



PALM BEACHES

Words by [Laura Bartlett](#)



Palm Beach, FL, has been a sweet vacation spot for America's glitterati since the 1890s, when oil tycoon Henry Morrison Flagler built his hotels, Royal Poinciana and The Breakers. The town was built to service the hotels, and the area has since grown become a vibrant collective known as Palm Beaches.

You'll find Palm Beaches two hours south of Orlando, or an hour north of Miami. The area is everything from classic luxury, to natural wonder, with a diverse range of hotels, restaurants, bars and attractions. Its innovative culinary landscape, eclectic range of shopping venues and insurmountable attractions make it the best way to experience what the state of Florida has to offer.

With so much going on, we've streamlined our favourites into this easy guide so you can forget about the planning, and start having fun!

STAY

Marriott Delray Beach *Delray Beach*

Delray Beach is sandwiched between the original resort town of Palm Beach to the North, with bigger cities like Fort Lauderdale and Miami to the South, to it's a lot less crowded. It's a bit like an up-to-date version of the classic Florida we #TBT to, but a lot less vanilla.

Ideally found across the street from the ocean, the Marriott Delray Beach is a place that embodies South Florida's easy-going lifestyle - a place where 'relaxation comes as naturally as the fresh breezes off the Atlantic Ocean'.

In the rooms, everything is designed with the upmost comfort in mind, from big plush beds to tropical colour schemes and Floridian-inspired decor. The message here is to sit back, chill out and let the brilliant staff take care of everything. Each room has its own private balcony, which is essential when you're so close to the sea to soak it all in.

Eau Palm Beach Resort & Spa *Manalapan*

Palm Beach itself is often recognised as the central hub of the area, but the truth is there really isn't one and each district has its own little charms. Set on seven acres of private beach, the Eau Palm Beach Resort & Spa is set in the perfect location, close by to all local amenities such as the glamorous Worth Avenue or Flagler Museum.

Guests at the Eau aren't just greeted with Champagne, but with pristine ocean views, tropical breezes, and the promise of a relaxing stay. Each room has a stunning view, either garden, pool or sea, and a private balcony to enjoy from. The decor in the rooms is bright, playful and fun, which contrasts from the more traditional surroundings in the lobby and public areas. Stay on the Club Level for access to the lounge and your own personal concierge - it's pretty handy when there's so much on your doorstep.

Outside, facing the sea and surrounded by the hotel is the private gardens, which are more like a wonderland of cabanas, pools, terraces, bars, fire pits and yoga classes. The Eau Spa is a 42,000sq foot retreat, focusing on sensory experiences with touches of wet, wit and wonder.

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EAT & DRINK

Yaxche Tea Room *Delray Beach*

A universal favourite in the Delray area is Yaxche Tea Room. Taking its name from the Mayan 'Tree of Life', this quaint little place is so honourable and inspiring, we could've stayed for days. The interior is filled with bright colours, kitschy furniture and inspirational quotes wherever you look, making sure every guest feels instantly good about themselves, and that's before the coffee! You know from a place like this that each ingredient is so carefully selected it has to pass all the tests - fair trade, organic and artisanal.

The energy you feel isn't the caffeine, it's the feeling of community, even as a traveler, that you get during your stay. Integrity, hard work and good will go a long way here.

Deck 84 *Delray*

Take a boat and arrive in style at Deck 84, voted as one of the best Al Fresco dining spaces, not just in Palm Beach, not just in Florida even, but in the whole of the US. When you arrive it's pretty clear to see how they deserve such an accolade.

The restaurant, with its vast outside area has panoramic views of the main waterway. Fresh fish is a big deal here, and since it's on the water, why



Did you know?

The coconut palm, is not native to Florida. Its presence in Palm Beach is due to the shipwreck of the Spanish ship *Providencia* in 1878, which was traveling from Havana to Cádiz, Spain with a cargo of coconuts. Since the shipwreck was near the shore, the coconuts were salvaged, and many were planted, where a lush grove of palm trees soon grew on what was later named Palm Beach.

COCO TRAVEL

wouldn't it be? Deck 84 Executive Chef Jon Greening favourites include mussels and popcorn shrimp, as well as his signature - the Seared Ahi Tuna. It's also the perfect place to go for cocktails - did someone say frozen Margarita?

Salt Seven *Delray*

This is where the party really gets going. A modern dining room fused with a social lounge space, Salt Seven focuses on sharing experiences in a trendy and upscale atmosphere. Just two streets away from the Yacht Tea Room but worlds away, it really does show the range of different places you'll get at Palm Beach.

The name comes from the unique blend of seven exotic sea salts from around the world (Hawaii, Australia, India, France, Bolivia) used to season their prime steaks and enticing dishes to make them truly unforgettable - you know a place is going to be a hit when even the seasoning is well travelled. The menu is achingly cool - think charred octopus, seared scallops and black truffle steaks. We've heard brunch here is notorious, but it's no surprise when the vibes never stop.



Sant Ambroeus *Palm Beach*

Sant Ambroeus Palm Beach opened its doors with one mission - to bring a touch of old-world Milan (via contemporary Manhattan) to sunny Florida, and that's exactly what they've done. It really feels like you've been transported back to Italy in the 60s - from the wild coloured plants outside to the cute old-world gelato stand.

The menu, by executive chef Marco Barbisotti, includes Sant Ambroeus such as Vitello Tonato, Caprese, Tagliatelle alla Bolognese, Risotti and Cotoletta alla Milanese, alongside new dishes inspired by the sea and the fresh ingredients of Florida.



Sant Ambroeus offers delicious housemade cakes, pies, tiramisu and a creamy millefoglie dessert.

Temple Orange *Mediterranean Bistro* *Manalapan*

The Eau Palm Resort has a multi-sensory offering when it comes to dining, but the one everyone is talking about is Temple Orange. Now we know the name sounds like a local Chinese takeaway, but in fact it's a Mediterranean Bistro, offering all day dining using the best seasonal ingredients they can hunt down. If you're lucky enough to be there on a Sunday, enjoy ice cold Champagne at the "Veuve Rich Brunch" - or if you're feeling worse for wear from the night before, check out the Bloody Mary Bar.

There are four menus throughout the day: breakfast, lunch, midday and dinner. Expect a typical "continental" style for brekkie with a few tapas favourites thrown in for good measure. For dinner, choose from any one of the Med classics - from mezze platters to fresh East Coast oysters.

Avocado Grill *West Palm Beach*

Emojis at the ready - Palm Beach as an avocado restaurant. Avocado Grill is the place for people in Palm Beach to eat well. Its vibe is laid back, the food is delicious and the imagination of the Chef is untethered. Julien Gremaud's concept is to constantly excite guests with dishes made from the highest quality ingredients sourced from local partners.

"We are not too big and not too small. We are just right for diners seeking a neighborhood jewel that delivers on its promise of great meals, refreshing cocktails, delightful desserts and friendly service. And yes, we serve avocados - daily, in multiple ways and with flair!"

SEE

Northwood Village *West Palm Beach*

Northwood Village is a unique art-centric destination in the Palm Beaches - with countless exclusive art galleries and monthly organised art tours. It's a fab place to get lost in, and check out the local art scene by



wandering through collections of colourful murals and larger than life sculptures - offering everyone a chance to get fully immersed in the creative culture.

Ann Norton Sculpture *Gardens* *West Palm Beach*

Ann Norton was an artist born in Alabama and discovered her passion for sculpture at an early age. After moving to New York to study, she started to become involved in art exhibitions around the world and gained international recognition. In 1977, she established her own foundation so that her work could be preserved forever.

For 34 years until her death in 1982 she lived and worked in West Palm Beach, where today now stands the Ann Norton Sculpture Gardens - with over one hundred of her works of art. Created over four decades, Ann Norton's works in bronze, stone and wood inhabit the studio like a forest alluring the visitor to explore and feel her artistic spirit. Guests are greeted by larger than life models, armatures, and



studies that evolved into her monumental works in granite and brick found throughout the gardens.

Worth Avenue *Palm Beach*

If Paris has the Rue du Faubourg Saint-Honoré, and Beverly Hills has Rodeo Drive, the Palm Beach equivalent is definitely Worth Avenue. Stretching four blocks from Lake Worth to the Atlantic Ocean, the street has more than 250 high end stores like Tiffany, Chanel and Valentino. The jewel in the crown is Kassatly's - a family run lingerie and linen boutique which opened in 1923.