



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Lana\_aka\_BADGRL

# A Day of Sun and Sand

## **Palm Beach, 1 Day**

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# Guide Description



**AUTHOR NOTE:** Check out luxurious Palm Beach, playground for the rich and famous, and take an ocean drive, stopping at beaches along the way.







# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Palm Beach

**DAY NOTE:** If you only have one day in the Palm Beach area, I would recommend spending it in Palm Beach and along the water. After all, sun and sand is what people come to see right? So, rent a car at the airport and head north (left) on I-95 and then east (right) on Okeechobee Rd and across the Intracoastal bridge to Palm Beach Island (playground of the rich and famous). If you have the time, check into one of the best hotels in the US, The Breakers Hotel and Resort. But book early, the hotel sells out months in advance; and be prepared to pay at least \$300/night! Luxury does not come cheap in Palm Beach. Once you have crossed the bridge onto Palm Beach Island, turn north onto South County Road and you will notice The Breakers Hotel and Resort on your right side. It is a truly magnificent building, full of history and five-star service. Once you see the place, you might decide to just spend your whole day there. It is an oceanfront hotel with its own beach, seven restaurants, a spa, and more. But if you are not staying overnight or you want to explore the area, you can just head to breakfast a few blocks away at Green's Pharmacy for a quick and easy breakfast for under \$5. After breakfast you can head back across the bridge to West Palm Beach and pick up the Palm Beach Water Taxi at 11am (in Downtown West Palm Beach at Palm Harbor Marina, 400 Flagler Drive, at Flagler Dr. & Banyan) for a 2 HR narrated boat tour that highlights the mansions of the rich and famous and a history of Palm Beach. Or, if you would rather stay on land, the Henry Morrison Flagler Museum on Palm Beach Island, offers a great history lesson on the area as well. After the tour, head to Worth Avenue, the "Rodeo Drive" of Palm Beach Island, and check out Gucci, YSL, Chanel and the other exclusive stores. Just windowshop though because you need to get started on your ocean drive. That's right, drive east and take a cruise down A1A along the ocean! Enjoy the views of the rolling waves and check out the mansions and beautiful scenery. Along the way, if you are looking to stop at a nice beach, Gulfstream Park in the tiny town of Gulfstream, FL is very pretty. Continue south and have lunch al fresco in Delray Beach at Cafe Luna Rosa. It offers great water views, and is right across from another very nice beach. Bring lots of quarters for the meters, they run 25cents/12 minutes! After lunch you can stroll down Atlantic Avenue in Delray Beach to visit the cute shops and galleries and really get a nice feel for Delray ( aka the "Village by the Sea"). Continue to head south to Boca Raton and stop at the Gumbo Limbo Nature Center to see some live local flora and fauna. Then it is time to head back up to Palm Beach for dinner. If you are running behind, skip the ocean route back and follow signs to I-95N to get you back to Palm Beach quickly (30-40 min). Palm Beach has many great restaurants, but I would recommend The Flagler Steakhouse if you would like to sit on an outdoor terrace, watching the sunset over a beautiful golf course, or The Seafood Bar at The Breakers, if you want to overlook the water. The Seafood Bar is the only direct oceanfront restaurant in Palm Beach, so it is really special. Both restaurants are quite pricey, so if you are looking for something less expensive, head back across the bridge to West Palm Beach. CityPlace offers several

dining options. After dinner, check out Cucina dell'Arte on Palm Beach Island, for cocktails, or The Tapestry Bar at The Breakers. Enjoy!

	<b>Henry Morrison Flagler Museum</b> Guided Age estate and museum
	<b>Green's Pharmacy</b> Diner dining in Palm Beach
	<b>The Seafood Bar</b> A room with a (sea) view
	<b>The Flagler Steakhouse</b> Steakhouse on the golf course
	<b>Tapestry Bar</b> Cocktails and caviar
	<b>The Breakers</b> Golf courses, swimming pool and a spa

# Day 1 - Palm Beach



## QUICK NOTE

**DAY NOTE:** If you only have one day in the Palm Beach area, I would recommend spending it in Palm Beach and along the water. After all, sun and sand is what people come to see right? So, rent a car at the airport and head north (left) on I-95 and then east (right) on Okeechobee Rd and across the Intracoastal bridge to Palm Beach Island (playground of the rich and famous). If you have the time, check into one of the best hotels in the US, The Breakers Hotel and Resort. But book early, the hotel sells out months in advance; and be prepared to pay at least \$300/night! Luxury does not come cheap in Palm Beach. Once you have crossed the bridge onto Palm Beach Island, turn north onto South County Road and you will notice The Breakers Hotel and Resort on your right side. It is a truly magnificent building, full of history and five-star service. Once you see the place, you might decide to just spend your whole day there. It is an oceanfront hotel with its own beach, seven restaurants, a spa, and more. But if you are not staying overnight or you want to explore the area, you can just head to breakfast a few blocks away at Green's Pharmacy for a quick and easy breakfast for under \$5. After breakfast you can head back across the bridge to West Palm Beach and pick up the Palm Beach Water Taxi at 11am (in Downtown West Palm Beach at Palm Harbor Marina, 400 Flagler Drive, at Flagler Dr. & Banyan) for a 2 HR narrated boat tour that highlights the mansions of the rich and famous and a history of Palm Beach. Or, if you would rather stay on land, the Henry Morrison Flagler Museum on Palm Beach Island, offers a great history lesson on the area as well. After the tour, head to Worth Avenue, the "Rodeo Drive" of Palm Beach Island, and check out Gucci, YSL, Chanel and the other exclusive stores. Just windowshop though because you need to get started on your ocean drive. That's right, drive east and take a cruise down A1A along the ocean! Enjoy the views of the rolling waves and check out the mansions and beautiful scenery. Along the way, if you are looking to stop at a nice beach, Gulfstream Park in the tiny town of Gulfstream, FL is very pretty. Continue south and have lunch al fresco in Delray Beach at Cafe Luna Rosa. It offers great water views, and is right across from another very nice beach. Bring lots of quarters for the meters, they run 25cents/12 minutes! After lunch you can stroll down Atlantic Avenue in Delray Beach to visit the cute shops and galleries and really get a nice feel for Delray ( aka the "Village by the Sea"). Continue to head south to Boca Raton and stop at the Gumbo Limbo Nature Center to see some live local flora and fauna. Then it is time to head back up to Palm Beach for dinner. If you are running behind, skip the ocean route back and follow signs to I-95N to get you back to Palm Beach quickly (30-40 min). Palm Beach has many great restaurants, but I would recommend The Flagler Steakhouse if you would like to sit on an outdoor terrace, watching the sunset over a beautiful golf course, or The Seafood Bar at The Breakers, if you want to overlook the water. The Seafood Bar is the only direct oceanfront restaurant in Palm Beach , so it is really special. Both restaurants are quite pricey, so if you are looking for something less expensive, head back across the bridge to West

Palm Beach. CityPlace offers several dining options. After dinner, check out Cucina dell'Arte on Palm Beach Island, for cocktails, or The Tapestry Bar at The Breakers. Enjoy!

**contact:**  
tel: +1 561 655 2833  
fax: +1 561 655 2826  
<http://www.flagler.org/>

**location:**  
1 Whitehall Way  
Palm Beach FL 33480

**hours:**  
Su Noon-5p; Tu-Sa 10a-5p

## 1 Henry Morrison Flagler Museum

**DESCRIPTION:** It would be difficult to be in Palm Beach for long without learning about Henry Flagler (1830-1913). The prominent historical figure was the mind behind the construction of the railroad that ran from Jacksonville to the Keys. Opened to the public in 1960, Flagler's 1902 Guided Age estate, Whitehall, is now the extraordinary Flagler Museum. At Whitehall, which was once described by the New York Herald as "the Taj Mahal of North America," visitors can see the home and many artifacts on display. © wcities.com



Photo courtesy of Henry Morrison Flagler Museum

**contact:**  
tel: 1 561 832 0304  
fax: +1 561 832 6502  
[http://national.citysearch.com/profile/2639855/palm\\_beach\\_fl/green\\_s\\_pharmacy\\_of\\_palm\\_beach.html](http://national.citysearch.com/profile/2639855/palm_beach_fl/green_s_pharmacy_of_palm_beach.html)

**location:**  
151 N County Rd.  
Palm Beach FL 33480

**hours:**  
7am-4pm Mon-Sat; 7am-3pm Sun

## 2 Green's Pharmacy

**DESCRIPTION:** This Palm Beach pharmacy is the locals' best kept secret. Green's offers the cheapest eats in all of Palm Beach. The restaurant is actually resembles an old-fashioned diner with its long formica counter and its down-to-earth ambiance. It is always crowded and the two egg breakfast special with home fries, toast and coffee for just a few bucks is just one reason why.

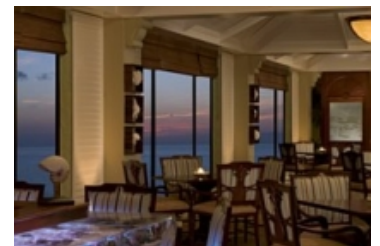
**contact:**  
tel: 1 561 659 8488  
[www.thebreakers.com](http://www.thebreakers.com)

**location:**  
1 South County Road  
Palm Beach FL 33480

**hours:**  
11a-1a daily; food served until midnight

## 3 The Seafood Bar

**DESCRIPTION:** You can't dine any closer to the Atlantic Ocean in Palm Beach than at The Seafood Bar at The Breakers Hotel. The vaulted open-beam ceilings and the floor to ceiling windows create a light, inviting atmosphere for dining or just sitting back and watching the mesmerizing waves crash over cocktails. The restaurant offers a daily catch of 10-15 of the freshest seasonal fish and seafood from the four corners of the US. The raw bar features oysters, Jumbo Shrimp cocktail, Alaskan King Crab legs, and Middleneck clams. The crab cakes are a frequently requested specialty.



The Seafood Bar

**contact:**  
tel: 1 561 659 8471  
www.thebreakers.com

**location:**  
2 South County Rd  
Palm Beach FL 33480

**hours:**  
11:30a-3p and 6p-10p daily

## 4 The Flagler Steakhouse

**DESCRIPTION:** Part of The Breakers Hotel, The Flagler Steakhouse is a premier steakhouse in Palm Beach featuring the finest USDA prime grade steaks and chops available, and seafood of exceptional quality in a traditional steakhouse atmosphere. It is located on the second floor of The Breakers Ocean Golf and Tennis Clubhouse and the decor is casual with just enough Palm Beach elegance to make the dining experience feel special. Watch the sunset over the golf course from the outdoor terrace seating, or dine inside and enjoy the rich interior.



citysearch

**contact:**  
tel: 561 655 6611 (Resort)  
fax: 561 659 8403 (Resort)  
[http://www.thebreakers.com/restaurants\\_lounges/the\\_tapestry\\_bar/](http://www.thebreakers.com/restaurants_lounges/the_tapestry_bar/)

**location:**  
1 South County Road  
Palm Beach FL 33480

**hours:**  
Daily 5p-midnight

## 5 Tapestry Bar

**DESCRIPTION:** The Tapestry bar exudes elegance. Antique mirrors reflecting the shimmering chandeliers, mahogany seating and of course 15th Century tapestries. The mahogany bar at one end is the perfect place to nurse a drink. The Tapestry Bar's exotic cocktails and their extensive wine list will suffice while entertaining company. And if you find yourself in a mood to be by yourself, the live jazz may just provide better companionship. © wcities.com



Tapestry Bar

**contact:**  
tel: +1 561 655-6611  
fax: +1 561 659 8403  
www.thebreakers.com

**location:**  
One South County Road  
Palm Beach FL 33480

## 6 The Breakers

**DESCRIPTION:** A recipient of the prestigious AAA Five Diamond award, The Breakers sits on 140 oceanfront acres in the heart of Palm Beach and boasts two 18-hole golf courses, seven restaurants, four swimming pools, a kids camp, a full service spa and a dedicated staff of 2,300. Originally opened in 1896, The Breakers is listed on the National Register of Historic Places, and has invested over \$250 million since 1990 in revitalizing and expanding the services of the resort, all while maintaining an air of casual sophistication and luxury. © wcities.com



Hotels.com

**contact:**

tel: +1 561 653 6656 / +1 888  
273 2537 (Spa Reservations)  
fax: +1 561 659 8403 (Hotel)  
[http://www.thebreakers.com/  
the\\_spa\\_at\\_the\\_breakers/](http://www.thebreakers.com/the_spa_at_the_breakers/)

**location:**

1 South County Road  
Palm Beach FL 33480

## 1 Spa at The Breakers (The)

**DESCRIPTION:** If you've made reservations at The Breakers at picturesque Palm Beach, a trip to the spa is a must. You have a lot to choose from—17 treatment rooms, eight salons, and a huge waterfront fitness center. Gaze far into the horizon of the Atlantic Ocean as you slip into the outdoor lap pool or the whirlpool spa. If you've had your fill of the hydro treatment, sashay on to the inner sanctuary, where massages, scrubs, baths and wraps await your tired muscles. Too tubby around the mid-section? Avail of the Tai Chi and yoga lessons that might incite you to take up a regular regimen. Fruit, flower and herbal beauty remedies abound here, as do a smorgasbord of stress-relieving procedures. © wcities.com



photo courtesy of Spa at The Breakers (The)

# Palm Beach Snapshot

## Local Info

Palm Beach...the mind visualizes swaying palms in warm ocean breezes, luxurious hotels, elite shopping, superb dining, magnificent estates, elegant social gatherings and Hollywood celebrities. You are cordially invited to join the fun!

Rich in pioneering history, inundated with great wealth, and steeped in Hollywood-style glamour, Palm Beach draws curious visitors and new residents alike. The name is recognized the world over as a

destination for wealthy vacationers, royalty, and celebrities.

The County of Palm Beach has 38 incorporated municipalities with several that are historic neighbors to the city of Palm Beach, the heart of the county. From October to May, Palm Beach comes to life with seasonal visitors escaping unpleasant northern winters.

Located on 47 acres between the Intracoastal Waterway and the Atlantic Ocean, Palm Beach is separated from the

mainland by three bridges and extends south to Lake Worth.

In addition to having excellent cultural events throughout the year, Palm Beach County also has the largest number of golf courses in the United States: 147. Everywhere you look, you'll find courses designed by prestigious trophy winners such as Arnold Palmer.

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