



Mom Explores Southwest Florida

family adventures from Sarasota to Naples

Stay-Cation at Fort Lauderdale

August 11, 2018 By [aligilbert83](#)



Have you ever ventured to the other side of Florida? We absolutely adore southwest Florida, but it turns out there are other parts of this beautiful state that are also fun for families.

Our latest adventure – Fort Lauderdale.

I wasn't sure what we were getting ourselves into. I hadn't been to Fort Lauderdale in years. It turns out this city isn't just beautiful, but it's also great for families.

Stay-Cation in Fort Lauderdale



Where to stay with kids

We stayed at an amazing resort called the **Plunge**. It was right on the beach and we had such a great experience. The pool was great with a restaurant. They also had free bicycle rentals. The staff was wonderful – very helpful.



Our family of four fit perfectly in a 2-queen bed room. We highly recommend the Plunge. It is located at 4660 El Mar Dr. Lauderdale by the Sea. For a standard room it is fairly reasonable and right now they have a Florida resident discount so definitely check that out.



The Beach

Our hotel was right on the beach so we spent a lot of time at the beach. It was pretty, the sand was soft and the water was calm (and warm). We had a great time at the beach.

Lauderdale by the Sea



We hung around [Lauderdale by the Sea](#) a lot because there are a lot of places to shop and eat. There is a lot of parking as well, but if you stay at the Plunge it's within walking distance.



Where to eat with kids

There are lots of places to eat with kids in Fort Lauderdale. We ate at [Aruba Beach Cafe](#) and it was delicious. It was very busy, but very accommodating to families.

We also stopped at [Sloan's Ice Cream](#). It was adorable! It's all *blinged* up with bright colors, candy, toys, and everything appealing to kids. We enjoyed our experience there and highly suggest it!



Fort Lauderdale is only 3-ish hours from southwest Florida and a great “stay-cation” idea. We loved it! There is a lot to do for families and very pretty as well. Oh, and I forgot to mention there is also an [IKEA](#)— enough said, right?



Have fun!