

All one could want in the Sunshine State

Palm Beach County in southeast Florida, also known as the Palm Beaches, is located some 60 miles from Miami and 150 miles from Orlando.

The Atlantic Ocean runs along the eastern half of the county, offering 47 miles of beach and sea water warmed by the Gulf Stream.

Its northwest part takes in Lake Okeechobee, the second largest freshwater lake in the United States.

For the visitor, Palm Beach island itself offers the chance to experience one of the world's mega-rich communities, while West Palm Beach is often listed as one of the best places to live in the USA.

Also within the Palm Beaches are many other diverse coastal communities including Boca Raton, Lake Worth, Delray Beach and Jupiter.

Ashley Gibbins
Managing editor
AllWays traveller



West Palm Beach



A personal view of the Palm Beaches



Downtown Boca Raton

The best of Florida - and all within easy reach

By Ashley Gibbins

Palm Beach County is the largest county southeast of the Mississippi River (for what that's worth) and an area bigger than Delaware and Rhode Island.

Not particularly large US states I grant you, but it does suggest that, with size comes a greater likelihood that there will more than enough to fill a vacation.

And believe me, there certainly is.

As its name would suggest there are long swathes of white sandy beaches within the Palm Beaches.

These face the Atlantic Ocean, which is warmed by the Gulf Stream, and whose waves can crash relentlessly, and in spectacular style, onto the shoreline.

Warm sunny days



This being Florida there are warm (or very, very warm) sunny days year round so beach life is likely to play a key part in any vacation itinerary.

Beyond the beach however, there are 38 cities, towns and coastal communities, all offering something that will reward a visit

Palm Beach

Standing at the absolute top end of the market is Palm Beach on Palm Beach Island, one of the most expensive - and highly sought after - destinations in the USA.

Some of the world's, most wealthy have multi-million dollar second or third homes, here.

Magnificent mansions

These are truly magnificent mansions that one gazes at with the proverbial open mouth.

The trick when visiting Palm Beach is to admire the island's fascinating, money dominated, history and architectural grandeur without envying too much the 'fabulous' wealth of those who live or have lived here.

And it is possible to enjoy a budget conscious short break here without feeling out of place.

While in the Palm beaches



The Flagler Museum, Palm Beach

Henry Flagler's 'Gilded Age' estate, Whitehall, now the Flagler Museum, is a stunning place and an absolute must.

When it was completed in 1902, the New York Herald printed it was "more wonderful than any palace in Europe, grander and more magnificent than any other private dwelling in the world."

Today, Whitehall is a National Historic Landmark and is open as the Flagler Museum, with guided tours, changing exhibits, and special programs.

www.flaglermuseum.us

The Breakers



The Breakers Hotel is an historic hotel, which Henry Flagler opened in 1904 (his first wood built hotel having burnt down a year earlier).

The Breakers Palm Beach, as it is now called, offers a spectacular Italian-Renaissance style hotel on the Atlantic ocean.

Undoubtedly one of the finest luxury hotels and beachfront resorts in North America it deserves a visit, even if the budget might not stretch to an overnight stay.

www.thebreakers.com

The Palm Beach Bicycle Trail

A good way to explore Palm Beach is to rent bikes and take to the island's bicycle trail.

The Palm Beach Bicycle Trail Shop can get you sorted with bikes, gear and guided maps.

www.palmbeachbicycle.com



Clematis Street, West Palm Beach

West Palm Beach



Across the Intracoastal Waterway, West Palm Beach is a modern cosmopolitan city and a far more vibrant destination.

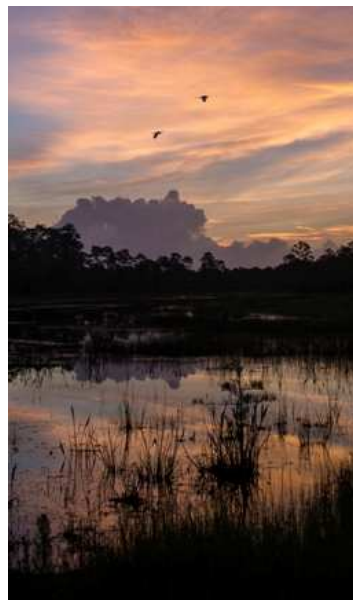
In recent years the city has hauled itself up by (again) the proverbial 'boot straps' to become much sought after as a place to live.

Other communities



Also within the county are more bohemian and artistic coastal towns such as Delray Beach and Lake Worth and more modern communities like Boca Raton and Jupiter.

Natural Palm Beach County



For those who prefer a more wild, natural, side of Florida there is the huge expanse of water that is Lake Okeechobee, the chance to get into the Everglades or a nature reserve.

The Royal Room at the Colony



For sophisticated musical entertainment in an iconic hotel check out the cabaret in the Royal Room at the Colony Hotel

Known as the best place for cabaret in the area, it features song filled dinner entertainment straight from New York City's leading cabarets.

www.thecolonypalmbeach.com

Revolutions West Palm Beach



For an All-American evening in West Palm Beach head to Revolutions.

This large, loud and proud, entertainment venue in *CityPlace* has 20 boutique style bowling lanes, including screened off VIP lanes and a 'full on' video arcade.

The large bar, which has auditorium seating tiered around huge TV screens, is excitement personified during NFL or College Football games, or the live music concerts.

The menu, which is extensive, focuses on top notch burgers, sandwiches and pizzas.

www.revolutionsbowl.com

Antique Row, West Palm Beach

Located in West Palm Beach, Antique Row is a charming district with over 40 antique shops offering an impressive selection of 17th to 20th century antiques, fine and decorative arts, period deco, vintage and modern furnishings.

www.westpalmbeachantiques.com



Palm Beach

One of the world's most expensive bits of real estate

The city of Palm Beach, is located on the 16-mile long Palm Beach barrier Island, with the Intracoastal Waterway separating it from West Palm Beach.

The two communities are connected by the Royal Park and Flagler bridges.

The island offers long stretches of carefully maintained and generally uncrowded beaches with soft white sand and rolling Atlantic breakers.

The recently restored Palm Beach Municipal Beach is the most popular and lies within easy walking distance of the famed Worth Avenue.

With great beaches all across Florida, the unique pleasure of a stay on Palm Beach is to get a glimpse one of America's most affluent communities.

A byword for luxury

The city of Palm Beach, veritable a bi-word for a luxury living, was established as a resort by Henry Morrison Flagler, during the early 1800s.

The founder of Standard Oil, Flagler brought wealthy friends and the cream of European society to the destination via his Florida East Coast Railway.

Following this first introduction of top end tourism, Palm Beach has remained an exclusive destination.

One that offers the visitor the chance to spend time in a pristine, serene, sophisticated and cultured community.

More livelier pursuits and attractions sit just across the water in West Palm Beach, a one time, subservient service town to Palm Beach.

The original lure

Visiting this part of Florida, during the winter months, Henry Morrison Flagler saw the potential for developing the island as an exclusive resort for those wanting to escape the cold northern states.

And just happening to own a railroad meant Flagler was also able to get them there.

As a result, the *creme de la creme* of American and European society flocked to Palm Beach and made a bee line for Flagler's ultra-luxury Royal Poinciana or his Breakers hotels.

While fire eventually destroyed the Royal Poinciana, the Breakers remains to this day, in all its spectacular opulence.

With Palm Beach 'the' place for America's wealthiest dynasties to compete in building ever more opulent sea facing mansions for 'snow bird' occupation.

These magnificent properties remain, and are indeed being added to.

Luxury boutique hotels were also built and the town of Palm Beach made sure it met the expectations of those living or visiting for the 'season'.

Norton Museum of Art



The Norton Museum of Art is known for its exhibitions and collection of American, contemporary, and European works of art and photography including masterpieces by Gauguin, Monet and Picasso.

The museum's Chinese collection is among the best in the world while its collection of photographic images spans decades.

www.norton.org

Ann Norton Sculpture Gardens

The Ann Norton Sculpture Gardens surround the former residence of sculptor Ann Weaver Norton.

Displayed throughout the house, studio and gardens are more than 100 works by the artist, including nine monumental sculptures, eight in brick and one in granite.

www.ansg.org

Palm Beach Zoo



The Palm Beach Zoo houses more than 700 animals within 23 acres of lush tropical habitat.

www.palmbeachzoo.org

As it always was

Though times, fashion and economic climes may have fluctuated over the decades, Palm Beach has remained more or less immune to, and indeed aloof from these.

The homes here, particularly along South Ocean Boulevard are still the domain of the country's wealthiest and a veritable who's who of international rock, pop and movie stars.

Elsewhere many of the properties - smaller by comparison but still worth a pretty penny - are second homes and, as such, often empty.

This makes Palm Beach a place to visit if you are looking for top end peace and quiet.

Worth Avenue



This is also an immaculately manicured city, with Worth Avenue and its celebrated Addison Mizner architecture the epitome of this.

One of the world's exclusive shopping venues, Worth houses a collection of luxury designer brand outlets, high end antique and art emporiums and local stores.

Starbucks is the one - and only - concession to popular retail culture.

A small number of five star hotels raise the bar in luxury and service as do a selection of discrete and fine dining restaurants.

A stay in Palm Beach

A stay in Palm Beach comes at a price, of course, but for a short stay it can offer an excellent return on investment.

My advice is to choose the right hotel and your restaurants with care, and make the very most of them.

Plan to do relatively little (and not just because there is relatively little to do in Palm Beach). Just soak up the ambience of the place.

Evening entertainment

There is no downtown entertainment district on Palm Beach.

One can easily stroll through the heart of Palm Beach come sundown and see hardly a soul.

Even the city's police station shuts down after dark - an indication of the absence of crime here.

One of the only other living things we saw on a 9pm stroll through Palm Beach was a very large toad, who seemed as surprised to see us out and about as we were to see him (or her).

This is not a criticism of Palm Beach. It was a very pleasant, if slightly odd experience.

An island living tour

To get a real understanding of the historical relevance of Palm Beach and the true nature of and its mega-rich residents one needs to take a guided tour of the island.

We were lucky enough to find Leslie Diver, a one time financial trader and Island resident, who runs Island Living Tours.

What Leslie does not know about Palm Beach is probably not worth knowing and she gives a real insight into island life.

She offers driving, biking and garden tours, which always go down a storm.

www.islandlivingpb.com

Go kayaking

It would be a real shame to visit this part of Florida and not get on the water in a kayak.

Ian Esplin runs Kayak Lake Worth and takes one to four guests kayaking through the Lake Worth Lagoon Estuary and the Intracoastal islands including the Snook Island restoration area

www.KayakLakeWorth.com

MacArthur Beach State Park



The MacArthur Beach State Park has two miles of unspoilt beach reached across a wooden causeway from a nature preserve.

There are also walking trails through the mangroves and kayaking across the estuary to Lake Worth Cove and Munyon Island.

www.macarthurbeach

Culture

Ballet Palm Beach

Ballet Palm Beach combines the talents of professional, apprentice, and student level dancers to present an annual programme of productions at the Eissey Campus Theatre.

www.balletpalmbeach.org

Boca Ballet Theatre

The Boca Ballet Theatre offers an annual programme of full-length ballets and contemporary choreography.

www.bocaballet.org

Palm Beach Opera

Founded in 1961, the professional Palm Beach Opera presents main stage performances at the Kravis Center for the Performing Arts in West Palm Beach.

www.pbopera.org



West Palm Beach

West Palm Beach now truly in the spotlight

Delve just a little into the history of West Palm Beach, and one soon realises the lengths the city has gone to in order to establish itself as a thriving cosmopolitan community.

And one no longer labouring in the shadows of Palm Beach Island.

In the last decade or so, the downtown area has been regenerated and is now a vibrant dining, entertainment and shopping district leading to the waterfront, which has also been transformed to stunning effect.

New residential developments and condo conversions are injecting a life blood into the heart of the city and, just beyond, the one time, run-down, 'red light' historic neighbourhoods' have been reclaimed and restored by committed community associations.

West Palm Beach is often cited as one of America's best places to live. It is also a tremendous place to visit.

Residents love of the place rubs off

West Palm Beach has succeeded in creating a city that residents respect and this rubs off on to visitors.

It is safe and very walking and cycle friendly.

Clematis by night is a family friendly Thursday evening street festival, and there is live music on weekend evenings in City Place and a bustling Saturday green market

A little further out there is a delightful little zoo, a drive through safari park and the McArthur State Park, which a great natural resource.

Downtown West Palm Beach



Downtown West Pam Beach provides the city's main visitor draw, and quite a draw it.

It combines three distinct yet interlocking areas with CityPlace running into the Clematis Historic District, which in turn meets the Waterfront

Although the whole area is easily walked or cycled, there is also a free trolley service linking the three districts.

Boca Raton Museum of Art

The Museum of Art, the top of Mizner Park, is a tremendous community and visitor attraction and one of the regions leading cultural institutions.

A real Museum, it has permanent and travelling exhibitions, runs lecture, film and video series and stages live concerts in its outdoor auditorium.

The Museums grand amphitheatre stages outdoor concerts and performances throughout the summer months.

www.bocamuseum.org

Japanese Gardens



Another delightful half day out in the Boca Raton area is the Morikami Museum & Japanese Gardens, which has been a centre for Japanese arts and culture in South Florida since its opening in 1977.

The Morikami enables visitors to explore six diverse gardens around an ornamental lake, with each inspired by a different historical period and style of Japanese gardening.

The Morikami's restaurant, with its wonderful lake views, serves the finest Japanese dishes and is a delightful way to lunch during a visit.

www.morikami.org

Old School Square

Old School Square stages a diverse range of productions from musicals and plays, to dance works and variety shows.

The annual programme will also take in Broadway Cabaret, music and concerts, comedy, films, lectures and literary events.

www.oldschoolsquare.org



City Place

CityPlace

CityPlace is a modern upscale dining, entertainment, retail and residential development clustered around open-air plaza and themed to suggest an Italian town centre.

Fine restaurants vie with bars, live music venues and a cinema to lure residents and visitors who now pour into the area of an evening.

The area is particularly popular during the live music concerts of a weekend.

The transformation from what no-go area less than twenty years ago highlights the city's overall renaissance perfectly.

[www cityplace.com](http://www.cityplace.com)

Clematis Street

Clematis Street, which runs from CityPlace to the Waterfront, is the historical downtown district.

It is a mix of small boutiques and antique shops, nightclubs, live music bars and restaurants.

This area provides an eclectic counterbalance to CityPlace.

During the day it is a place to shop or enjoy a coffee or a relaxing lunch.

Evenings are far more lively, particularly Thursday's from 5:30-9pm when the place transforms into Clematis By Night.

And Halloween there is a truly wild experience.

www.westpalmbeach.com/clematis

The Waterfront



West Palm Beach Waterfront runs for six miles along Flagler Drive and was

Until the 1950's, the Waterfront area was delightfully landscaped and a leisure and recreation hotspot for city residents.

While unsympathetic development in the 60's had a serious downgrading effect on the area, it has now been transformed to compliment the renaissance that has swept through the rest of the city.

Artists impressions of the original layout for the waterfront area have formed the guiding influence in the six year project to create a 21st Century facility that now attracts and reward residents and visitors alike.

www.wpb.org/citycalendar/

Jupiter Lighthouse

The Jupiter Inlet Lighthouse and Museum's signature landmark is the red brick Jupiter Inlet Lighthouse, which was erected in the 1800s, which stands 105 feet atop a 46-foot hill on the north shore of the Jupiter Inlet.

A visit to the Lighthouse and Museum offers the chance to view exhibits in the waterfront History Museum, which is located in the restored WWII Naval housing quarters building.

The trip up the lighthouse itself provides fine panoramic views of the Jupiter area.

www.jupiterlighthouse.org

The Loggerhead Marinelif Center



The Loggerhead Marinelif Center is dedicated to ocean conservation and particularly the sea turtles.

Some of these will be recuperating in tanks at the Center, prior to release, for visitors to view.

The commitment of staff and volunteers at the Center to these threatened and endangered creatures is heart warming.

The team also give special attention to the turtles during their egg laying and hatching on beaches in the area.

www.marinelife.org

More information

With so much to choose from it can prove difficult to plan even a longer vacation to the Palm Beaches.

Happily the area's website is an excellent resource :

www.palmbeachfl.com

AllWays more Palm Beaches



Jupiter

Jupiter

The town of Jupiter, which sits at the mouth of the Loxahatchee River, has been voted one of the *Top 10 Happiest Seaside Towns* in the USA by *Coastal Living* magazine.

Visitors to Jupiter will want to visit the beaches or hike or bike the many park and beach trails or kayak or paddle along the Loxahatchee River.

Harbourside Place on the Intracoastal Waterway is Jupiter's premier downtown destination for shopping, dining, luxury hotel accommodations, entertainment and boating.

www.visitjupiterfl.com
www.harboursideplace.com

Boca Raton



Boca Raton is an affluent community offering visitors looking to enjoy its five miles of beach, fine dining and a select number of very rewarding visitor attractions.

Downtown Boca Raton

Designed to create a contemporary Old Spanish/Mediterranean ambiance, downtown Boca Raton is centered around Mizner Park.

www.miznerpark.com

This is a grand, lushly landscaped boulevard of fountain walkways, upscale shops, cinemas, restaurants and entertainment venues.

Delray Beach



Delray Beach has been named the *Most Fun Small Town in the USA* by USA Today and the Travel Channel, and it is easy to see why.

Delray Beach is a vibrant, colourful community situated on the Atlantic Ocean between Boca Raton and West Palm Beach.

At its heart of downtown is Atlantic Avenue, which runs through the downtown area to the Atlantic Ocean, and has been voted *Best Main Street in Florida*.

Atlantic Avenue offers a combination of designer shops, restaurants, bars and nightly entertainment within its brick paved sidewalks, live oaks, royal palm trees and decorative street lamps.

Downtown is also known for family-friendly festivals such as the Delray Affair and Delray Beach Garlic Fest and for its famous 100-foot Christmas Tree during the holiday season.

Delray Beach also has a thriving arts scene with a cluster of working artists having their galleries in the Pineapple Grove Arts District.

And finally there is the beach itself, one of the most popular in the area.

www.visitdelraybeach.org

Lake Worth



Lake Worth is an historic, colourful, artistic community offering the visitor great beaches, a new fishing pier, many historic buildings and a revitalised downtown.

Downtown itself has a mix of antique stores, specialty shops, restaurants, art galleries and music venues.

Saturday Evenings on the Avenue, a tradition in Lake Worth, sees the downtown come alive with the art galleries open, live music and the restaurants and bars buzzing.

www.lakeworth.org/visitors

Lake Okeechobee

Lake Okeechobee, Florida's *inland sea*, is the largest lake in Florida and the second largest in the continental United States.

Covering over 700 square miles, it is a destination for those looking to fish, boat and birdwatch with hotels, motels, cabins, RV parks and campgrounds on or near to the banks of the lake.

What's on in the Palm Beaches



SunFest



South Florida Fair



Festival of Arts

In addition to the every day attractions and entertainments, the Palm Beaches stages a number of major annual events that can enhance a visit.

The South Florida Fair

(January)

The South Florida Fair has four stages of music and entertainment, world class ice skating performances daily, an award-winning agriculture and livestock program featuring more than 1000 exhibitors from more than 30 Florida counties, historic Yesteryear Village and over 200 rides, games and attractions.

www.southfloridafair.com/

The Honda Classic

(February)

The Honda Classic brings the world's best PGA Tour players and 190,000 spectators to the PGA National Resort & Spa Champion Course.

www.thehondaclassic.com

Art & Antique Show

(February)

The largest of its kind in the United States, the Palm Beach Jewelry, Art & Antique Show hosts international exhibitors.

On display are sparkling diamonds, emeralds and pearls; first edition novels; antique rugs and art and home décor.

www.palmbeachshow.com

Festival of Arts Boca

(March)

This 10 day festival features the finest in classical music, jazz, art, film and literature in Mizner Park.

www.festivaloftheartsboca.org

International Boat Show



(March)

The Annual Palm Beach International Boat Show is one of the top ten boat shows in the United States featuring more than \$350 million worth of boats, yachts and accessories from the world's leading marine manufacturers.

The event includes hundreds of Boats from inflatables and power boats to super yachts.

ArtPalmBeach

(April)



ArtPalmBeach is dedicated to contemporary, emerging, and modern master works of art of the 20th and 21st centuries.

The event showcases over 85 international galleries exhibiting paintings, sculpture, as well as functional and innovative design.

www.artpalmbeach.com

International Film Festival

(April)

The Palm Beach International Film Festival showcases award-winning films, hosted filmmakers and actors from around the globe.

www.pbifilmfest.org

SunFest

(April/May)

SunFest, in West Palm Beach, is Florida's largest waterfront music and art festival.

It offers 50 national and local bands on three main stages and three rockin' party barges with 100 arts and crafts tents, food vendors and fireworks to attract more than 175,000 visitors annually.

www.sunfest.com

Palm Beach Winter Equestrian

(November)

The Palm Beach's Annual Winter Equestrian Festival events bring together the partnership of horse and rider during the thrills and grace of show jumping and the elegance of dressage.

www.pbiec.coth.com

Food and Wine Festival

(December)

The Palm Beach Food & Wine Festival, held at various venues, is one of the nation's premier culinary festivals.

It brings together award winning chefs, culinary personalities, authors, winemakers and mixologists.

www.pbfoodwinefest.com

A place to stay in the Palm Beaches : The Chesterfield Palm Beach



By Ann Mealor

The Chesterfield really is a little piece of old England in the heart of Palm Beach. Elegant, sophisticated and full of old world charm, even the weariest of visitor after a long flight across the pond, will feel at home here.

Close to the designer shops in Worth Avenue, this luxury boutique hotel is an historical landmark by the Palm Beach Preservation Society.

Inside, the stylish reception area is a mix of cool marble and plush fabric, with large, comfortable armchairs, gilt mirrors, large traditional oil paintings, small bronzes and bowls of bright red carnations adding splashes of vibrant colour.

Guests can help themselves to jelly beans and home made chocolate chip cookies which are on offer throughout the day.

Having a sweet tooth, I really enjoyed this touch of hospitality.

Wood panelled library

The wood panelled library is reminiscent of one you might find in an English country house or a London gentleman's club.

Green studded leather sofas, floor to ceiling bookshelves, paintings and tapestry style cushions depicting a variety of different hunting dogs all give the place a feel of a small Downton Abbey.

There is even a photograph of former Prime minister, Margaret Thatcher proudly on display. Fresh, red carnations can be found here too.



Our bedroom was in keeping with the rest of the hotel with furnishings and fabrics of the highest quality.

All rooms are individually designed and decorated and ours had a black and white chic boudoir feel. Finding a tasty welcome bag of jelly beans on the dressing table was another sweet surprise.

Charming and discrete

We made good use of the picturesque pool area during our stay. Charming and discrete, it is surrounded by tropical plants and shrubbery.

Sun loungers are neatly laid out with towels and guests can help themselves to fruit and fresh lemon juice poolside throughout the day.

It is quiet and refined, and ideal for reading or just relaxing and enjoying the sun.



Two beautifully cooked breakfasts of eggs, bacon, sausages, tomato and potatoes were enjoyed outside in the lovely tropical courtyard garden.

Service was excellent and it was a pleasure to eat al fresco, to the gentle tinkle of the water fountain.

Before leaving, we also managed to catch happy hour in the stylish Leopard Lounge. The cocktails were expertly made and we sat comfortably at the magnificent bar, sipping our margaritas and listening to some excellent piano music.

The Chesterfield staff are helpful, friendly and professional and take pride in their work.

The hotel oozes quality, character and style and provides the ideal tranquil base for exploring beautiful Palm Beach.

www.chesterfieldpb.com

The Boca Raton Resort & Club



The Boca Raton Resort & Club, which first opened in 1926, was originally designed, by famed California architect Addison Mizner. It was aimed squarely at those who could afford the very best in accommodation, cuisine and service.

Redesign and regeneration over the years has seen the Resort and Club retain its status as one of the finest establishments anywhere.

Now part of the Waldorf Astoria group a stay at the hotel allows guests to advantage of everything on offer - and to use its splendid facilities to the full.

In doing so, the Boca Raton Resort and Club will provide with an experience to be cherished and one that will live long in the memory.

Out in the sun

The resort allows you to bask in the glorious Florida weather its half-mile stretch of private beach or besides any one of its seven swimming pools.

Then there is Spa Palazzo, three fitness centres and two 18-hole championship golf courses.

Fine dining options

For fine dining there are two wonderful options.

The SeaGrille at the Beach Club
(See Ann Mealor's review).

Cielo

On the 27th floor of The Tower at the Boca Raton Resort, Cielo is fine dining at its finest.

The restaurant offers a sumptuous menu of Mediterranean cuisine created from fresh local ingredient and majestic views.



www.bocaresort.com

The Wyndham Grand Jupiter at Harbourside Place



Located on the Jupiter's Intracoastal Waterway, the Wyndham Grand is the flagship property in Harbourside Place, and offers guests all that is to be expected from a five star of the Wyndham calibre.

Being geared to both business and vacation travellers, this new hotel oozes quality throughout and has an exceptional rooftop pool and cocktail bar.

Talking of cocktails, the hotels sophisticated *Deep Blu* restaurant serves a range cocktails that are as delicious as they are intoxicating - with a happy hour that will make you very happy indeed.

Step out of the hotel and one is within the restaurants, bars, boutiques and entertainment in Harbourside Place.

A focus of the development is an open air waterfront amphitheatre, which stages regular live music concerts.

www.wyndhamgrandjupiter.com

Grandview Gardens Bed and Breakfast, West Palm Beach



While West Palm Beach has fine range of accommodation I do have to mention the Grandview Gardens Bed and Breakfast, which is Rick's and Peter's place, and epitomises the essence of West Palm Beach.

From a run down 1925 property in the Grandview Heights historic neighbourhood, the two have created five guest suites and two vacation homes that reflect the original Spanish Mediterranean architecture of the district.

The result is a place of great style and real intimacy and a short stroll or even quicker cycle ride from downtown.

www.grandview-gardens.com



AllWays somewhere to dine in the Palm Beach

Guanabanas, Jupiter

Opened by Jupiter surfers as a sandwich shop in 2004, Guanabanas has grown to become a veritable institution.

This is an all open-air restaurant and bar with diners sitting under tiki huts amid towering banyan trees and tropical landscaping overlooking the Jupiter river.

Guanabanas also manages to attract an eclectic mix of guests from those looking for a lively late night out to mixed aged parties celebrating an anniversary, boaters stopping off for drink or couples wanting an evening of romantic enchantment.

When a place looks and feels as good as this, the food can take second place and disappoint. Not here!

While the feel is that of a tropical island jungle bar, Guanabanas has state of the art kitchen facilities and a team of chefs that insist on the best, locally sourced produced.

It was one of the first to sign to the Fresh from Florida campaign.



There is ALS a great range of great beers, wines and cocktails.

And finally, Guanabanas is the best place to enjoy live music with a schedule of tremendous bands who obviously love performing at the venue.

Get the impression we had a really good and memorable evening there. You bet we did.

Guanabanas is open for breakfast, lunch and dinner.

www.guanabanas.com

SeaGrille at Boca Beach Club, the Boca Resort & Club

By Ann Meador

I had heard many good things about the SeaGrille and was really looking forward to trying it out for myself.

Situated in the sophisticated Waldorf Astoria Boca Beach Club, would the restaurant live up to its beautiful location and surroundings?

On arriving at the restaurant we were taken to our table, situated outside on the terrace overlooking the ocean.

Although dark, we could hear the waves breaking gently on the beach.

Small oil lamps lit our table, making the whole occasion seem very special – dining to the sounds of the sea in the half light.

I started the evening my favourite way, with a cocktail – a Blood Orange Margarita

Seasonal specialities

I started the evening my favourite way, with a cocktail – a Blood Orange Margarita.

Sipping my drink, I perused the menu which featured a variety of fresh seafood dishes including Florida Snapper and Grouper, seasonal specialities, organic chicken, New York Strip Steak, soups and salads.

After tucking into some delicious bread, we decided to share a starter- Dynamite Lobster Bites with sweet and spicy aioli, crispy wonton and pickled watermelon radish.



The dish was wonderfully colourful, flavoursome, sticky and crunchy.

For mains, we both went for the SeaGrille's signature dish, the Miso Glazed Black Cod with carrots, bok choy, maitake mushrooms, snow peas and ginger shoyu broth.

As recommended by our knowledgeable waitress, we had this with fragrant jasmine rice, which was the perfect accompaniment.

The cod literally melted in the mouth, and broke into flakes at the slightest touch of the fork. We savoured each bite, making the most of this delicious dish.

A bottle of Pinot Gris from the Ponzi Estate, Oregon – always a favourite when in the states, went down very well with our meal.

As desserts are rather large, Ashley and I shared a warm chocolate blackout cake with toffee almond ice cream. Rich and tasty, one between two was more than enough.

With its sophisticated yet relaxed atmosphere, excellent location, attentive service and top quality cuisine, the SeaGrille really did meet high expectations!

www.bocabeachclub.com

Bravo: Cucina Italiana, Jupiter

Lively, vibrant and full of buzz, Bravo, in Harbourside Place, Jupiter is ideal for fun night out eating, drinking and soaking up the local atmosphere.

Lively, vibrant and full of buzz, Bravo, in Harbourside Place, Jupiter is ideal for fun night out eating, drinking and soaking up the local atmosphere.

Bravo is an up-market authentic Italian restaurants serving a range of soups, salads, pastas, pizzas, fish and meat dishes.

Service is helpful, friendly and efficient and it is clear that staff at the Harbourside restaurant take real pride in their work.

After enjoying an expertly prepared Cosmopolitan cocktail at the bar, we headed into the cool, air conditioned restaurant to start our meal.

We (party of four) enjoyed a selection of appetisers including a classic Caprese Salad fresh Mozzarella and juicy tomatoes.



There was also Portobello & Boursin Bruschetta with caramelised onions and roasted mushrooms and Crispy Shrimp Napoli with green onions and charred tomato sauce.

All were delicious but the Shrimp Napoli was the table favourite.

For mains, we all tucked in to Chicken & Pesto Spaghettini, with Mozzarella, spinach, tomatoes and pesto.

Grilled Salmon Pasta with asparagus, spinach and feta and Spicy Scallop Marinara with onions, artichokes, basil and spinach.

All the dishes were full of Mediterranean flavour and prepared with fresh ingredients and a pleasure to try a bit of each dish.

It is no wonder that Bravo was as the food is tasty, plentiful and reasonably priced and the staff are a knowledgeable and cheery.

www.bravoitalian.com

Coolinary Café, Jupiter

By Ann Mealor

We guessed the Coolinary Café was going to be something special when we first spotted it. An unprepossessing place amid a row of other restaurants and retail outlets, it was 'stacked out' - at lunchtime.

As soon as a table became free there was a party willing to fill it.

And once we got to chat to owner and chef Tim Lipman, it was clear why.

Founded in 2012 by Tim, a protégée of Mike Moir, Coolinary Café offers an inventive menu of Florida fare.

The menu includes earthy and unusual dishes such as wild boar Bolognese, rabbit tacos; comfort food such as fried chicken and waffles, or complex cuisine that includes Lipman's Seafood Fasole Verde -- a dish filled with shrimp, fish, crab and honey in a lemon garlic fumet.

As the weather was so warm Ashley and I both chose shrimp salad - lightly blackened, juicy shrimp, crunchy apples and spicy cashews.

The dish was refreshing and delicious and perfectly complimented by a light yoghurt dressing.

The apple and strawberry sangria I had with it went down a treat.



Tim gets much of his produce such as oca, beans, spinach, squash and Barrel Fish locally and his menu changes twice a day.

Sausages are also made in-house from free range heritage hogs. A little touch, a sugar stick stirrer with the coffee was a nice treat.

It's a dog friendly place too, and there were a few happy hounds snoozing outside on the patio, whilst their owners enjoyed lunch.

The atmosphere here is relaxed and friendly and the food fresh and wholesome making it a dining must whilst in the area.

www.coolinarycafe.com

A snapshot of the Palm Beaches



AllWays consider : Doing the airport in style with the executive lounge



How often have you heard it said that it is the airport that is the worst part of flying.

The time it takes to get through security, the panic at the thought of checking in late and missing the flight and then the wait in crowded departure areas.

So is the best approach to spend as little time there as possible?

Get there early

No. To avoid the stress and pressure of flying, get to the airport three hours earlier than necessary, check in and clear security in a leisurely 'no sweat' fashion and then head to one of the airport lounges to relax or work in style.



This costs a little more but, with all that lounges offer to make guests comfortable, it is money very well spent



All you need

Comfortable chairs and a good view of the aircraft; Wi-Fi access and power points; a complimentary choice of hot and soft drinks and a selection of fine food and a wide range of newspapers and magazines (for reading there and on the plane).



This makes the airport experience a pleasure rather than a pain.



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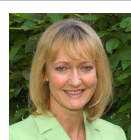
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