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Jamaica with kids

By Judy Koutsky

Hotel Review




Grand Palladium Lady Hamilton Resort & Spa (Courtesy Grand Palladium)


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Grand Palladium Lady Hamilton Resort & Spa in Montego Bay, Jamaica is a great family-friendly property and even more so since its recent renovation. New restaurants, redesigned rooms and little touches throughout the property make it feel fresh and inviting. Continue after the jump to find out why the resort, which sits adjacent to its sister property, the Grand Palladium Jamaica Resort & Spa, is a great family-friendly Caribbean property.


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Rooms and Amenities



Suite interior at Grand Palladium Lady Hamilton Resort & Spa (Courtesy Grand Palladium)

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The resort has 390 junior suites, 78 suites and 48 villa suites all with water views. The suites are located in stand-alone villas, three stories tall. There are no elevators, so if you'd like to avoid climbing, ask for a first floor room. However, the views from the rooms on the third floor, are worth the extra effort. Suites have oversized bathrooms complete with Jacuzzi bathtubs, separate showers (with rainforest shower heads) and a large vanity. The bedrooms come with either two double beds or an extra-large king-size bed, with super comfy plush memory foam mattresses. The spacious sitting area has a couch, a fully-stocked minibar (which is replenished daily), and a desk with plenty of outlets (great for recharging all the electronics at night). The balcony, set up with a table and chairs, is the perfect spot for room-service breakfast or a sunset cocktail.

Restaurants



El Agave (Courtesy Grand Palladium)

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With 14 bars, 3 buffet restaurants, 7 a la carte restaurants and one beach bar, it's hard not to find the perfect spot for a bit to eat or a romantic sunset drink. Some of the favorites include:

- The Indian restaurant, **Bhogali**, features authentic Indian dishes such as a chicken tikka, naan and chapati breads, lamb curry, and rich cardamom flavored bread pudding for dessert
- **El Agave** serves authentic Mexican cuisine, with some kid-friendly favorites like taco and quesadillas.
- **Lotus House** focuses on authentic Asian cuisine; stir-fry noodles are one of the kid-friendly favorites, while sushi is a parent fave.
- **Xaymaica Creole** is one of the most popular restaurants. Serving up local Jamaican specialties, like Jerk chicken, ask the server for his favorites.
- **Poseidon's Sunset Cove** has great views of the water and a yummy salad bar.

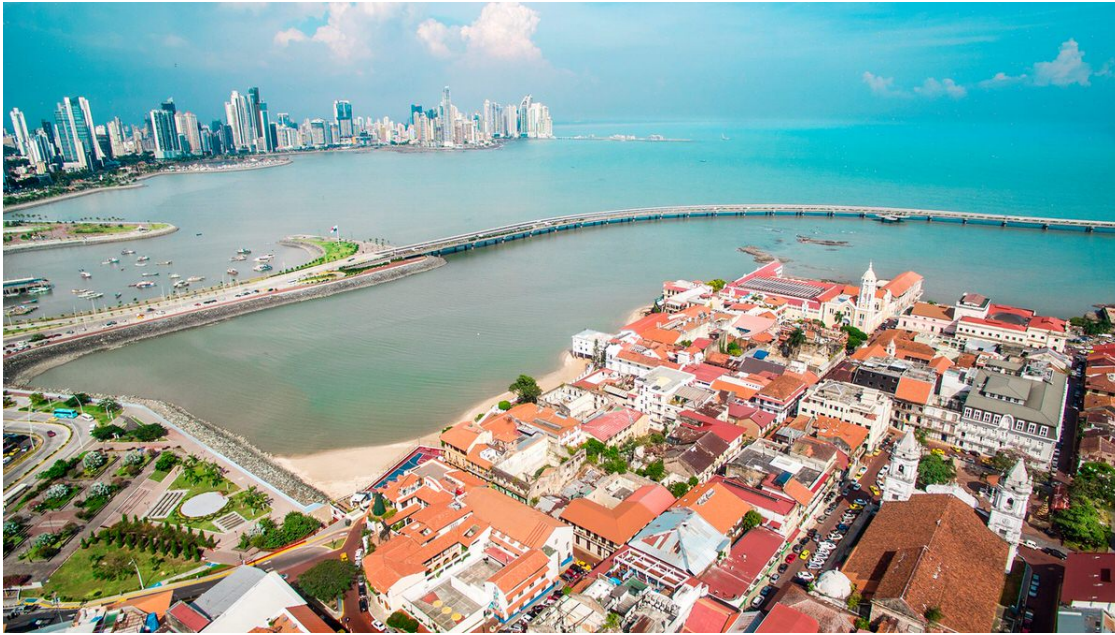
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For Kids Only



Raggs-themed breakfast (Courtesy Grand Palladium)

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If you're traveling with kids and your little ones are fans of the Emmy-award television series, Raggs, then you've hit the jackpot at the Pallidum. Thanks to an alliance with Palladium Hotels & Resorts, these loveable canine characters come out for a number of activities that include:

- Performing the high-energy 50-minute **Raggs Pirate Show**,
- **Pido's Surf Party**, a tropical-themed extravaganza that includes a live DJ and features sing-a-long videos on the screens. Add in tropical shirts, grass skirts and fresh fruit drinks for all the kids plus a limbo line, and dance party and you have a hit.
- the **Raggs-themed breakfast**, a great way to visit with the characters, dance and sing along while enjoying kid-friendly pastries (with cute designs), smoothies, eggs, fresh fruit and a host of drinks;
- Raggs and friends singing one of their favorite tunes "Fun Day in the Sun Day" by the pool, dancing in the resort lobbies, posing for photos at the beach or reading stories at the Mini-Club.

In addition to Raggs, kids have a variety of options for fun in kid-friendly zones including **Baby Club** (ages 1-3), the **Mini Club** (ages 4-12) and the **Black & White Junior's Club** (ages 13-17). Each club has a host of age-appropriate activities ranging from painting, crafts and video games to mini discos, zip-lines and sports. A cooking class is also available that teaches kids about local flavors and regional ingredients.

Kids will love the new splash zone water park area where the young set can wade in shallow water with mini fountains and water slides. It's big enough to accommodate plenty of kids, but small enough that parents can always keep an eye on the kids. This is the perfect spot for the 7 and under crowd.

Also, don't miss the roaming Carvel ice cream stand—a huge hit, for both kids and adults.

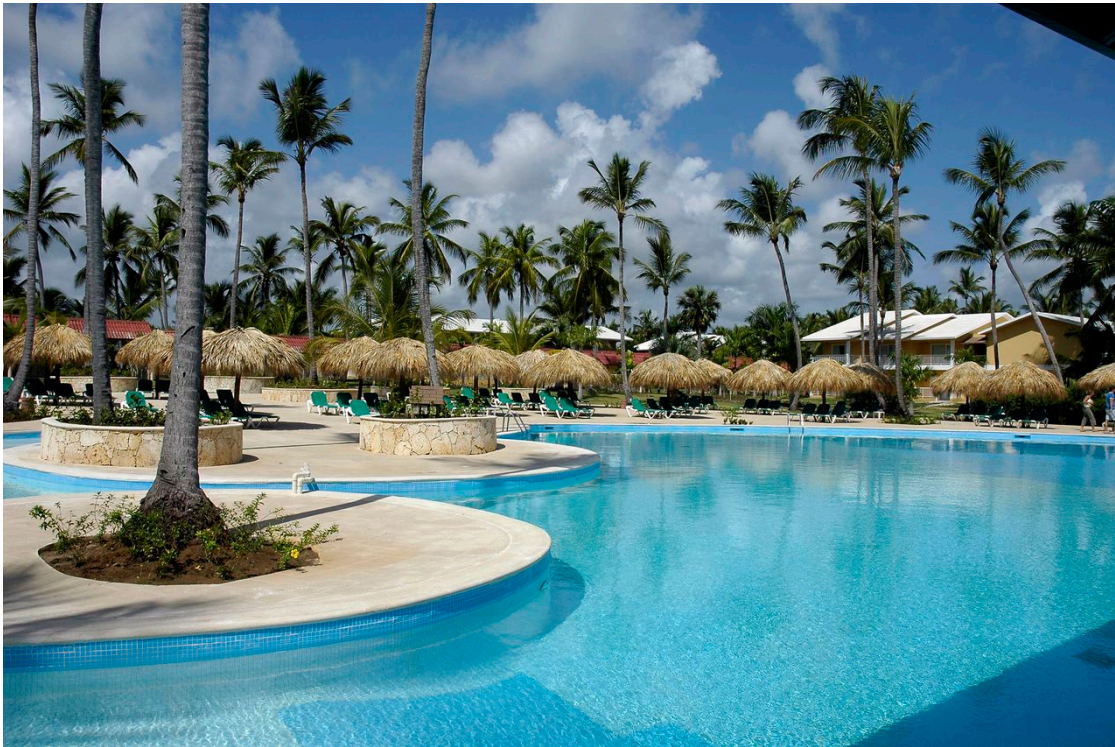
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For Adults

Adults could easily spend the whole day at the Zentropía Palladium Spa. The spa has a great mixture of indoor and outdoor facilities, and includes a Turkish bath, sauna, hot and cold plunge pools, Jacuzzis, and a lazy river. There are plenty of chairs to simply relax and chill. The Roman-style design of the spa is very open and spacious. In fact, the spa is considered among the largest in Jamaica. What's really nice is the extensive spa menu: not only does it include the basics—massages, facials and wraps—but it offers many unique treatments like the 80-minute Exclusive Zentropía Therapy which utilizes six techniques including relaxing massage, shiatsu, stretching, aromatherapy and reflexology.

The service at the spa is also very meticulous, with attendants bringing towels, water and tea regularly and asking if there's anything else needed. The overall experience is relaxing and peaceful—a great treat for mom or dad while the kids are enjoying their activities.

Pools, Pools and More Pools



One of the pools at Grand Palladium Lady Hamilton Resort & Spa (Courtesy Grand Palladium)

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With three tennis courts, a theater, mini golf, a gaming lounge and a shopping center, families never even have to leave the resort. There are six pools, located throughout the resort, plus several sand

beaches, so you're pretty much guaranteed fun for the whole family. At the center of the fun, for both kids and adults, is the 48,500-square-foot infinity pool with four built-in whirlpool baths and a swim-up bar. It's the largest pool in all Jamaica and its size means that even when the resort is at full occupancy, it's never crowded.

Judy Koutsky contributed this to [MiniTime](#).

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MiniTime also features the best expert advice about how to plan affordable and fun family vacations with kids, with a community of parents dedicated to sharing their own family vacation experiences so that you can find the best family getaway ideas for your own family. Whether you're planning a road trip, city break, adventure trip, or resort getaway with kids, MiniTime can help you save time and money when planning a family trip. Looking for vacation ideas? Ask us. We just got back.

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