



Palm Beach Marriott Singer Island Beach Resort & Spa in West Palm Beach

Palm Beach Marriott Singer Island Beach Resort & Spa *How the other coast (of Florida) vacations*



KAY, WEST COASTERS, it took you a year to stop saying ocean when you meant to say gulf. Now, in visiting the east coast of Florida, it's in reverse: you have to say ocean again. It'll be easy since so many of us are familiar with the big blue Atlantic and this resort offers lots of big blue from all angles in their suites.

Palm Beach Marriott Singer Island Beach Resort & Spa is in West Palm Beach. It's a peninsula though called an island and sits on the Atlantic coast of Palm Beach County. Most of it is in the city of Riviera Beach, but the town of Palm Beach Shores occupies its southern tip. Before the Palm Beach Inlet was created, Singer Island was connected to the island of Palm Beach to the south. But you're not there for a geography lesson. You want to chill.

The Palm Beach Marriott offers residence suites with one or two bedrooms, a private balcony with a view, a fully-stocked kitchen, separate living and dining spaces, and a host of upscale amenities. Condo-style accommodations also means less jazzy items like an in-suite washer and dryer, but isn't it nice not to have wet bathing suits hanging in the shower? It is. The suites offer lots of living space that can make family travel seamless by providing the comforts of home, but in a beautiful resort setting.

When you're not enjoying the

suites, the kids can partake in one of the multitude of Kids' Club activities while parents can indulge in any of the resort's on-site bars, unwind on the beach with an umbrella, table and chair set-up by the staff or enjoy daily water sports and oceanside yoga. The hotel's Kids' Club activities (for ages 4-12), which include crafts, metal detector beach huts, lots of games and more, are supervised and structured so parents can really relax. Kids have their own Lagoon Pool which is a grotto-style, heated outdoor pool with two-story waterfall and water slide. Together, families can experience a bonfire on the beach and a movie.

Couples without kids will enjoy the beach, pools and great dining, but also the spa. Oh, and don't forget to chill - it's easy to do here so take naps or exercise or both. Read in solitude or get out and explore places like the won-



The resort's award-winning SiSpa

derful Norton Museum of Art. It works here either way.

Dining choices range from American regional cuisine to casual Caribbean fare. The main restaurant, 3800 Ocean, offers Florida seafood like rock shrimp, grouper, corvina and Cedar Key clams. But there's more in the seafood category: Atlantic salmon, sea scallops, lobster and tuna. The Tuna Crudo (\$16) appetizer was delicate, delicious and fresh and gave the mouth a taste of the sea along with a tangy grapefruit zing.

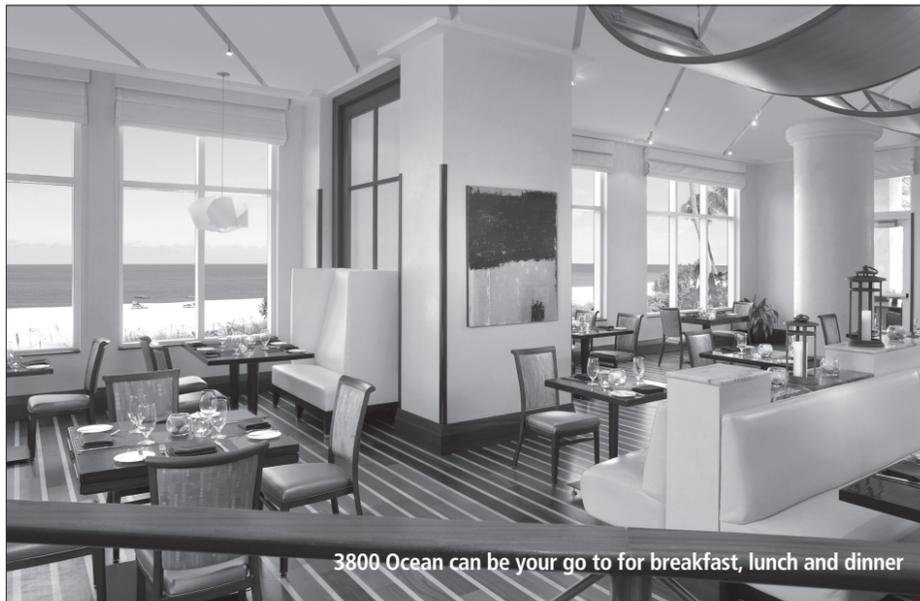
Keeping with the seafood and by-the-sea-theme, be sure to try the "Monk in the Trunk Seafood Boil" (\$40) which has corvina, shrimp, clams, scallops, andouille sausage, fingerling potatoes with grilled bread. There are land-based items like beef tips, osso bucco, chicken and beef tenderloin. I opted for the Grilled Beef Tenderloin (\$40) since I had been good and hadn't too much red meat in a while and it was a delight - *like buttah!*

3800 Ocean can be your go to for breakfast, lunch and dinner. For variety, try the outdoors Tiki Bar or the Lagoon Cantina - both serve lunch. The latter makes it so easy since they'll deliver right to your poolside lounge chair.

3800 Ocean's chef, Marc Rosen, has more than 40 years of experience, including 27 years as executive chef for restaurants and hotels in Florida's Palm Beaches, southern New England, Chicago and New York City.

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travel feature continued



3800 Ocean can be your go to for breakfast, lunch and dinner



The resort has two outdoor pools — adult and child



3800 Ocean's chef, Marc Rosen

Rosen has been featured on The Food Network and has cooked for sports figures, entertainers and heads of state, from President Reagan to Tiger Woods, Barbara Streisand and the Bolshoi Ballet.

His love for seafood and culinary fusion inspire the dishes he's added to the Marriott menu. Rosen incorporates menu items with Asian, Italian, Mediterranean and American flare with a serious nod to Florida cuisine. In Florida, Rosen was executive chef positions at PGA National Resort & Spa in nearby Palm Beach Gardens and Disney's Vero Beach Resort.

For the gourmet, the resort has the Kitchen Table experience where you and four others sit at a table near the kitchen and enjoy a meal personally created by 3800 Ocean's chefs from 5 to 7 p.m. every Thursday through Saturday for \$89 per person (tax and gratuity not included). Cocktail and wine pairings are available upon request.

Keeping the hedonism theme going, don't miss visiting Si Spa which offers body scrubs and wraps, facials, foot baths, manicures/pedicures, massages, paraffin hand treatments and waxing for men and women. The massage was top notch and be sure to top it off with a visit to the steam room. Divine! You know a spa is good when it's very busy as this one was. They've also added Aire Blowout Studio so you can have your hair in top notch condition or they a new

look. Yes, they have a fitness center (right next to the spa) and it's bright, spacious and has up to date equipment.

If you have a need for a change of scenery, but not a change of climate, and want some serious chill time, but without giving up creature comforts, check out the Marriott Singer Island Resort. You won't be disappointed.

For more information, visit www.palmbeachmarriottresort.com. Skimming reviews, the hotel does very well with travelers. A sample rate on their website for Saturday, March 28 for a one bedroom condominium, king-sized bed, sofa bed, resort view and balcony was \$589/night (discounted). You'll need to add taxes and resort fee (\$35). **Best bet:** be sure to join the Marriott Bonvoy loyalty program. It's free and you get some nice perks like free wifi and the best rates. Marriott Singer Island, 3800 N Ocean Dr, Riviera Beach, FL 33404.

Getting There

Hopefully you'll have arrived by car so you can explore Palm Beach, Norton Museum of Art or the Palm Beach Zoo. The drive from Sarasota is about 3.5 hours @175 miles without stops. It's a quiet drive through Myakka, Arcadia, and then into the abyss that is central Florida past cows, orange groves, cows, orange groves and interrupted only by a look at dismal DeSoto Prison—all on Route 70. All in all it was quiet with no nutty drivers.

Accommodations

- ★ the only all-suite beachfront property in Palm Beach County
- ★ full kitchens
- ★ private balconies with ocean views
- ★ contemporary design with modern furnishings

Dining

- ★ 3800 Ocean award-winning dining
- ★ casual lunch at the Tiki Bar
- ★ Lagoon Cantina delivers right to your pool

Amenities/Features

- ★ two outdoor pools — adult and child
- ★ The resort's award-winning SiSpa

Things to do

- ★ walk the beach—experience brisk surf, Atlantic style
- ★ get mask and fins and explore the natural oceanic reef near the hotel

Nearby Attractions

- ★ **Palm Beach Zoo**, 1301 Summit Blvd. 14.2 miles S from hotel
- ★ **Rapids Waterpark**, 6566 N Military Trail. 6.1 miles SW from hotel
- ★ **Loggerhead Marineline Center**, 14200 US Highway 1. 7.3 miles N from hotel
- ★ **Jupiter Inlet Lighthouse and Museum**, 500 Captain Armour's Way. 12 miles N from hotel
- ★ **Lion Country Safari**, 2003 Lion country Safari Road. 30 miles W from hotel
- ★ **Mounts Botanical Garden**, 559 North Military Trail. 12.4 miles SW from hotel
- ★ **John D. MacArthur Beach State Park**, 10900 Jack Nicklaus Drive. 2 miles N from hotel
- ★ **St Louis Cardinals Spring Training**, 4751 Main Street. 10 miles N from hotel. Through March 21. Roger Dean Stadium in Jupiter is one of only two stadiums in Florida to host two Major League

Baseball teams annually for Spring Training: Miami Marlins and St. Louis Cardinals

You can also venture out and off the island and head south and make a left on to the next island, Palm Beach. Yes, it's that tony sliver where you can drive by the beautiful Breakers Hotel and, as the island gets narrower, you can see where the well-heeled outdo themselves growing hedges to keep gawkers away.

But they kind of create the gawker thing with their mega Mediterranean manses that speak of wealth and privilege. You have the opportunity to pass two presidential homes: early on you'll pass the Kennedy compound which is unique for its New England look and then the current White House occupant is often at Mar-a-Lago. Surprisingly traffic flowed easily, no signs, few gawkers and not at all conspicuous law enforcement. Civilized.

The MacArthur Park

Near Singer Island is John D. MacArthur State Park which features two miles of picturesque beach snorkeling and scuba diving hiking and biking trails mangrove forests and other natural wonders for the eco-adventurer on Singer Island. The park also sits in the urban estuary of Lake Worth Lagoon and the Intra-coastal Waterway where you can kayak, canoe, hike short trails, and visit the Nature Center.

The park is open year-round from 8am to sunset for a small fee and offers many amenities, including a gift shop, pavilions and grills for picnicking, and a large education center with programs for young and old alike. A total of seven miles of beach grace the area.

Peanut Island Park

Close by to Singer Island and its

city of Riviera Beach is Peanut Island Park. It's small—only 80 acres that offer boating, fishing, and swimming. The island is also known for a lovely walkway surrounding the perimeter that allows visitors to experience the waves, sun, and breeze all at once in a peaceful, winding path.

About Singer Island

Named after Palm Beach developer Paris Singer, a son of the Singer Sewing Machine magnate Isaac Singer, Singer Island has parks, marinas, hiking and bike paths, as well as 4.7 miles of white sand beach that has been considered one of the top five beaches in Palm Beach County.

Singer Island was originally planned by Paris Singer as a development called Palm Beach Ocean. Along with Addison Mizner, Singer intended to build a luxury resort hotel called the Paris Singer Hotel on the south end of the island, and a more typical resort called the Blue Heron toward the north, with homes and a golf course in between.

Due to problems clearing titles, Singer's plans changed, and he decided to build only the luxury hotel on the island's south end and to call it the Blue Heron. Virtually every home lot in Palm Beach Ocean was sold, and \$2 million (the equivalent of approximately \$28 million in 2018) was poured into the Blue Heron. However, due to the end of the Florida land boom of the 1920s, not a single house was built on any of lots, and the Blue Heron was left uncompleted. Its shell was razed in 1940. Hmmm remind you of anyone say, in Sarasota?

Mirroring John Ringling, Singer was a man of grand ambition once he had his feet in sand. And like Ringling, his head was more in the clouds and he lost a fortune with the stock market crash.

★ STORY: Louise Bruderle