

A LUXE LOCAL GUIDE

# Family Fun at the Beach

North Myrtle Beach + Myrtle Beach

FAMILY-FRIENDLY

SENSORY-CONSCIOUS

LOCAL FAVORITES

Curated for happier beach days, easier choices, and fewer vacation meltdowns - for kids and grown-ups.

Updated August 2026

# Start here

A quick way to choose what fits your family today.

This guide uses three clear labels. Only places with a published program, stated accommodation, or current Champion Autism Network listing receive the verified-support label. A gentler pick is simply a setting that is usually easier to pace or step away from; it is not a certification.

|                  |                                                                                                                                 |
|------------------|---------------------------------------------------------------------------------------------------------------------------------|
| VERIFIED SUPPORT | Published sensory event, accommodation, trained-partner listing, or Autism Travel Card benefit. Confirm details before arrival. |
| GENTLER PICK     | Usually outdoors, spacious, self-paced, or easier to leave for a break. Conditions still change with weather and crowds.        |
| HIGH ENERGY      | Expect some mix of music, bright lights, loud attractions, waiting, performances, or peak-season crowds.                        |
| FAMILY FAVORITE  | A broadly appealing local pick. Read the sensory snapshot to decide whether the timing and environment fit your group.          |

## Six ways to make the outing easier

### Call first

Ask about quiet seating, wait-time flexibility, re-entry, food substitutions, and current sensory supplies.

### Go early

Weekday mornings or mid-afternoons are often calmer than rainy days, dinner time, and summer evenings.

### Preview the plan

Show photos, menus, parking, and the first activity before leaving your rental.

### Pack comfort

Bring headphones, sunglasses, a familiar snack, a communication card, and a comfort item.

### Build in an exit

Choose one must-do activity, park near the exit, and identify a quiet backup before arrival.

### Check the schedule

Sensory days and seasonal shows change. Confirm the same day, especially during holidays or bad weather.

### Our easiest first picks

For a quiet reset: Heritage Shores or Myrtle Beach State Park. For inclusive play: Savannah's Playground. For a polished indoor sensory option: Ripley's Aquarium on a sensory-friendly morning.

# Nature, space & an easy pace

Low-cost outdoor stops and a flexible waterfront favorite.

**GENTLER PICK** OUTDOORS | FREE

## Heritage Shores Nature Preserve

**Why families love it:** Seven acres of walking paths extend into the Cherry Grove marsh, with boardwalk views and wildlife spotting.

**Sensory snapshot:** Self-paced and often peaceful. There is little shade in places; bring water and sun protection.

[Plan your visit](#)

**GENTLER PICK** PARK | FREE

## McLean Park

**Why families love it:** A playground, two-acre lake, picnic shelters, green space, and a meditation garden in central North Myrtle Beach.

**Sensory snapshot:** Easy to take breaks and change activities. Special events can make the park much busier than usual.

[Plan your visit](#)

**GENTLER PICK** PLAY | FREE

## NMB Park & Sports Complex

**Why families love it:** Large outdoor spaces, playground fun, walking paths, lakes, and room for energetic kids to move.

**Sensory snapshot:** More space than most tourist attractions. Tournament days and organized events may add crowds and announcements.

[Plan your visit](#)

**FAMILY FAVORITE** STROLL | SHOP | EAT

## Barefoot Landing

**Why families love it:** A walkable waterfront mix of shops, treats, restaurants, wildlife, and entertainment - easy to customize for mixed ages.

**Sensory snapshot:** Calmer in the morning; summer evenings can bring live music, fireworks, heat, and dense crowds.

[Plan your visit](#)

### Local timing tip

Cherry Grove marsh trails are prettiest when your family has time to wander. For Barefoot Landing, choose a weekday morning if your priority is a lower-stimulation visit.

# Big fun in North Myrtle

Wildlife, games, and a classic family show.

FAMILY FAVORITE

WILDLIFE | OUTDOORS

## Alligator Adventure

**Why families love it:** One of the area's most memorable animal attractions, with reptiles, exotic animals, boardwalk-style paths, and live presentations.

**Sensory snapshot:** You can move at your own pace between shows. Feeding and reptile presentations, animal sounds, heat, and summer crowds may be intense.

[Plan your visit](#)

HIGH ENERGY

PLAY | FOOD

## LuLu's Beach Arcade & Ropes

**Why families love it:** A playful stop at Barefoot Landing with arcade games, a ropes course, waterfront dining, and space for kids to stay busy.

**Sensory snapshot:** Music, game sounds, heights, bright visuals, and busy meal periods. Go at opening and separate arcade time from dining if needed.

[Plan your visit](#)

HIGH ENERGY

RAINY DAY | INDOORS

## 810 Billiards & Bowling

**Why families love it:** Bowling, billiards, games, and food make this an easy multi-age rainy-day plan.

**Sensory snapshot:** Bowling impacts, music, screens, and arcade sounds can stack up quickly. Ask about lane placement and quieter times.

[Plan your visit](#)

FAMILY FAVORITE

LIVE SHOW | SEATED

## Alabama Theatre

**Why families love it:** A classic North Myrtle Beach theater offering polished music, comedy, dance, and seasonal productions.

**Sensory snapshot:** A predictable seated format helps some families, but amplified sound, theatrical lighting, applause, and intermission crowds are part of the experience.

[Plan your visit](#)

### Best backup plan

If weather or energy changes, Barefoot Landing lets one adult take the kids for a short stroll while another handles takeout or tickets. Flexibility is the luxury, honestly.

# Myrtle Beach favorites

Inclusive play, nature, ocean views, and a ballgame.

GENTLER PICK

INCLUSIVE | FREE

## Savannah's Playground

**Why families love it:** An inclusive playground at The Market Common with age-zoned play, accessible equipment, sensory-friendly features, and nearby restrooms.

**Sensory snapshot:** Open-air and flexible, with room to pause. Musical play features and busy weekends can still be stimulating.

[Plan your visit](#)

GENTLER PICK

BEACH | NATURE

## Myrtle Beach State Park

**Why families love it:** Beach access, a fishing pier, maritime-forest trails, a nature center, playground, picnic shelters, and family programs.

**Sensory snapshot:** One of the best decompression options near central Myrtle Beach. The pier and beach entrance are busiest mid-day in summer.

[Plan your visit](#)

VERIFIED SUPPORT

VIEWS | BOARDWALK

## Myrtle Beach SkyWheel

**Why families love it:** Climate-controlled gondolas and wide ocean views make this an iconic, contained family experience.

**Sensory snapshot:** The Boardwalk is high energy, but the ride itself is enclosed. The SkyWheel publishes expedited access and ticket benefits for Autism Travel Card families.

[Plan your visit](#)

FAMILY FAVORITE

BASEBALL | SEASONAL

## Myrtle Beach Pelicans

**Why families love it:** A relaxed minor-league baseball outing with between-inning entertainment and plenty of snack breaks.

**Sensory snapshot:** Expect music, announcements, cheering, mascots, and possible fireworks. Ask guest services about current sensory bags and quieter seating options.

[Plan your visit](#)

### Pair them well

Savannah's Playground works beautifully with an early Market Common meal. Myrtle Beach State Park is the smarter follow-up after a bright, noisy indoor attraction.

# Indoor icons & full-energy days

Great for memory-making - with an honest heads-up on stimulation.

VERIFIED SUPPORT

INDOORS | ALL AGES

## Ripley's Aquarium

**Why families love it:** Sharks, penguins, jellyfish, touch experiences, and an underwater tunnel offer a strong all-weather family outing.

**Sensory snapshot:** Noise-canceling headphones are available year-round. Monthly sensory-friendly mornings are generally offered September through May; confirm the event calendar.

[Plan your visit](#)

VERIFIED SUPPORT

INDOORS | HANDS-ON

## WonderWorks

**Why families love it:** More than 100 interactive science and movement exhibits, plus optional laser tag and a ropes course.

**Sensory snapshot:** Regular days include lights, sounds, motion, and hands-on stimulation. Published Sensory Days reduce stimulation and offer special admission.

[Plan your visit](#)

HIGH ENERGY

GO-KARTS | ARCADE

## Broadway Grand Prix

**Why families love it:** Multiple go-kart tracks, mini golf, rides, and an arcade can entertain kids, teens, and competitive grown-ups.

**Sensory snapshot:** Engine noise, waiting, lights, smells, and crowds make this a full-volume outing. Review ride requirements before promising a specific track.

[Plan your visit](#)

HIGH ENERGY

WATER | SEASONAL

## Myrtle Waves Water Park

**Why families love it:** Slides, a wave pool, lazy river, and family water-play areas deliver a classic summer splurge day.

**Sensory snapshot:** Expect whistles, splashing, hot pavement, queues, and loud crowds. Arrive at opening and decide on a meeting point before anyone enters the water.

[Plan your visit](#)

### One big thing is enough

WonderWorks, Broadway Grand Prix, and Myrtle Waves can each fill several hours. Pair one with a simple dinner or quiet beach walk instead of stacking attractions until everyone is crispy.

# Two more activities + two flexible classics

Good additions when your family wants options without committing to an all-day attraction.

HIGH ENERGY

INDOORS | RESERVE

## Myrtle Beach Pinball Museum

**Why families love it:** A compact collection of playable pinball machines turns museum time into hands-on family competition.

**Sensory snapshot:** Frequent bell, bumper, and game sounds in a small indoor space. Timed reservations help make the visit more predictable.

[Plan your visit](#)

VERIFIED SUPPORT

BOWLING | EVENTS

## Myrtle Beach Bowl

**Why families love it:** A classic rainy-day activity that also hosts sensory-friendly bowling in partnership with Champion Autism Network.

**Sensory snapshot:** During sensory events, lights are raised and music is turned off; pins are still loud. Confirm current dates and Autism Travel Card details.

[Plan your visit](#)

FAMILY FAVORITE

FREE | FLEXIBLE

## The Beach & Boardwalk

**Why families love it:** Sand play, shell hunting, a short walk, and ocean views can be the most memorable part of the trip without a ticket.

**Sensory snapshot:** Choose sunrise or morning for cooler sand and fewer people. The central Boardwalk becomes bright, musical, and crowded after dinner.

[Plan your visit](#)

FAMILY FAVORITE

STROLL | EAT | PLAY

## The Market Common

**Why families love it:** Savannah's Playground, green space, shops, restaurants, a cinema, and walking paths make it easy to adjust the plan on the fly.

**Sensory snapshot:** The open layout offers escape space, while events, movie times, and dinner periods can raise the crowd level.

[Plan your visit](#)

### Reserve the predictable parts

Pre-purchase timed tickets when available, screenshot confirmations, and tell kids what will happen first. Predictability is a wildly underrated vacation amenity.

# Family dining without the guesswork

The verified label here reflects a current Champion Autism Network listing or published accommodation. Offers and participation can change.

## A smarter dinner rule

For popular restaurants, 3:00-5:00 p.m. is often the sweet spot. Ask for outdoor or edge seating, order a child's safe food immediately, and use takeout without guilt when the dining room is too much.

## NORTH MYRTLE BEACH

VERIFIED

### Johnny D's Waffles & Benedicts

CAN lists preferred seating for Autism Travel Card families plus a partner discount. Breakfast waits can still be lively.

VERIFIED

### Hamburger Joe's - North Myrtle

CAN describes a relaxed setting and recommends 3:00-5:00 p.m. to reduce waiting and overstimulation; a card benefit is listed.

FAMILY PICK

### LuLu's North Myrtle Beach

Broad menu, waterfront setting, and kid activities. It is intentionally energetic, so go early or request outdoor seating.

FAMILY PICK

### River City Cafe - Barefoot

Creative burgers and a very casual vibe. Peanut shells may be present; families with allergies should confirm protocols first.

FAMILY PICK

### Flying Fish Public Market

Seafood, non-seafood choices, and water views. Reserve or arrive early; the open dining room gets busy at peak dinner.

## MYRTLE BEACH

VERIFIED

### Johnny D's Waffles & Bakery

CAN lists headphones on request, preferred seating with the Autism Travel Card, and a partner discount. Avoid the 10:30-12:30 peak.

VERIFIED

### Angelo's Steak & Pasta

CAN recommends calling for reservations. A private room may be possible when requested in advance; menu and buffet offer familiar choices.

FAMILY PICK

### Ultimate California Pizza

Customizable pizza, gluten-free dough, plus pickup and delivery for a low-pressure meal back at the rental.

VERIFIED

### NY Pizza Kitchen - SkyWheel

CAN lists Boardwalk-area locations and an Autism Travel Card benefit. Convenient, familiar food; expect Boardwalk noise outside.

FAMILY PICK

### Croissants Bistro & Bakery

A calmer sit-down pick with reservations, breakfast and lunch options, pastries, and gluten-free selections.

Dietary reminder: Gluten-free, allergy-aware, or customizable does not automatically mean allergen-free. Call the restaurant directly about cross-contact and current menu procedures.

# Ready-made family days

Four easy combinations, because vacation should not require a board meeting.

|                      |                                |                               |                               |                                    |
|----------------------|--------------------------------|-------------------------------|-------------------------------|------------------------------------|
| THE GENTLE DAY       | 1 Heritage Shores morning walk | 2 Early lunch in North Myrtle | 3 McLean Park or rental reset | 4 Beach at golden hour             |
| THE RAINY DAY        | 1 Ripley's at opening          | 2 Early pizza lunch           | 3 Quiet time at the rental    | 4 Short Market Common stroll       |
| THE BIG-ENERGY DAY   | 1 Myrtle Waves or Grand Prix   | 2 Long rest + simple meal     | 3 One treat stop              | 4 No second major attraction       |
| THE NORTH MYRTLE DAY | 1 Alligator Adventure early    | 2 Barefoot Landing lunch      | 3 Return for pool/rest        | 4 Alabama Theatre if energy allows |

## Quick picks by need

|                   |                                                                                                |
|-------------------|------------------------------------------------------------------------------------------------|
| FREE OR LOW-COST  | Heritage Shores, McLean Park, Savannah's Playground, beach mornings, Market Common strolls     |
| RAINY-DAY WINNERS | Ripley's Aquarium, WonderWorks, 810 Bowling, Myrtle Beach Bowl, Pinball Museum                 |
| TODDLER-FRIENDLY  | Savannah's Playground, Ripley's Aquarium, McLean Park, State Park playground and nature center |
| TEENS + GROWN-UPS | Broadway Grand Prix, Myrtle Waves, 810 Bowling, Alabama Theatre, SkyWheel                      |
| BEST FOR A RESET  | Myrtle Beach State Park, Heritage Shores, McLean Park, sunrise beach walk                      |

### Keep one thing unscheduled

Leave room for the pool, a nap, an extra beach hour, or absolutely nothing. The best family itinerary has breathing room built into it.

# Sensory resources & planning notes

Save these before the trip and re-check programs close to your visit.

## Champion Autism Network + Autism Travel Club

Find trained partner businesses, current events, and card benefits through the Autism Traveler program. [Open resource](#)

## Visit Myrtle Beach Autism-Friendly Guide

Destination-wide planning ideas, accessible travel resources, and sensory-friendly articles. [Open resource](#)

## Myrtle Beach International Airport

The airport offers a Quiet Room near baggage claim and a Sunflower Lanyard program for hidden disabilities. [Open resource](#)

## Current Sensory Events

Confirm sensory mornings, bowling, movies, jump sessions, and special events through CAN and each venue. [Open resource](#)

## How this guide was verified

Recommendations were reviewed against current official venue pages, the City of North Myrtle Beach, South Carolina State Parks, Visit Myrtle Beach, and Champion Autism Network resources in August 2026. A verified-support label does not mean every visit will be low-stimulation or that every employee, benefit, or event remains unchanged. Contact the venue directly for accommodations important to your family.

|                                     |                                                                                                                                                                                             |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sensory attractions</b>          | <a href="https://visitmyrtlebeach.com/article/sensory-friendly-attractions-in-the-myrtle-beach-area">visitmyrtlebeach.com/article/sensory-friendly-attractions-in-the-myrtle-beach-area</a> |
| <b>Autism-ready dining</b>          | <a href="https://championautismnetwork.com/myrtle-beach-restaurants">championautismnetwork.com/myrtle-beach-restaurants</a>                                                                 |
| <b>North Myrtle parks</b>           | <a href="https://nmb.us/473/Parks">nmb.us/473/Parks</a>                                                                                                                                     |
| <b>Myrtle Beach State Park</b>      | <a href="https://southcarolinaparks.com/myrtle-beach">southcarolinaparks.com/myrtle-beach</a>                                                                                               |
| <b>WonderWorks Sensory Days</b>     | <a href="https://wonderworksonline.com/myrtle-beach/sensory-nights">wonderworksonline.com/myrtle-beach/sensory-nights</a>                                                                   |
| <b>SkyWheel sensory information</b> | <a href="https://skywheelmb.com/autism-and-sensory-friendly-vacation">skywheelmb.com/autism-and-sensory-friendly-vacation</a>                                                               |

**We hope your family finds a new favorite.**

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[SouthCarolinaVacationsDirect.com](https://SouthCarolinaVacationsDirect.com)

This guide is informational and is not a guarantee of accessibility, admission, hours, safety, dietary accommodations, or sensory conditions. Adults should choose activities based on each child's age, needs, skills, and supervision requirements.