

# 47 Sensational Miles: *The Palm Beaches*

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Americas First Resort Destination, The Palm Beaches in South Florida boasts a intriguing history, gorgeous beaches, and an eclectic atmosphere.

Stretching for 47 miles of coastline, The Palm Beaches are a string of Floridian hot spots. Starting up north in Jupiter, and trickling down the coast to Boca Raton, The Palm Beaches boast a clear water paradise with a trendy art and cultural scene. With each city having its own unique history and activities, there are tons of hidden gems to discover, whether you are visiting for the day or an extended period of time. With the help of The Palm Beaches' PR team, we had the opportunity of soaking in every colorful inch of this stunning area.

The Palm Beaches begin in Jupiter, Florida and although the sprawling mansions will catch your eye upon arrival, Jupiter is more appreciated for its natural scenery, colorful reefs, and the Jupiter Waterway Trail that includes inlets and multiple surfing spots. Horse and

hiking trails add to the beautiful layout of Jupiter and give a glimpse into the history of the area. One of the oldest structures in the Palm Beaches is the Jupiter Inlet Lighthouse where you can climb up 105 feet to the top of the lighthouse and take in the ultimate view of the coast. When it comes to outdoor adventures and activities, Jupiter provides a limitless canvas of opportunities. The Jupiter Outdoor Center offers waterfront kayaking and paddle boarding on the Jupiter Inlet for guests to enjoy the waterways first-hand, and DuBois Park hosts incredible views, right on the water's edge. End a day in Jupiter at Harbourside Place, Jupiter's downtown shopping, entertainment, and boating hub. Enjoy a meal at one of the restaurants, or catch a show at the waterfront amphitheater.



Moving down the coast, we reach Palm Beach, a town that was built solely as a resort town. Palm Beach's history dates back to 1893 when Henry Morrison Flagler discovered the area, fell in love with it, and devised a plan to turn Palm Beach into a resort. Believing in Florida's potential to attract large numbers of tourists, Flagler built Hotel Royal Poinciana on the coast of Palm Beach in 1894, and it soon became the largest resort in the world. Two years later, Flagler built what is known today as The Breakers, further expanding the luxury of his resorts and bringing even more travelers to Palm Beach. The antiquity of Palm Beach is found in the architecture and uniqueness of the area.

We had the pleasure of staying at The Brazilian Court Hotel during our trip to the Palm Beaches. Greeted by exquisite Spanish Colonial architecture and lavishly vibrant courtyards, we were ensconced in 1920's glamour and luxurious accommodations. Vibrantly timeless and spacious rooms, award winning restaurants led by Chef Daniel Boulud and one

of Palm Beach's most exclusive salons all find their home inside of The Brazilian Court Hotel. The most prominent restaurant featured inside of The Brazilian Court is Chef Daniel Boulud's, Café Boulud. Serving French cuisine using locally sourced ingredients and seasonal menus, Café Boulud has become one of Palm Beach's most desirable places to dine. Stretching from The Brazilian Court Hotel, all the way out to the beautiful beaches, Café Boulud is a hidden gem that is begging to be explored. With every detail carefully thought out by the hotel, opulence and relaxation surround you creating a home-away-from-home, with a delightful twist. The Brazilian Court treats you as though you are a resident, making for a comfortable experience throughout, and kicking off our trip to a perfect start. Our first excursion in Palm Beach gave us the lay of the land, and a deeper knowledge of its history. We enjoyed an Island Living Bicycle Tour, hosted by the incredibly knowledgeable, Leslie Diver. The



bike tour takes you through the highlights of the town from the past and into the present. Showcasing the lives of the rich and famous throughout the years, the tour exhibits the vibrant history of Palm Beach in an entertaining way. To dig even deeper into the past, the Henry Morrison Flagler Museum takes visitors through the roots of the hospitality industry and how The Palm Beaches came to be “America’s First Resort Destination”.

Known as one of the most iconic resorts in the states, The Breakers is a must-visit when traveling to Palm Beach. The Italian-Renaissance-style hotel sits oceanfront on 140 acres of pure luxury. Featuring 538 rooms and suites, including the Flagler Club, an opulent boutique hotel that rests at the top of the resort, a private beach club, and 25 bungalows, guests are afforded full-service leisure as soon as they arrive.

The Breakers’ range of amenities provides guests with an abundance of activities, right on the premises. From the Forbes Five-Star spa, to two championship golf courses, The Breakers gives guests the ultimate resort experience. The Ocean Course at The Breakers is the oldest golf course in Florida and has a stunning seaside layout, giving a one-of-a-kind golfing experience. The Breakers is also home to multiple delicious restaurants, including the sophisticated Seafood Bar that makes diners feel as though they are eating aboard a yacht. Looking for a little retail therapy? Shopping lovers will fall in love with Worth Avenue, an extraordinary shopping venue with designer stores and fine dining restaurants. Regardless of what you do on a trip to Palm Beach, you will be graced by elegance, beauty, and a delightful ocean breeze.

Heading over the bridge and out of Palm Beach, we reach the biggest city in The Palm Beaches, West Palm Beach. A nightlife and entertainment hub, West Palm Beach is



Photo credit: West Palm Beach Community Redevelopment Agency

a vibrant and bustling neighborhood. Clematis Street is a funky hotspot in West Palm Beach and is dressed in bold murals and snazzy bars and cafes, giving you plenty to explore throughout the day and into the night. Rosemary Square, an open-air plaza, is the ideal place for shopaholics and can be a great place to catch some live music. Despite outdoor seating for more than 800 people, Rosemary Square gives off a neighborhood feel, creating a laid-back atmosphere. History lovers and collectors will melt over Antique Row, a charming

district of West Palm, filled with over 40 antique and vintage shops, along with top-notch eateries along the way. One of the hippest areas of West Palm Beach is Northwood Village. Giving off a more casual aura, Northwood Village has a more private vibe and is known for its worldly cuisine and plethora of art galleries. Lake Worth Beach is another West Palm hotspot that combines art and high-tech culture. Featuring over 1,000 vintage buildings, music venues, and eclectic streets, Lake Worth Beach is begging to be explored.

A little further down the coast, you reach the trendy and quaint beach town of Delray Beach. This up-and-coming area is known for its small-town charm as well as Atlantic Avenue which is a street that leads to the beach and is filled with beach boutiques and shops, as well as tasty restaurants. With many art galleries, museums, shops, and breweries to explore, a leisurely day in Delray is just steps away. We had the pleasure of eating at Avalon Steak & Seafood, which was just welcomed to Atlantic Avenue this year. Serving delicious meals, fresh from the land and sea, in a modern and sophisticated setting, Avalon is definitely a place to put on your list while visiting Delray.



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# The Perfect Day in Palm Beach

- 1 Start your day with breakfast from TooJay's. Serving homemade comfort food with authentic flavors, there's no better way to kick off your day!
- 2 Take some time to soak up the sun and relax on the beach before beginning the day
- 3 Choose your history lesson. Pedal through the past with an educational bike tour of Palm Beach, or visit the Henry Morrison Flagler Museum and discover Palm Beach's impact on the hospitality industry.
- 4 Enjoy lunch at Almond, an American bistro that blends French flavors and fresh ingredients.
- 5 Visit The Breakers hotel and relax at its Five-Star spa, or play a round of golf at The Ocean Course.
- 6 End your day strolling through Worth Avenue and enjoy a meal, do some shopping, and catch a live show.

Finishing off at the tip of The Palm Beaches is Boca Raton. Relaxation flows through the water in Boca where you can find a slower pace and tranquil feel. Designer shops and local boutiques can be found in the downtown area of Boca. Boca is every golfer's true paradise. Red Reef Park offers astonishing views from every inch of the course that is nestled between the Intracoastal Waterway and the ocean.

The Palm Beaches have relaxation running through the water, history embedded in their buildings and a picture-perfect backdrop. Offering something for everyone to enjoy, The Palm Beaches are a timeless vacation gem. Whether you are traveling down the coast of Florida, looking for a place to move or just searching for some beach time, The Palm Beaches give off a trendy tropical vibe, right here in the states. Living up to the title of "America's First Resort Destination" The Palm Beaches will give you the ultimate resort experience.

