Fayetteville 3-in-1 Family Itinerary

Fayetteville Family Fun: Littles (Toddlers–Early Elementary)

Day One

- Kick off with play at The Little Gym or Fascinate-U Children’s Museum.
- Lunch at Scrub Oaks
- Visit Sweet Valley Ranch’s Dinosaur World to explore life-sized dinos and ride the train.
- Settle into your hotel and enjoy dinner at Mellow Mushroom.

Optional: Stop by Rocket Fizz or Sweet Palette for a colorful treat downtown.

Day Two

- Spend the morning at the John E. Pechmann Fishing Education Center.
- Breakfast from The Coffee Scene.
- Omni Fun Center for soft play, arcade fun, and lunch.
- End of day snack at Rocket Fizz before swimming at hotel.
- Dinner – order in room service or food delivery of your choice.

Day Three

- Brunch at Vicky’s Biscuits & Chicken.
- Explore the Airborne & Special Operations Museum—stroller accessible and easy to navigate.
- Pick up keepsakes at the DistiNCtly Fayetteville Visitor Center if a weekday.

Fayetteville Family Fun: Tweens (Ages 8–12)

Day One

- Start with adventure at DEFY or Surge Adventure Park.
- Lunch at Scrub Oaks or Blue Moon Café, followed by a treat from Sweet Palette.
- Explore Sweet Valley Ranch or local exhibits downtown.
- Wrap up with pizza and a movie at Millstone Theater or board games at Gaston Brewing (with adults).

Day Two

- Cast a line at the Pechmann Center or go skating at Round-A-Bout.
- Morning snack or cocoa from Rude Awakening Café.
- Bowling and arcade games at Omni Fun Center.
- Try something new at A Taste of West Africa or head to Hamburger King for classics.
- ZipQuest adventure or downtown mural walk.

Day Three

- Brunch at Dirtbag Ales Farmers Market (weekends).
- Museum visit and last-minute shopping at A Bit of Carolina downtown.

Fayetteville Family Fun: Teens (Ages 13+)

Day One

- Treetop thrills at ZipQuest or start with a downtown art walk.
- Lunch at Blue Moon Café or A Taste of West Africa.
- Pop into local vendors or grab a creative drink at The Coffee Scene.
- Evening movie, board games at Gaston Brewing, or relax at the hotel.

Day Two

- Let your teen sleep in—enjoy complimentary [hotel breakfast](#) yourself.
- Escape Room Fayetteville or arcade challenge at Omni Fun Center.
- Lunch at Fred's Grandson's or Circa 1800.
- Catch a Woodpeckers game or find live music downtown.

Day Three

- Late brunch at Fred's Grandson's or Circa 1800.
- Stroll the Airborne & Special Operations Museum or shop indie downtown.
- DistiNCtly Fayetteville Visitor Center for souvenirs if it's a weekday.

Helpful Resources

- Download the [Digital Destination Guide](#)
- Find a [Place to Stay](#)
- Follow us on [Facebook](#) and [Instagram](#) for more family travel inspiration