



No matter with whom you are traveling or how many days you stay with us, there are plenty of Sea Island experiences to keep everyone entertained during your stay.

Families with Teens

If you are with us for three days:

- Rent bikes and explore the lush tropical landscape of Sea Island
- Spend time at the Beach Club pools or on our five miles of private beach
- Enroll your teens in “Survival Skills after Dark”
- Take a tennis lesson with our Tennis Director, Murphy Jensen, French Open Doubles Champion, or one of our other tennis pros
- Play a round of golf on one of our three championship courses
- Spend an afternoon at our Forbes Five-Star Spa where there are options for all family members
- Try lunch at Southern Tide, our seafood restaurant, at the Beach Club
- Enjoy a family dinner at Tavola, our Italian restaurant, at The Cloister

If for five days, add on:

- Charter a family Fishing Trip and get an up-close view of the many species who call the area around our Island home
- Have the entire family try paddle boarding
- Saddle up for a horseback ride on the beach
- Let the teens enjoy the Game Room at the Beach Club
- Do Yoga or Pilates at our Fitness Center
- Try out the Snack Shack or the Flip Flop Bistro at the Beach Club (seasonal hours)
- Enjoy a steak or fresh seafood dinner at Colt & Alison at The Lodge
- Experience the Bagpiper at The Lodge at Sunset

If for seven days, you may also enjoy:

- Book a lesson at The Golf Learning Center where multiple PGA Tour Pros play and train
- Introduce yourself to Squash with Steve Hall, our Squash Pro
- Try out “Targets for Teens” at the Shooting School
- Enjoy a family Salt Marsh kayaking adventure
- Schedule a hunt or falconry lesson at Broadfield, our Sporting Club
- Catch a movie at our theatre at the Beach Club
- Treat your family to a Forbes Five-Star dining experience in the Georgian Room at The Cloister