

Five Unhurried Days in Delhi: Forts, Gardens, and Food for the Whole Family

Delhi, Delhi — The City of Seven Cities

This plan moves gently between Mughal forts, colonial-era avenues, and a modern temple, with plenty of shaded garden breaks for grandparents and open courtyards for children to run in. Mornings are used for the sites that need cooler weather and thinner crowds, afternoons for museums and markets with air conditioning or shade, and evenings for lawns, lights, and food.

Suits: Multi-generational families and groups of friends who want a proper introduction to Delhi's layered history without rushing, and who are happy to eat their way through it.

What it costs, per person

Stay: Rs 15,000 · Food: Rs 4,300 · Local transport: Rs 750 · Tickets: Rs 500 · **Total: Rs 20,550**

Day 1 · Old Delhi: Forts, Mosques, and Street Food

Mughal Delhi at street level

09:30 Red Fort (Lal Qila)

Walk the palace halls and museums Shah Jahan built as his seat of power; budget the full two and a half hours since the complex is large and mostly outdoors. Wear closed shoes, the stone paths are uneven.

Red Fort, Netaji Subhash Marg · 150 min · Rs 35

With family: Closed on Mondays; no lifts, expect some sun exposure by late morning.

12:15 Chandni Chowk food walk

Walk the 10 minutes from Red Fort into Chandni Chowk and graze through Paranthe Wali Gali and nearby stalls for stuffed parathas, chaat, and jalebi. Keep a firm hand on small children, the lanes are narrow and genuinely crowded.

Chandni Chowk · 120 min · Rs 0 · Walk, 10 min, free

With family: Easy to lose sight of a small child in the crowd; agree a meeting point in advance.

14:30 Jama Masjid

India's largest mosque, free to enter, with a vast courtyard that comfortably absorbs crowds. Cover shoulders and knees, shoes come off at the entrance; skip the minaret climb with elderly parents or very young children, the staircase is a tight, dim spiral.

Jama Masjid · 60 min · Rs 0 · Cycle-rickshaw, 10 min, approx 30 INR

With family: Avoid the visit during prayer times; the minaret climb is not suitable for anyone with knee or mobility issues.

Where to eat

Breakfast: Simple hotel breakfast or nearby South Indian chain before heading out — Connaught Place area (Rs 150)

Lunch: Stuffed parathas and chaat as part of the food walk, or a sit-down thali at Karim's near Jama Masjid — Chandni Chowk / Karim's (Rs 300)

Dinner: North Indian sit-down dinner back near the hotel — Connaught Place restaurant (Rs 350)

Where to stay

Lemon Tree Hotel, Connaught Place, Connaught Place — Rs 3,000 a night. Central, reliable mid-range chain with family rooms; figure is per person assuming double occupancy on a room around 6000 INR total, which cuts commute time to both Old and New Delhi sites.

Save a little: Skip the paid Jama Masjid minaret climb and camera fee; the free courtyard view is enough for most families, and cycle-rickshaw fares in Chandni Chowk should be agreed before sitting down, not after.

Day total, per person: Rs 3,935

Day 2 · Gardens and New Delhi

From Mughal tombs to British-built avenues

08:00 Humayun's Tomb

This 1558 garden tomb is where the charbagh-and-dome layout that later produced the Taj Mahal was worked out. Grassy walkways and uneven stone paths mean comfortable shoes matter; there is limited shade so carry water.

Humayun's Tomb, Mathura Road · 120 min · Rs 40

With family: Open daily, no weekly closure, and easy to combine with a garden stop after.

10:30 Lodhi Garden

A gentler, pre-Mughal counterpoint, with 15th-century Lodhi and Sayyid tombs set among shaded lawns. Good spot for elderly members of the group to sit on a bench rather than climb more stairs.

Lodhi Garden · 60 min · Rs 0 · Auto/cab, 15 min, approx 80 INR

With family: Free entry, no fixed closing time, comfortable for all ages.

17:30 India Gate and Rajpath, evening

Wide lawns around the 42-metre war memorial arch are a popular family evening spot, with ice cream vendors and open space for children to run. Midday sun is harsh here, so the evening slot works far better.

India Gate · 45 min · Rs 0 · Metro (via nearby station) plus short walk, 20 min, approx 30 INR

With family: Keep children away from the traffic edges; the surrounding roads are wide and busy.

Where to eat

Breakfast: Hotel breakfast — Connaught Place (Rs 150)

Lunch: Cafe lunch near Khan Market or Lodhi Colony — Khan Market (Rs 350)

Dinner: Sit-down North Indian dinner, or ice cream and light snacks at India Gate followed by dinner back at the hotel — Connaught Place restaurant (Rs 400)

Where to stay

Lemon Tree Hotel, Connaught Place, Connaught Place — Rs 3,000 a night. Same central base, avoids packing and moving mid-trip.

Save a little: Carry water from the hotel rather than buying it at Humayun's Tomb; the metro plus a short walk to India Gate is far cheaper than a direct cab in evening traffic.

Day total, per person: Rs 4,090

Day 3 · Ancient Delhi and Indoor Culture

Sultanate ruins to museum halls

07:30 Qutub Minar

Go early for cooler weather and thinner crowds around this 72.5-metre brick minaret begun in 1199. Visitors cannot climb the tower, but the garden and ruined mosque complex, including the Iron Pillar, are worth the walk; paths are partially wheelchair accessible.

Qutub Minar, Mehrauli · 100 min · Rs 35

With family: No climbing the tower itself, so this is comfortable for all ages; carry water once the sun is up.

10:00 Purana Qila

A quieter fort believed to sit on the site of the legendary Indraprastha, with fewer crowds than the Red Fort and a small lake where boating is sometimes on offer, a nice change of pace for children.

Purana Qila · 60 min · Rs 20 · Metro plus auto, 45 min, approx 60 INR

With family: Confirm current ticket price locally; boating availability varies by season.

14:00 National Museum

Indoor and air-conditioned, spanning Harappan artefacts through Mughal miniatures, a good escape from the afternoon sun and useful context for everything seen so far.

National Museum, Janpath · 90 min · Rs 20 · Metro, 30 min, approx 40 INR

With family: Closed on Mondays; confirm current entry fee and hours locally before visiting.

Where to eat

Breakfast: Early light breakfast before the early Qutub Minar start — Hotel (Rs 150)

Lunch: Food court or sit-down lunch near Purana Qila or Pragati Maidan — Near Purana Qila (Rs 300)

Dinner: Relaxed dinner back at Connaught Place — Connaught Place restaurant (Rs 400)

Where to stay

Lemon Tree Hotel, Connaught Place, Connaught Place — Rs 3,000 a night. Central location keeps the day's back-and-forth manageable.

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Save a little: Go to Qutub Minar right at 7 am opening; it saves both the entry queue and the worst of the heat, and skip a cab for the museum leg since it is a short metro ride.

Day total, per person: Rs 4,125

Day 4 · Modern Delhi: Akshardham and the Lotus

Delhi's monument-building tradition continues

09:30 Akshardham Temple

A 2005-built complex constructed without structural steel, a striking counterpoint to the Mughal sites seen earlier in the trip. Temple darshan is free; exhibitions and the evening musical fountain are separately ticketed, and all electronics must be checked in at the free cloakroom before entering.

Akshardham Temple · 240 min · Rs 220

With family: Closed on Mondays; genuinely a half-day outing once cloakroom queues and exhibitions are factored in, so keep expectations relaxed.

15:30 Lotus Temple

A lotus-shaped Bahá'í house of worship open to all faiths, valued for its architecture and quiet rather than any historical connection. Expect a queue, especially on weekends, and complete silence is expected inside the main hall.

Lotus Temple · 60 min · Rs 0 · Metro, 45 min, approx 40 INR

With family: Closed on Mondays; not ideal for restless toddlers given the expectation of total silence inside.

Where to eat

Breakfast: Hotel breakfast — Connaught Place (Rs 150)

Lunch: Pure-vegetarian food court inside the Akshardham complex — Akshardham premises (Rs 250)

Dinner: Sit-down dinner back at Connaught Place — Connaught Place restaurant (Rs 400)

Where to stay

Lemon Tree Hotel, Connaught Place, Connaught Place — Rs 3,000 a night. Keeps the group in one base for the whole trip, avoiding repacking.

Save a little: Stick to the free temple darshan at Akshardham and skip the paid exhibitions if the budget is tight; the architecture and grounds alone justify the trip.

Day total, per person: Rs 4,170

Day 5 · Markets, Crafts, and a Farewell to the Fort

Shopping, culture, and a last look at Mughal Delhi

09:30 Connaught Place heritage walk

A relaxed walk through the Georgian-colonnaded circles of Connaught Place, past Central Park and the Hanuman Mandir, easy on the legs after four days of monuments.

Connaught Place · 60 min · Rs 0

With family: Flat, shaded pavements; comfortable for elderly parents.

11:00 Dilli Haat crafts market

An open-air handicrafts and food market bringing together stalls from across India's states, a good spot for souvenirs and a relaxed lunch of regional dishes; not on the attractions list on file but a well-known and reliable half-day stop.

Dilli Haat, INA · 150 min · Rs 30 · Metro, 20 min, approx 30 INR

With family: Wide, mostly flat paths; easier on strollers and elderly members than the Old Delhi lanes.

19:00 Red Fort Light and Sound Show

An evening return to the Red Fort for the sound-and-light retelling of Mughal Delhi's history, a good bookend to the trip; check locally for the current show timing and language slots.

Red Fort · 60 min · Rs 100 · Metro, 30 min, approx 40 INR

With family: Seating is on open ground or plastic chairs; carry a light shawl in cooler months and confirm the show is running before travelling out.

Where to eat

Breakfast: Hotel breakfast — Connaught Place (Rs 150)

Lunch: Regional food stalls inside Dilli Haat, a good chance to sample cuisines from beyond Delhi — Dilli Haat (Rs 350)

Dinner: Farewell dinner near Old Delhi or back at Connaught Place after the light show — Near Red Fort / Connaught Place (Rs 450)

Where to stay
Chalega tours assembled with advanced software so you get this quickly — validate timings and prices before you travel. Plan ID 93d7ac5410 · saved to your account · <https://chalega.tours/itinerary/93d7ac5410>

Lemon Tree Hotel, Connaught Place, Connaught Place — Rs 3,000 a night. Final night at the same base

keeps the last day simple before departure.

Save a little: Buy handicrafts at Dilli Haat rather than Old Delhi tourist shops; the small entry fee gets you fixed-ish prices instead of the haggling required elsewhere.

Day total, per person: Rs 4,230

Pack for this trip

- Closed, comfortable walking shoes; several sites involve uneven stone paths and steps with no lifts.
 - A light scarf or shawl for covering shoulders at Jama Masjid and for cooler evenings.
 - Reusable water bottle, sunscreen, and a cap; Humayun's Tomb, Qutub Minar, and Purana Qila have limited shade.
 - A small padlock or zipped bag for valuables in crowded areas like Chandni Chowk and the metro.
 - Check the season before travel: Oct-Feb is most comfortable for walking, Mar-Jun is very hot, and Jul-Sep brings humidity and occasional waterlogging.
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Stay safe

- Red Fort, Akshardham, Lotus Temple, and National Museum are all closed on Mondays; check which day of the week your visit dates fall on and reorder this itinerary if any of these lands on a Monday.
 - Traffic is the single biggest hazard for families in Delhi; hold children's hands firmly near any main road, especially around India Gate and Chandni Chowk.
 - Old Delhi's lanes get crowded enough to lose sight of a small child; agree a meeting point in advance and consider matching outfits or a photo of the child's clothing for the day.
 - The Jama Masjid minaret staircase is steep, dim, and unsuited to elderly parents, very young children, or anyone with knee issues; the free courtyard is a fine substitute.
 - Politely decline unsolicited 'official guide' offers and unmetered auto fares near monuments; walk to the official ticket counter or insist on the meter.
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Local courtesies

- Cover shoulders and knees at Jama Masjid and other religious sites, and remove shoes where asked.
 - Complete silence is expected inside the Lotus Temple's main hall.
 - Ask before photographing worshippers at Jama Masjid, Akshardham, or the Lotus Temple.
 - Agree cycle-rickshaw and auto fares before the ride begins; this is standard practice, not rudeness.
 - At Mughlai restaurants, it is fine to ask directly for a Jain-friendly version without onion or garlic; most places will accommodate this on request.
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If it rains

- Swap an outdoor day, such as Qutub Minar or Humayun's Tomb, for the National Museum, which is fully indoor and air-conditioned.
- Akshardham's exhibition halls are indoors and work well as a wet-weather substitute for the more open-air Old Delhi walks.
- Dilli Haat has covered stalls in parts but can get slippery underfoot; a mall-based alternative like a Connaught Place food court is a safer fallback in heavy rain.
- Carry a compact umbrella or light raincoat rather than relying on found shelter, especially in the July-September window.