

Beaches



Three Little Birds has amazing ocean views and a pool for your enjoyment, but is not beachfront. Nor can you really walk to the beach from the house. So, if beach time is on your agenda, you'll want to plan a little. There are some great options.

Rose Hall Beach Club



Three Little Birds is a member of Rose Hall Beach Club. As a beach club member, you'll enjoy complimentary access to the beach, which is next door to the Jewel Grande Resort and Spa. The beach club will provide towels and beach chairs. There are also a couple tennis courts and a pool. There is limited food and beverage available at the Beach Club (burgers, sandwiches, beer, sodas). Our kids love the burgers here.



Doctors Cave Beach



In Downtown Montego Bay, near the Hip Strip, you'll find [Doctors Cave Beach](#), a private beach that offers day passes to the general public (\$6 adults/\$3 children under 12). Chairs and umbrellas can also be rented. Several restaurants on the beach and nearby. You cannot bring your own food/drink, but they have a pretty extensive menu and will bring food and drink to your beach chairs.

Harmony Park Beach



About 5 minutes west of Doctors Cave is the new Harmony Park. It is a public beach and recreation area. The beach is nice and there are some good food stores on the boardwalk. This is also a great place to get Devon House Ice Cream, reputed to be the Caribbean's finest. If you have kids, they will like the three story bouncy-house/waterslide anchored just off shore. Small fee required and kids are required to wear life-jackets, but it is always a hit. If you go early during a weekday, your kids will practically have it to themselves.

Negril



If you want to see Jamaica's finest beaches, you should consider a day trip or overnight to Negril. Seven Mile Beach has the island's whitest sand and clearest water. The drive is about 90 minutes. There are several public access points, but you can also rent a room for the day so you have a place to put your things, and a nice place to nap out of the sun. We often stay at the [Negril Treehouse](#) or the [Skylark](#). Both are reasonably priced and have good food to boot. Early morning at Negril is pretty darn magical and you can take a dip in the crystal-clear water with schools of little fish around your feet. Once in Negril, you can also try cliff jumping at the famous Rick's Café.

