



AllWays Traveller

Palm Beach, Florida

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

# Just the place for pristine peace and quiet

**Palm Beach, in southern Florida is located on the 16-mile long Palm Beach Island with the Intracoastal Waterway separating it from the city of West Palm Beach.**

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

Palm Beach 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.

With this first introduction of top end tourism to Palm Beach, the area has retained an exclusive popularity as an affluent resident community and a destination for the discerning traveller.

Palm Beach itself 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.

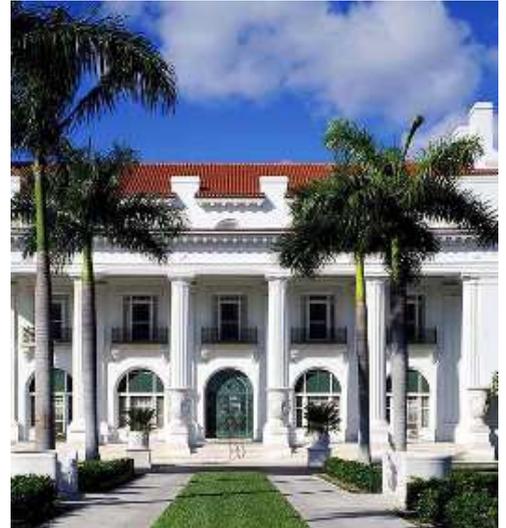
## Ashley Gibbins

Managing editor  
**AllWays traveller**





### 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 to the public as the Flagler Museum, featuring guided tours, changing exhibits, and special programs.



[www.flaglERMuseum.us](http://www.flaglERMuseum.us)

### The Society of the Four Arts

The Society of the Four Arts is Palm Beach's centre for art, music, drama and literature, offering a cultural programme of films, concerts, exhibitions and lectures.

The Four Arts campus includes a library and children's library, an exhibition gallery, 700-seat auditorium, botanical and sculpture gardens.

[www.fourarts.org](http://www.fourarts.org)

## The city of Palm Beach is location for a luxury living

By Ashley Gibbins

**If you might be minded to consider a stay on Palm Beach Island, I would advise you not to think, in the first instance, about palms or the beach.**

Yes the palms, particularly those that line Royal Palm Way are as spectacular and well maintained as you will find in the Sunshine State.

And the beach? Well it's just stunning, with the rolling waves breaking onto white sand.

But then there are palms and beaches all along Florida's Atlantic coast and again across the state on the Gulf Coast.

No, the reason to visit Palm Beach is to glimpse first hand, and albeit for a short while, stay, one of America's most affluent and upmarket cities.

The city of Palm Beach is, indeed, a bi-word for a luxury living.

## So near and yet a world away



A couple of years ago we produced an Always traveller to West Palm Beach and was greatly impressed with this city.

A one time, subservient service town to Palm Beach, it had seen several decades of severe decline.

But West Palm Beach has, in recent years, pulled itself up by the bootstraps.

There is now a youthful vibrancy about the place, which is attracting live-in residents and visitors alike.

On our next visit to the area, we decided to take a look at Palm Beach, which lies the proverbial stones throw across the Intracoastal Waterway.

Despite the proximity of the two destinations, and similar names, they are worlds apart.

## The original lure of Palm Beach

Palm Beach has much to thank the mega-wealthy, American industrialist Henry Morrison Flagler



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

Owning his own railroad certainly helped as Flagler also had the wherewithal to get them there.

And so the *creme de la creme* of American and European society flocked to Palm Beach.

And once here they stayed in Flagler's ultra-luxury Royal Poinciana or Breakers hotels.

While fire eventually destroyed the Royal Poinciana, the Breakers remains in all its opulence.

It has been joined by some stunning boutique hotels including the Brazilian Court.

With Palm Beach 'the' place for the wealthy to winter, magnificent sea facing mansions were also built and a small, very exclusive, community established.



The city of Palm Beach met and matched the expectations of those now living or visiting for the 'season'.

## West Palm Beach

West Palm Beach offers a more lively experience just across the Waterway.

## CityPlace



CityPlace is a modern upscale dining, entertainment, retail and residential development clustered around open-air plaza themed as 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.

[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 option 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.

## Palm Beach has remained unchanged



Though times and fashion may have changed during the intervening years, with global economies in turn booming and busting, Palm Beach has remained more or less immune to, and indeed aloof from these vagaries.

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.

These residents, perhaps understandably, cherish and protect their absolute privacy.

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.

It is an immaculately manicured city, with Worth Avenue, with 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.

As for accommodation, a small number of hotels raise the bar in luxury and service as do a selection of discrete and fine dining restaurants.

## The West Palm Beach Waterfront



The Waterfront runs along Flagler Drive with the downtown area at its heart.

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

Artists impressions of the original layout for the waterfront area have formed the guiding influence in the six year project to create a 21<sup>st</sup> Century facility that will attract and reward residents and visitors alike.



There is a park and water gardens; boat landing and esplanade; an environmentally innovative living dock; two boat piers and South Cove walkways.

There are also a string of vibrant bars and restaurants.

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



Although the whole area is easily walked or cycled, there is also a free trolley service linking the Clematis, CityPlace and Waterfront districts.

## 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, with real care, and make the very most of it.

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

There is a real art in being somewhere on a vacation and resisting the desire to dash off to somewhere else.

Relax with a good book or a newspaper by the hotel pool, in a shady outdoor area or in a comfortable lounge.

Take a stroll along around the city, by the marina, or along the beach.

And dining itself should be a long, leisurely and memorable experience.

Select two or three restaurants on Palm Beach and choose each course - and the wine to accompany it - in rewarding consultation with the restaurant captain and sommelier.

Knowing about the food and wine you're going to enjoy, from people who really know what they're talking about, will greatly enhance the experience.

And after dinner a stroll around Palm Beach is an experience in itself.

Unlike their European counterparts, Small American communities tend to shut up shop as the sun goes down. You will find no downtown entertainment district here.



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 - which is also an indication of the absence of crime here.

One of the only other living things we saw on our 9 pm stroll through Palm Beach was a very large toad, who seemed as surprised to see us out at that time of night 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, and one that matched the serenity of our stay here.

## The Palm Beaches



In addition to the beach at Palm Beach the area is branded *The Palm Beaches* and offers 13 or more distinct beach locations along 47 miles of Atlantic Ocean coastline.

### MacArthur Beach State Park



One I must mention is the MacArthur Beach State Park, which 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](http://www.macarthurbeach)

### Lake Worth

Nearby, Lake Worth is an historic, colourful, artistic community with an eclectic mix of shops, restaurants, art galleries, music venues and locally-owned boutiques.

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

[www.lakeworth.org](http://www.lakeworth.org)

**More information :**

[www.palmbeachfl.com](http://www.palmbeachfl.com)  
[www.townofpalmbeach.com](http://www.townofpalmbeach.com)  
[www.wpb.org](http://www.wpb.org)



## The Brazilian Court Hotel and Beach Club

By Ann Mealor

**The Brazilian Court is tucked discreetly away in a quiet turning in Palm Beach.**

We had been travelling for a few hours when we pulled up outside the charming but unpretentious hotel entrance that revealed nothing of its stunning interior.

We were greeted very efficiently and courteously by the front of house team who dealt with our car and helped with our growing amount of luggage.

Once inside, the inner courtyard with its lush greenery, tinkling fountains and cool, tranquil feel had a soothing effect and we could feel ourselves unwind.

The hotel, with its Mediterranean, Moorish villa feel, is full of nooks and crannies where the visitor can relax on a comfy sofa or sun lounger with a book and a glass of wine.

Around every corner there is a pleasant surprise; a small lounge with plump armchairs in mustard and gold, a library area for playing chess and other board games or a beautiful piece of artwork.

Relaxing outside, and surrounded by the well tended tropical plants and palms, is an ideal way to pass the morning or afternoon, reading, writing or snoozing.

Al fresco dining can be enjoyed in the lovely terrace restaurant.

Our room was large and comfortable, furnished in the old colonial style with a small kitchen area overlooking the courtyard.



This dog (cat and bird) friendly boutique hotel, which has enjoyed a multi-million dollar refurbishment, is within walking distance of the designer shops in Worth Avenue and the glorious Palm Beach itself.

Add its award winning Café Boulud restaurant, and it is no surprise the hotel is a local and, indeed, international favourite.

I was lucky enough to dine in Café Boulud and enjoyed smoked salmon, braised short rib and seared tenderloin and a beautifully presented and tangy tasting key lime pie.

As well as a la carte dining, this restaurant offers an excellent value for money *Prix Fixe* menu.

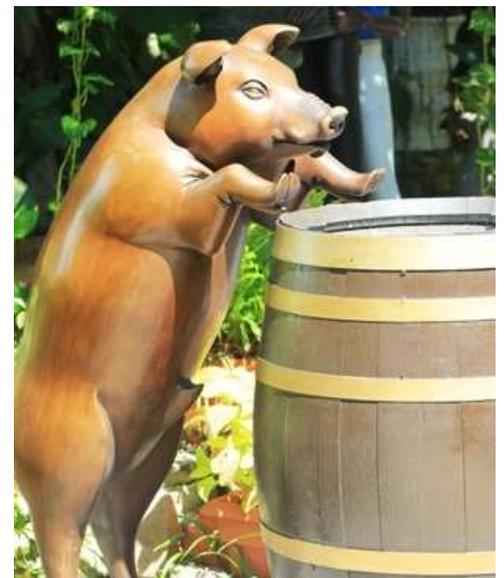
This is cuisine worthy of the restaurant's accolades and \*\*\* , the award winning sommelier who advised on the wine pairings, was really excellent..

Add its walk through art gallery, Frederic Fekkai salon and spa and the newly renovated pool area, and it is no wonder that the Brazilian Court is ranked one of the world's best hotels by *Fodors*, and named the best Florida hotel by *Conde Nast Traveller*.



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

A snapshot of Palm Beach



## Doing the airport in style – using 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?

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 .



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.



Passengers flying out of London (as I tend to do) should opt for the premium lounges by *No.1 Traveller*.

*No.1 Traveller* offers 'pay-as-you-go' airport lounges at Heathrow Terminal 3, Gatwick North and South Terminals, Stansted and also at Birmingham.

In addition to its premium lounges, *No.1 Traveller* also offers chauffeur-driven airport transfers to provide a 'driveway to runway' service, as well as travel spas and bedrooms.

You can then look forward to enjoying the flight in a fit state.



[www.No1Traveller.com](http://www.No1Traveller.com)

### AllWays traveller and the International Travel Writers Alliance



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

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

The International Travel Writers Alliance is the world's largest association of professional travel journalists.

**Ashley Gibbins**

Ashley Gibbins is Chief Executive of the International Travel Writers Alliance and Managing Editor of *AllWays traveller*

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