



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Lana_aka_BADGRL

Historical and Cultural Tour of Palm Beach County

Palm Beach, 3 Days

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Guide Description



AUTHOR NOTE: Experience the history of Palm Beach and the culture of the Southeast Florida area. Explore Palm Beach, Delray and Boca Raton and gain a better understanding of the area and an appreciation for the local flavor.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Palm Beach

DAY NOTE: For this trip, you will need to rent a car and head east across the intracoastal to Palm Beach Island. For a truly "Historic" experience, stay at The Breakers Hotel and Resort in Palm Beach. Set on 120 oceanfront acres, it has been a Palm Beach establishment since 1896. Another option is the Brazilian Court Hotel which has been around since the 1920's and has a great location in downtown Palm Beach, close to the shops and restaurants on the legendary Worth Avenue. Once you check in to your hotel, it is off to The Grotto for a nice Italian lunch then go west across the bridge to West Palm Beach to tour the Norton Museum of Art followed by the Ann Norton Sculpture Gardens. After the Museum and the Gardens, explore the shops on Clematis Street and see the Centennial Square fountain then it's back to the hotel to get ready for dinner. If you are interested in a show, check with your hotel concierge to find out if there are any events or performances at the Kravis Center in downtown West Palm Beach. Ballet Florida performs on that stage, as does the Florida Opera and many top name musicians and comedians. It is a great venue for any kind of performance. You can also ask about the Florida Stage. The Florida Stage is a community theater just south of Palm Beach in Manalapan. If you can get tickets, have an early dinner with a view at The Seafood Bar at The Breakers. The Seafood Bar overlooks the Atlantic Ocean and offers a high-end luxury experience. If you are in the mood for something different, Echo has Palm Beach's best Asian cuisine or Cafe Boulud offers legendary French food by famous chef and restaurateur Daniel Boulud, (but make reservations far in advance). After dinner or the show, have drinks in The Seafood Bar or The Tapestry Bar at The Breakers. If you are not staying at The Breakers, don't forget to have your receipt validated to get your valet parking comped!



Grotto

A great addition to Palm Beach



The Seafood Bar

A room with a (sea) view



Echo

Palm Beach Pan-Asian



Café Boulud Palm Beach

World Cuisine, French Style



Tapestry Bar

Cocktails and caviar



Brazilian Court Hotel

Surrounded By Elegance



The Breakers

Golf courses, swimming pool and a spa

Day 2 - Palm Beach

DAY NOTE: Start with breakfast a few blocks away at Green's Pharmacy for a diner-style breakfast for under \$5. After breakfast you can head west 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 that add to the posh reputation of Palm Beach. After your tours, have lunch at the famous Cafe L'Europe. Or, if you are on a budget, you can still rub elbows with the rich and famous, across the street at Hamburger Heaven. Check with your hotel concierge to find out if there are any events or performances at the Kravis Center in downtown West Palm Beach or the Florida Stage for tonight. If you can get tickets, go for an early dinner at The Flagler Steakhouse, where you can watch the sun descend over the golf course or try Chez Jean Pierre but make reservations ahead of time for either! Be prepared to pay \$150- \$250 for dinner for two at any of these restaurants. If you are on a budget, I would suggest the Palm Beach Grill which is also on Palm Beach Island, or dining in City Place in West Palm Beach at one of the many eateries there. One of my favorites is Mark's City Place. City Place is a good choice if you are headed to a show because you can walk to The Kravis Center from there. If you are in the mood for drinks after the show, check out Cucina dell'Arte in Palm Beach. They usually have a good crowd on weekends. Another option is Leopard Lounge or Taboo, located right on Worth Avenue. Enjoy!



Green's Pharmacy

Diner dining in Palm Beach



Henry Morrison Flagler Museum

Guided Age estate and museum



Cafe L'Europe

Palm Beach's number one caviar bar

Itinerary Overview

things to do
restaurants
hotels
nightlife



Hamburger Heaven

Gourmet Hamburgers



The Flagler Steakhouse

Steakhouse on the golf course



Taboo

Bar and Bistro on Worth Avenue



Leopard Lounge (The)

Animal instincts...



The Breakers

Golf courses, swimming pool and a spa



Brazilian Court Hotel

Surrounded By Elegance

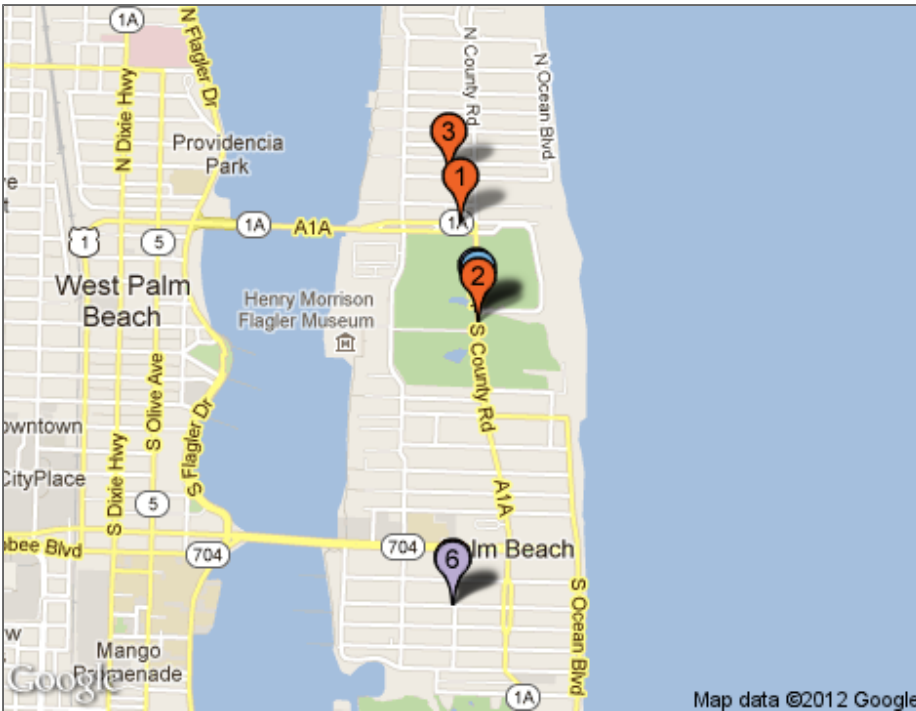
peaceful ambience. Continue the Japanese theme thru dinner and check out the sushi at Kyoto Restaurant in Delray Beach or if you are in the mood for seafood try City Oyster on Atlantic Avenue in Delray Beach. Now, say goodbye to the sunshine and head to the airport!

Day 3

DAY NOTE: Start your day with the best Sunday Brunch in town at The Breakers Circle Dining Room. The buffet includes caviar, sushi, crab legs, quail, lamb, prime rib and every breakfast food you can imagine. Be sure to make reservations way in advance. It is quite pricey at \$75 per person, so if you had a more budget-minded meal in mind, head south on A1A to Delray Beach.

Enjoy the panoramic ocean views and the magnificent homes on the drive. Stop along the way at Gulfstream Park for a nice beach experience, or continue on to brunch in Delray Beach at Caffè Luna Rosa. It is across the street from the ocean and you can enjoy great people-watching and ocean views as you dine. Delray Beach is also a very nice beach if you want to play for awhile in the surf. Make sure you bring plenty of quarters for the meters though, parking is 25 cents for every 12 minutes. If you have time, park at Old School Square in downtown Delray and take a walk down Atlantic Ave. and explore the numerous shops and galleries. Downtown Delray is very charming and if you are visiting during the busiest part of the busy season (Jan-Mar), there are festivals and fairs almost every weekend. Visit <http://downtowndelraybeach.com/> for an event calendar. After Delray Beach, head to The Gumbo Limbo Nature Center to learn about the native flora and fauna of Florida, which you can observe while wandering through the boardwalk paths. You can get up close and personal with Sea Turtles and even watch the staff feed the sharks! If you want to tour an art gallery too, the Boca Raton Museum of Art is a great choice, or the Morikami Museum, which highlights the history of the Japanese settlers in South Florida. On weekends at the Morikami, you can witness an actual Japanese tea ceremony. The Morikami has a great outdoor garden area and koi ponds where you can stroll by and enjoy the

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contact:
tel: 1 561 659 1440
www.grottorestaurants.com

location:
207 Royal Poinciana Way
Palm Beach FL 33480

hours:

1 Grotto

DESCRIPTION: This recent addition to Palm Beach is no stranger to the restaurant business. It is part of the Landry's Restaurant chain from Texas and it has quickly become a popular destination. Outdoor seating is available and the Italian fare and brick oven pizzas are a crowd pleaser. The Neapolitan inspired menu also offers an authentic Antipasto



Grotto
5

11:30am-10:00pm Tue-Sat;
11:30am-9:00pm Sun; Closed
Monday

Bar . The waiter will escort you there, where you can choose from deli meats, cheeses, olives, etc. Appetizer portions are large enough for sharing and the waitstaff is eager to please.

MY NOTE: Try the brick oven pizza. It is thin crust and fabulous!

contact:
tel: 1 561 659 8488
www.thebreakers.com

2 The Seafood Bar

location:
1 South County Road
Palm Beach FL 33480

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

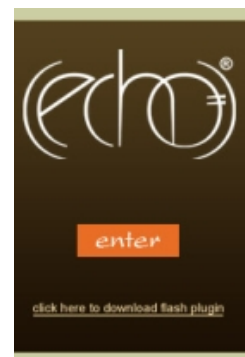
hours:
11a-1a daily; food served until
midnight

contact:
tel: 1 561 802 4222
www.echopalmbeach.com

3 Echo

location:
230A Sunrise Ave.
Palm Beach FL 33480

DESCRIPTION: This hip Asian restaurant covers the globe with a menu featuring the tastes of China, Thailand, Japan and Vietnam. The theater-style sushi bar is a big hit along with their impressive sake menu. The décor is smooth and sophisticated and you are sure to find something to impress even the toughest food critic.



Echo

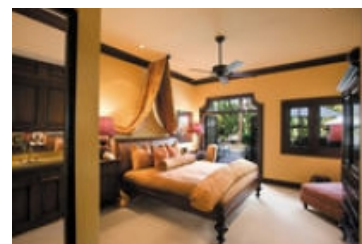
hours:
5:30p-9:30p Tue-Thu and
Sun; 5:30p-10p Fri-Sat

contact:
tel: 1 561 655 6060
fax: 1 561 655 5060
http://www.danielnyc.com/

4 Café Boulud Palm Beach

location:
301 Australian Avenue
Palm Beach FL 33480

DESCRIPTION: Snowbird socialites rejoiced over the opening of star chef Daniel Boulud's eponymous restaurant in the Brazilian Court hotel. Nonsocialites said, "Figures, another restaurant where we can't afford even a bread crumb." If you're out to splurge, Boulud is ideal, with an exquisite menu divided into four sections -- La Tradition (French and American classics), La Saison (seasonal dishes), Le Potager (dishes inspired by the vegetable market), and Le Voyage (world cuisine). The roasted barramundi with squash, pomegranate, and brown butter is superb. There's also a light menu offering salads, sandwiches, and even a cheeseburger if you prefer -- try the chick pea fries with piquillo pepper ketchup. If star chefs, stuffy socialites, and froufrou cuisine aren't your thing, don't even bother. © Frommer's



Cafe Boulud Palm Beach

hours:
Daily 9am-10pm

contact:

tel: 561 655 6611 (Resort)
fax: 561 659 8403 (Resort)
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 7740
fax: +1 561 655 0801
<http://www.braziliancourt.com/>

location:

301 Australian Avenue
Palm Beach FL 33480

6 Brazilian Court Hotel

DESCRIPTION: An icon of Palm Beach society, the Brazilian Court Hotel has attracted the rich and famous since it opened on New Years Day in 1926. Guests here are surrounded by elegance, from the professionally decorated suites to Cafe Boulud, a chic restaurant recently opened by internationally lauded chef, Daniel Boulud. Guests can enjoy the many services available in The Frederic Fekkai Salon & Spa. Located within walking distance of Worth Avenue and the beach, this hotel is sure to please even the most discriminating visitor. © wcities.com



Hotels.com

contact:

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

location:

One South County Road
Palm Beach FL 33480

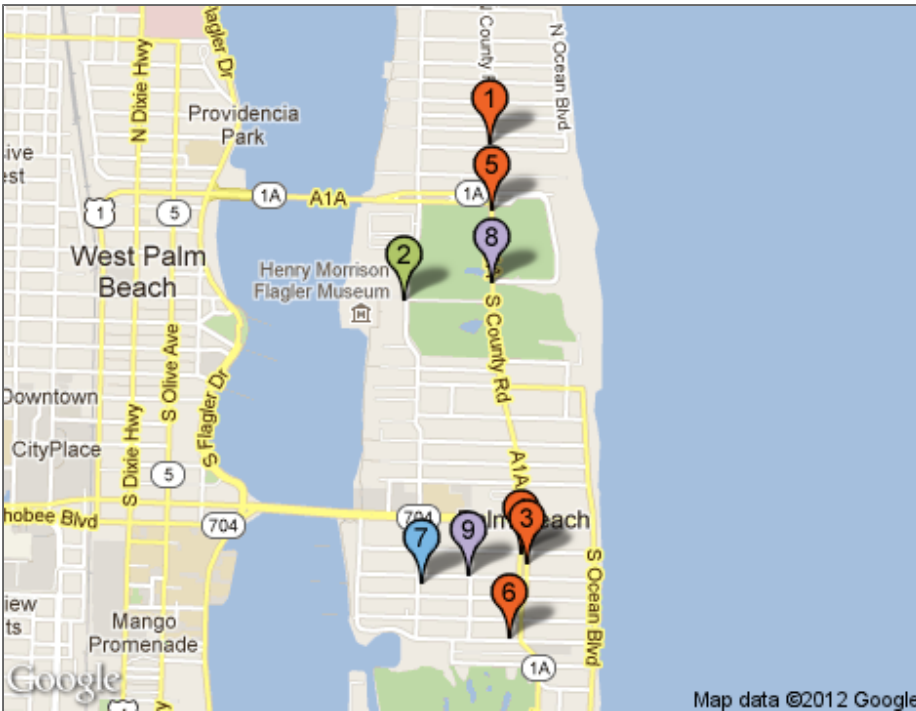
7 The Breakers

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

Day 2 - Palm Beach



QUICK NOTE

DAY NOTE: Start with breakfast a few blocks away at Green's Pharmacy for a diner-style breakfast for under \$5. After breakfast you can head west 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 that add to the posh reputation of Palm Beach. After your tours, have lunch at the famous Cafe L'Europe. Or, if you are on a budget, you can still rub elbows with the rich and famous, across the street at Hamburger Heaven. Check with your hotel concierge to find out if there are any events or performances at the Kravis Center in downtown West Palm Beach or the Florida Stage for tonight. If you can get tickets, go for an early dinner at The Flagler Steakhouse, where you can watch the sun descend over the golf course or try Chez Jean Pierre but make reservations ahead of time for either! Be prepared to pay \$150- \$250 for dinner for two at any of these restaurants. If you are on a budget, I would suggest the Palm Beach Grill which is also on Palm Beach Island, or dining in City Place in West Palm Beach at one of the many eateries there. One of my favorites is Mark's City Place. City Place is a good choice if you are headed to a show because you can walk to The Kravis Center from there. If you are in the mood for drinks after the show, check out Cucina dell'Arte in Palm Beach. They usually have a good crowd on weekends. Another option is Leopard Lounge or Taboo, located right on Worth Avenue. Enjoy!

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

location:

1 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.

151 N County Rd.
Palm Beach FL 33480

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

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

2 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: 1 561 655 4020
fax: 1 561 659 6619
<http://www.cafeurope.com/>

location:
331 South County Road
Palm Beach FL 33480

hours:
Tu to Sa from 11:30 AM to
03:00 PM, Tu to Sa from 06:00
PM to 11:00 PM, Su to Mo
from 06:00 PM to 11:00 PM

3 Cafe L'Europe

DESCRIPTION: One of Palm Beach's finest and most popular spots, this award-winning, romantic, and formal restaurant gives you a good reason to get dressed up. The enticing appetizers served by a superb staff might include Chinese spring rolls, baked-goat-cheese salad with raspberry-walnut dressing, poached salmon, or chilled gazpacho with avocado. Main courses run the gamut from sautéed potato-cruste Florida snapper to roasted rack of lamb. Seafood dishes and steaks in sumptuous but light sauces are always exceptional. © Frommer's



Photo courtesy of Cafe L'Europe

contact:
tel: 1 555 655 5277
[http://national.citysearch.com/
profile/2639818/palm_beach_
fl/hamburger_heaven.html](http://national.citysearch.com/profile/2639818/palm_beach_fl/hamburger_heaven.html)

location:
314 South Country Road
Palm Beach FL 33480

4 Hamburger Heaven

DESCRIPTION: Although this restaurant does not exactly serve traditional Palm Beach cuisine, it has still held a spot of honor in the hearts of many locals and travelers since it opened in 1945. Known for serving the best hamburgers in the area, offering many choices of toppings, its name is well deserved. It also serves a variety of sandwiches, salads and pastries, and its daily specials include soups and quiches. © wcities.com



citysearch

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

5 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: 1 561 835 3500
fax: +1 561 835 4121
http://www.taboorestaurant.com

location:
221 Worth Ave
Palm Beach FL 33480

6 Taboo

DESCRIPTION: Taboo is a very popular spot for both lunch and dinner. This American bistro and bar's outdoor terrace dining area is highly coveted by Worth Avenue browsers. Inside, it is decorated in a cheerful, tropical motif of antique wood paneling and colorful ocean murals. At night, it doubles as a fun spot to stop for a drink and some dancing. Its menu is continental, serving mainly seafood dishes and steaks. It opens daily at 11:30a. © wcities.com

contact:
tel: 561 659 5800
fax: 561 659 6707
http://www.chesterfieldpb.com/leopard_lounge_palm_beach

location:
363 Cocoanut Row
Palm Beach FL 33480

hours:
Daily 6p-1:30a

7 Leopard Lounge (The)

DESCRIPTION: Everything about the Leopard Lounge says jungle. The unique hand-painted ceiling, trophy heads, the bar, the cocktail menu and even the waiters-all have a jungle theme to them. The place also has live music, across the spectrum. As the locals will tell you, this is one of the hottest nightspots in this neck of the woods (pun intended), and don't be surprised if along with the more established clientele, you bump into a celebrity or two! © wcities.com



Leopard Lounge (The)

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

location:
One South County Road
Palm Beach FL 33480

8 The Breakers

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Hotels.com

contact:

tel: +1 561 655 7740
fax: +1 561 655 0801
<http://www.braziliancourt.com/>

location:

301 Australian Avenue
Palm Beach FL 33480



Brazilian Court Hotel

DESCRIPTION: An icon of Palm Beach society, the Brazilian Court Hotel has attracted the rich and famous since it opened on New Years Day in 1926. Guests here are surrounded by elegance, from the professionally decorated suites to Cafe Boulud, a chic restaurant recently opened by internationally lauded chef, Daniel Boulud. Guests can enjoy the many services available in The Frederic Fekkai Salon & Spa. Located within walking distance of Worth Avenue and the beach, this hotel is sure to please even the most discriminating visitor. © wcities.com



Hotels.com

Day 3

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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/

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)

contact:

tel: 1 561 832 3734
fax: 1 561 514 9955
www.cocopalmbeach.com

location:

290 Sunset Avenue
Palm Beach FL 33480

hours:

4:30p-11:30p 7 days a week

2 Coco Palm Beach

DESCRIPTION: Coco's offers Asian and Chinese food-lovers a sophisticated take on the Chinese restaurant. Owner and Chef Jeff Peng has an impressive menu of first-rate sushi, authentic dim sum, and a variety of rice and noodle dishes. The sushi by the piece and the sashimi as well as the variety of specialty rolls will leave you struggling to make a decision. You can dine inside or outside, but don't miss the Beggar's chicken, a traditional dish from ChangShou province cooked in a clay pot. It serves two, just be sure to call 24 hours in advance.



Coco Palm Beach

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.

© NileGuide