

simply the best

south florida + life + style



SPRING
STYLE
PREVIEW

BE WELL

HEALTHY RECIPES
NATURAL REMEDIES
TIPS FOR SUCCESS

JENNIFER LOPEZ

50 & FABULOUS

US \$5.95



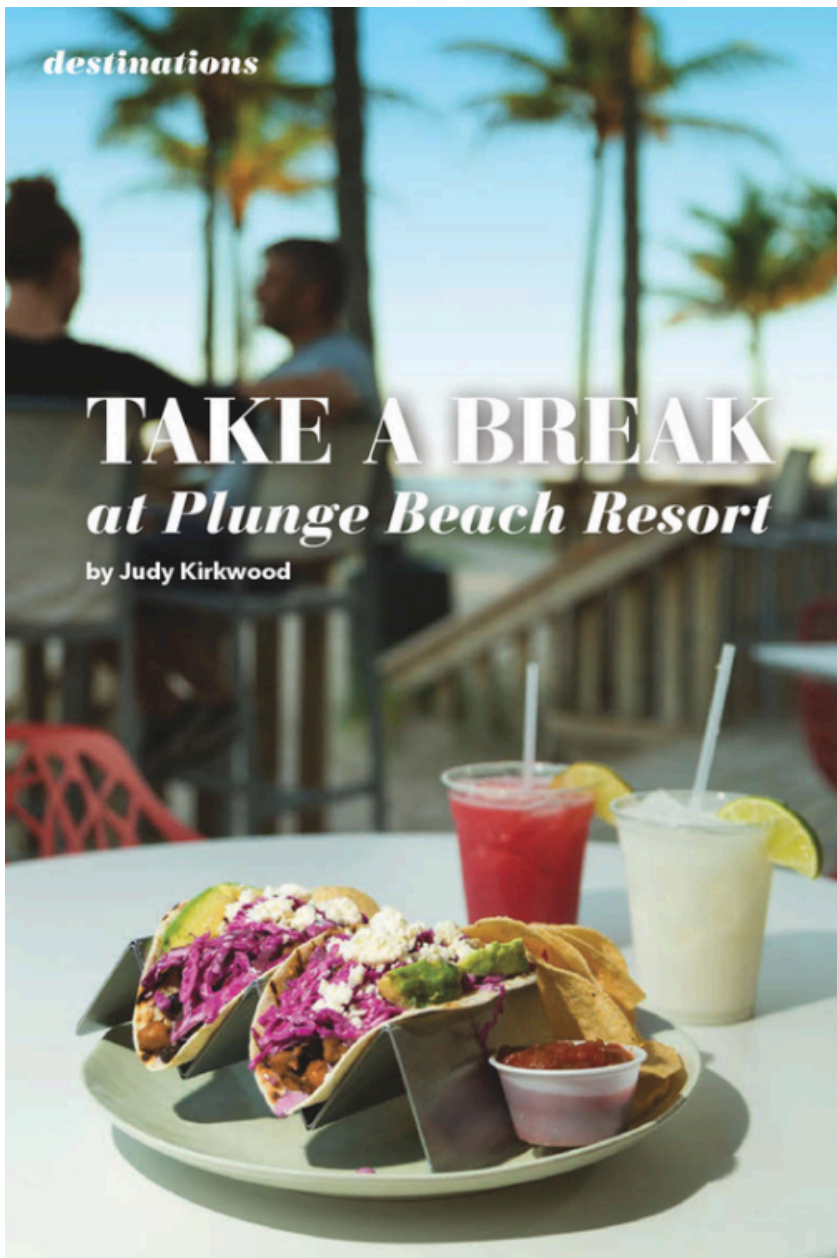
7 25274 98187 8 0 1

JANUARY/FEBRUARY 2020

destinations

TAKE A BREAK at Plunge Beach Resort

by Judy Kirkwood



“Both the property and the town are throwbacks to a more laid back Florida, where the emphasis is on slow and easy seaside living...”

Shout out to residents of South Florida as well as to Florida's domestic and international guests: under-the-radar Plunge Beach Resort and Lauderdale-by-the-Sea await your arrival.

Both the property and the town are throwbacks to a more laid back Florida, where the emphasis is on slow and easy seaside living: beachside parks lined with Adirondack chairs to foster conversation and community, an active fishing pier, local spiny lobsters to catch and have cooked for you, plus a half-century old bakery (The Cookie Shop, 234 Basin Dr. is really Old Florida — no AC), where a dozen cookies are \$3.50. This is T-shirt over a

swimsuit and flip flops territory.

Only 1.5 square miles, Lauderdale-by-the-Sea (pop. 6,000/12,000 in season) has intentionally remained village-size. You won't find high-rise structures on this stretch of beach since buildings are capped at 4 stories. You also won't need to use your car. The business area with restaurants and shops is just a few blocks walk from anywhere, ride your free bike from PBR, or take the local Pelican Shuttle.

Plunge Beach Resort is actually three 1950s lodgings that were gutted and renovated into 163 rooms. Reception, restaurants, a valet only parking lot, and various room selections are across a low-

traffic street from the beach in the Island Building. The 2-story Beach and Bungalow buildings, with pools and the Backflip Beach Bar, as well as a beach care station.

The decor is casual but inspired: Minimalist Retro Boho Chic? Rooms, including 2-bedroom suites with kitchenettes, are spacious and comfortable. Art is everywhere — a whimsical sea creature drawn right on a bedroom wall, candid laminated photos with frames drawn around them in the lobby, as well as original local artwork. Although the lobby is somewhat industrial looking, with exposed pipes and concrete support beams, the juicy tangerine pink and lime green furniture colors



make you think of popsicles on a hot day.

Everything about "Plunge" is highly Instagrammable: beach, sky, water, art, the food, bartender Abraham Millett, who played bass for the band Third Eye Blind (2007-11) and his Sharkbait Moscow Mule with fresh raspberry puree. Take lots of pictures, especially if you go on a snorkeling and/or scuba excursion.

Lauderdale-by-the-Sea is known as the shore dive capital of Florida because of its living coral reef 100 yards out from where the waves lap your toes. The hotel can organize excursions to the reef and an actual shipwreck, the SS Copenhagen, a 19th century English cargo steamer.

Although Octopus Gastropub, Bean and Barnacle coffee shop, and the Backflip Beach Bar provide all the food you could desire—chilled, grilled, steamed, stir-fried, vegan and vegetarian—the town has a surprising number of good restaurants. Book a food tour of 6 stops with Chrissy at southfloridafoodtours.com for sampling, LBTS historical anecdotes, and the scoop on local life.

You can't beat PBR and LBTS for a spontaneous getaway — even if you already live in a beach town (you don't even have to schlep anything: wear your suit and coverup and bring a toothbrush). It's the perfect transition as an add-on to a cruise vacation leaving from Port Everglades, and an alternative to the busy buzz of Miami and Ft. Lauderdale, while still close enough to take advantage of day trips to their attractions. **stb**

Plunge Beach Resort, 4660 El Mar Drive, Lauderdale-by-the-Sea; 754-312-5775 for reservations; plungebeachhotel.com.

Rates fluctuate with season, day, and room type. A \$35 resort fee covers beach chairs/umbrellas/towels, wi-fi, valet parking, and bicycle rental. Check out the special No Pinch Lobster Package that includes 15% off best available room rate, 20% off restaurant outlets, and two tank dive package with local MissConduct boat charter runs til March.

destinations



SARA CAMPBELL
TASTEFUL | TIMELESS | MADE IN USA

Visit us to find your new favorite outfit or schedule a private shopping party!

1051 E ATLANTIC AVENUE
DELRAY BEACH
561-359-2259
DELRAYBEACH@SARACAMPBELL.COM

DELRAY BEACH • NAPLES • SARASOTA • VERO BEACH • WINTER PARK
WWW.SARACAMPBELL.COM | @SARACAMPBELLTD



Go Green with
OZO
eco dry cleaners
We treat your clothes differently.

\$10 Off first order
for Simply the Best readers*

253 N Federal Hwy
Boca Raton FL 33432
(across from South end of Mizner)
561.299.5546

Visit our website for
Free Pick-up & Delivery | **OZO2USA.COM**
and other locations

*Cannot be combined with other promotional offers. Valid with a \$30 minimum order. Must present this ad at the time of drop-off. Valid through 11/30/19

january/february 2020