

HILTON HEAD ISLAND · LOCAL GUIDE

Hilton Head Island in July

Weather, crowds, events, and the best things to do

Plan your perfect July vacation on Hilton Head Island. Discover the best activities, events, restaurants, and insider tips for visiting during July.

> **THE QUICK ANSWER**
>
> July on Hilton Head Island is the most popular month to visit—and for good reason. It's one of the hottest months, the ocean is at its warmest, and the island is packed with events, from Independence Day celebrations to weekly fireworks. It's also the busiest, so plan ahead.

In this guide, we'll spill the local secrets to help you plan the ultimate July vacation—from the weather (spoiler alert: it's going to be hot!) to the best things to do, where to eat, and where to stay.

Weather in July
Crowd Levels
Top Things To Do
Events & Festivals
Where to Eat
Where to Stay & Booking Tips
Questions, Answered

LAST UPDATED JANUARY 18, 2026 · HOST & HOME, HILTON HEAD ISLAND

Upper 80s
AVERAGE HIGH

75°
OVERNIGHT LOWS

Peak
CROWD LEVELS

KNOW BEFORE YOU GO

Weather in July

Upper 80s
AVERAGE HIGH

75°
OVERNIGHT LOWS

Warm
OCEAN WATER



Let's talk about the weather: July on Hilton Head is hot. Average highs are in the upper 80s (°F) with lows around 75°F—perfect for those who love the heat. The ocean water is nice and warm, ideal for swimming, boogie boarding, and all those other fun water activities.

July can also be a bit humid, with the occasional afternoon thunderstorm. Don't worry—they usually pass quickly, and you'll be back to enjoying the sunshine in no time.

- **Pack light clothes** for the heat and humidity
- **Bring sunscreen** and all your beach attire

TIMING YOUR TRIP

Crowd Levels

July is peak tourist season on Hilton Head Island. The combination of summer vacations and holiday events, especially around the 4th of July, brings a surge of visitors. Here are a few tips for navigating the crowds:

- **Hit the beach early:** Claim your spot on the sand before the crowds arrive
- **Plan activities for weekdays:** Weekdays tend to be less crowded than weekends
- **Make reservations:** If you have your heart set on a specific restaurant or activity, book in advance



SEVEN IDEAS FOR THE MONTH

Top Things To Do

You won't find yourself short on things to do in July—this time of year the island is lively and loaded with activities for locals and tourists alike.



01

Beach Day

Spending the day at the beach is a must in July, with miles of pristine shoreline perfect for laying out, swimming, and beach games. Enjoy a family picnic at Coligny Beach Park, rent bikes to ride oceanside, or try paddleboarding and jet skiing—the ocean's warm waters make for a perfect day.



02

Spend the Day on the Water

Make the most of Hilton Head's coastal views with Lowcountry Watersports. Paddle through beautiful marshes on a kayak or paddleboard while spotting dolphins, or go for a thrill with jet skiing and parasailing.



03

Food & Live Music at The Bank

Experience the fun, lively atmosphere at The Bank, Hilton Head's popular food hall and brewery, with a variety of food trucks, a cigar bar outside, live music, a big screen TV, and outdoor seating.



04

Golf on World-Class Courses

Spend the day on the green at some of Hilton Head's best courses. Chase birdies at Harbour Town Golf Links or soak in the ocean breeze at Palmetto Dunes—a laid-back day with great views.

Harbour Lights, Cruises, and Island Escapes



05

Explore Harbour Town

This well-known marina is home to the iconic red-and-white striped lighthouse, boutique shops, waterfront restaurants, and live music. You can even enjoy the 4th watching fireworks on the water.



06

Take a Sunset Cruise

Kick back and relax on a Salty Dog Sunset Cruise, where the vibes are just as good as the views. Grab a drink, enjoy some music, and watch the sunset and the waves—the perfect way to end your evening.



07

Spend the Day on Daufuskie Island

Take a scenic boat ride from Hilton Head to Daufuskie Island, with breathtaking views and wildlife along the way. Enjoy a seafood lunch at the Old Daufuskie Crab Company, explore by bike or golf cart, and relax on a much less crowded private beach—so bring your swimwear.

WORTH PLANNING AROUND

Events and Festivals

The island is full of events and festivities celebrating the 4th all month long.



ALL MONTH LONG

Independence Day Celebrations

- **HarbourFest at Shelter Cove Harbour & Marina:** All summer long, enjoy family-friendly activities, live music, and fireworks every Tuesday night.
- **4th of July Celebrations:** Watch the island light up over the Harbour Town Lighthouse and enjoy food, fun, and music.
- **USA 5K:** A July 4th celebration for runners and walkers on Coligny Beach—get your tickets to join the fun.



Farmers Markets

Hilton Head Farmers Market: Tuesdays, 9 AM–1 PM at the Coastal Discovery Museum—fresh produce, baked goods, and artisanal products.

Hilton Head Community Market: Saturdays, 9:30 AM–12:30 PM at Shelter Cove Community Park, with local farmers and food producers.



Bluffton Sunset Party: May River Shrimp Festival

Head to nearby Bluffton for this monthly summer event featuring local food, drinks, and live music.

WHERE WE SEND OUR GUESTS

Where to Eat

Hilton Head is known for tasty seafood and unique restaurant choices you won't find anywhere else.



The Crazy Crab

Enjoy fresh seafood with stunning waterfront views.



Poseidon

An upscale restaurant offering a sophisticated dining experience with a top deck bar and amazing sunset views.



Skull Creek Boathouse

A lively spot known for its waterfront location, fresh seafood, and fun atmosphere.



The Salty Dog Cafe

An iconic Hilton Head restaurant—a must-visit for the famous t-shirts and waterfront views, in a prime location for shopping.



Quarter Deck

A rooftop bar and views that made our list. Fresh seafood and hand-cut steaks with stunning views of Calibogue Sound and the Harbour Town Lighthouse.

BOOK DIRECT · NO PLATFORM FEES

Where to Stay

July is the island's busiest month, so securing your accommodations early is essential.



BOOKING TIPS

Reserve Early

July is peak season—especially around the 4th—so the best homes and weeks book up quickly.

A SUMMER MUST

Pools & Beach Access

Choose a rental with a pool or easy beach access to make the most of the heat.

WHERE TO LOOK

Sea Pines

Classic Hilton Head scenery with golf, beaches, and Harbour Town.

Palmetto Dunes

Great for active travelers with golf, tennis, and bike trails.

Forest Beach

Walkable to Coligny Plaza, shops, and restaurants.

> A LOCAL TIP
>
> For the best fireworks views, stay near Harbour Town or Shelter Cove—and book well ahead for July 4th week.

QUESTIONS, ANSWERED

Before You Book

Is July a good time to visit Hilton Head Island?

Yes—it's the most popular month to visit, with the warmest ocean water and tons of events and activities.

Is the ocean warm enough to swim in July?

Absolutely. The ocean is at its warmest, perfect for swimming, boogie boarding, and water activities.

Is Hilton Head Island crowded in July?

July is peak season. Hit the beach early, plan activities for weekdays, and make reservations ahead of time.

What events happen on Hilton Head Island in July?

Highlights include HarbourFest fireworks, 4th of July celebrations at Harbour Town, the USA 5K, farmers markets, and the Bluffton Sunset Party.

How far in advance should I book a July rental?

As early as possible—July is the busiest month, especially around the 4th.

Find Your Hilton Head Stay This July

Let our local team match you with the property that fits. Book direct, and skip the platform fees.

Find your stay →

