

FIRST CLASS & FLIP FLOPS TRAVEL

FORT LAUDERDALE BEACH

The Complete Family Guide

Where to stay, eat and play along the main Fort Lauderdale Beach hotel strip - with plenty you can do without renting a car.

BEACH DAYS. EASY DINNERS. FAMILY MEMORIES.

A practical guide for families staying around A1A / North Fort Lauderdale Beach Boulevard, from the Las Olas beach area north toward Hugh Taylor Birch State Park.

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Why Fort Lauderdale Beach works for families

The main beach hotel strip combines a wide sandy beach, a two-mile beachfront promenade, restaurants, hotels and activities in a compact vacation area. Families can build an easy trip around the beach and pool, then use rideshare or the Water Taxi for outings farther away.

THE BEACH

Walk across A1A from many of the main beachfront hotels and you are at Fort Lauderdale Beach.

WALKABILITY

Restaurants, coffee, beach activities and neighboring resorts are clustered along the hotel strip.

NO-CAR POTENTIAL

A beach-focused stay can work without a rental car. Use walking, rideshare and the Water Taxi strategically.

ROOM TO DO MORE

Parks, canals, Las Olas and family attractions give you easy alternatives when everyone needs a break from the sand.

**OUR FAVORITE FORMULA: BEACH + POOL + ONE
EASY OUTING A DAY.**

Where to stay: the main hotel strip

For the easiest family setup, look along Fort Lauderdale Beach Boulevard/A1A between the Las Olas beach area and Hugh Taylor Birch State Park. This puts you close to the beach, promenade, dining and many of the area's best-known oceanfront hotels.

FOR MORE SPACE

Prioritize suites, separate living areas, balconies and kitchenettes if naps or early bedtimes matter.

FOR A POOL-CENTERED TRIP

Look closely at pool layout, shade, food service and whether the room is convenient to the pool.

FOR WALKABILITY

Check the exact hotel location on A1A rather than assuming every 'Fort Lauderdale' hotel is on the main beach strip.

FOR YOUNG KIDS

A fridge, easy breakfast, bathtub, laundry access and a short walk to the beach can matter more than flashy amenities.

Hotels along or near this stretch include Conrad Fort Lauderdale Beach, Four Seasons Hotel and Residences Fort Lauderdale, W Fort Lauderdale, The Atlantic Hotel & Spa, The Ritz-Carlton Fort Lauderdale and additional beachfront options.

Things to do with kids

FORT LAUDERDALE BEACH

Sandcastles, swimming, a promenade walk and a casual lunch can easily fill a family day.

HUGH TAYLOR BIRCH STATE PARK

A nature break near the hotel strip, with trails plus kayaking and paddleboarding opportunities.

BONNET HOUSE

A historic estate and gardens near the beach for families who enjoy animals, gardens, art and exploring.

WATER TAXI

Part transportation, part sightseeing - see yachts, waterfront homes and the city's canals.

LAS OLAS BOULEVARD

Restaurants, shops and an easy change of scenery from the beach. Pair it with Riverwalk or Huizenga Park.

LAS OLAS OCEANSIDE PARK

Check the calendar for markets, music and family-friendly programming near the beach.

PIRATE / BOAT ADVENTURE

A playful boat outing can be especially fun for younger children.

EVERGLADES DAY TRIP

Best when you want one bigger excursion away from the beach; allow more time and transportation planning.

Rainy-day backup: keep one indoor attraction or relaxed hotel afternoon in reserve instead of over-scheduling the trip.

Where to eat around the beach

Fort Lauderdale Beach is convenient for families because you can mix hotel dining, casual oceanfront meals and nicer dinners without driving across town every night.

COCONUTS

Relaxed waterfront seafood with boat-watching; a strong family lunch or early-dinner option.

CASABLANCA CAFE

Historic oceanfront setting with Mediterranean-American food and a classic Fort Lauderdale Beach feel.

S3 - SUN SURF SAND

Oceanfront shareable plates, sushi and coastal food; useful when adults want something more polished without leaving the beach.

WILD THYME

Inside The Atlantic Hotel; breakfast through dinner with ocean views and family-friendly amenities.

TAKATO

A polished Japanese/Korean-influenced option at Conrad - good for a nicer family dinner or date-night feel.

GREEK ISLANDS TAVERNA

A little farther north but a longtime local favorite for Greek food.

Family dining tip: eat earlier. Around 5:00-6:00 p.m., you can enjoy the waterfront atmosphere with an easier bedtime afterward.

Getting around without a rental car

For families staying on the main beach strip, a car is optional rather than essential. Walk for beach days and nearby meals, then use rideshare for point-to-point trips. The Water Taxi is useful when you want transportation to feel like part of the activity.

WALK

Best for the beach, promenade, nearby restaurants and neighboring hotels.

RIDESHARE

Best for airport transfers, Las Olas, dinner farther away or attractions that are not convenient by water.

WATER TAXI

Runs daily and connects the beach area with restaurants, downtown and other waterfront stops.

FREE WATER TROLLEY

The city's LauderGO! Water Trolley runs along the New River downtown; it is separate from the paid hop-on/hop-off Water Taxi.

If you rent a car, factor in hotel valet and beach parking. City visitor parking at several beach facilities is currently listed at \$4/hour, so a rental car is not automatically the cheapest option for a beach-centered stay.

A relaxed 5-day family itinerary

DAY 1 - ARRIVE + SETTLE IN

Airport to hotel, unpack, pool or beach, then an easy dinner within walking distance.

DAY 2 - BEACH DAY

Morning beach, lunch near the hotel, nap/pool afternoon and an early waterfront dinner.

DAY 3 - PARK + WATER

Hugh Taylor Birch State Park in the morning, downtime at the hotel, then Water Taxi sightseeing.

DAY 4 - CHOOSE YOUR ADVENTURE

Bonnet House for an easy local outing OR an Everglades excursion for a bigger adventure.

DAY 5 - SLOW MORNING

Breakfast, one last swim or beach walk, then head to the airport without squeezing in too much.

DON'T TURN A BEACH VACATION INTO A CHECKLIST.

With younger children, one planned activity per day is usually enough. Leave room for naps, pool time and the inevitable request to go back to the beach.

What to pack for Fort Lauderdale Beach

BEACH BASICS

Swimsuits, cover-ups, sunscreen, hats, sunglasses and a reusable water bottle.

FOR LITTLE KIDS

Swim diapers, rash guards, beach toys, stroller fan and a lightweight stroller.

FOR DINNER

Resort-casual outfits and one slightly nicer option if you plan a polished dinner.

FOR FLORIDA WEATHER

A light layer for strong A/C and a compact rain layer for quick showers.

DON'T OVERPACK

Most beach essentials are easy to buy locally. Prioritize the items your children truly need.

Best fit for this destination

Fort Lauderdale Beach is especially strong for families who want a warm-weather trip that feels easy: a short airport-to-beach transfer, walkable dining, hotel pools and a real beach without needing an all-inclusive resort.

Quick family planning checklist

BEFORE BOOKING

Check room layout, bedding, fridge/kitchen setup, pool access, beach setup and cancellation terms.

BEFORE FLYING

Arrange airport transportation and decide whether you actually need car seats or a rental car for your itinerary.

BEFORE DINNER

Reserve the meals that matter most; leave other nights flexible.

BEFORE ACTIVITIES

Check current hours, weather and age/height requirements directly with the attraction.

BEFORE BEACH DAYS

Confirm what your hotel provides - chairs, umbrellas, towels and beach service vary.

BEFORE YOU GO

Look at the local event calendar; beach festivals and major events can affect traffic and crowds.

YOU DREAM IT. WE'LL PLAN IT. YOU ENJOY IT.

Need help choosing the right Fort Lauderdale Beach hotel for your family?

We can help compare hotels, room categories, family-friendly layouts, perks and the best location for the way your family actually travels.

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Guide updated September 2026. Hours, transportation schedules, parking rates, restaurant operations and attraction details can change. Confirm current details for your travel dates.