


healthytravel

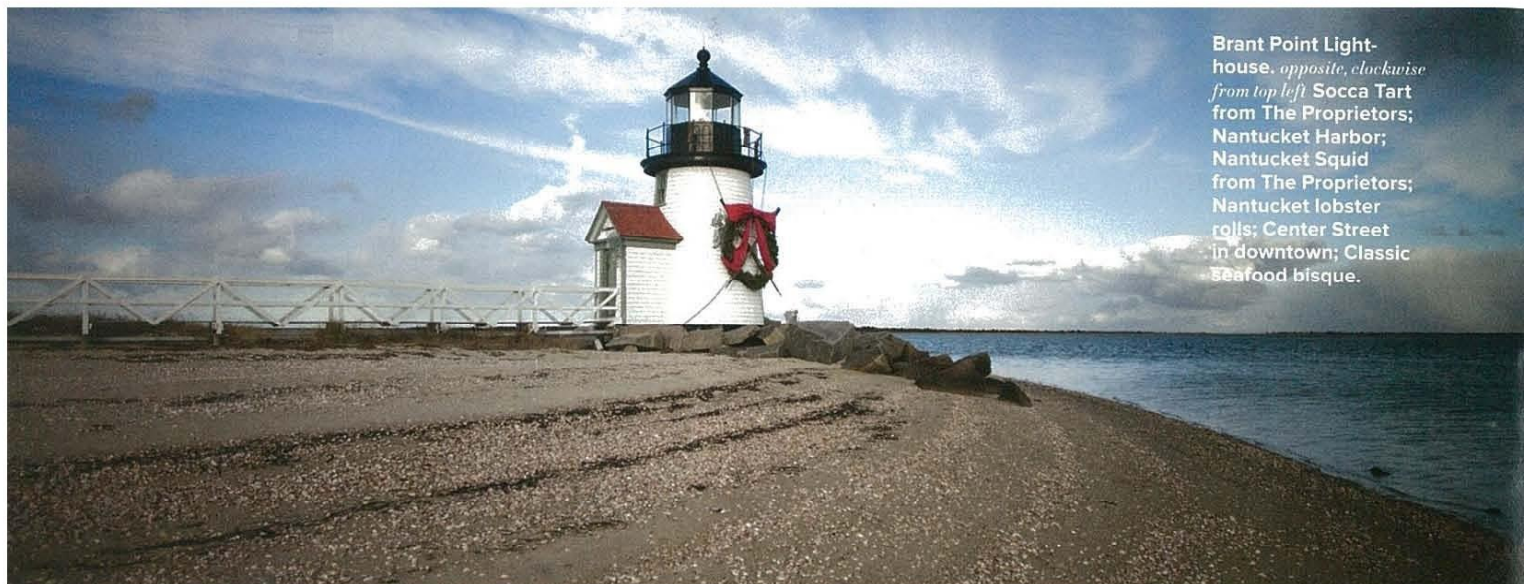


WINTER 2013

YOUR
ADVENTURE
AWAITS

plus

PETER ISLAND
RANCHO LA PUERTA
CABO
PUNTA CANA



Brant Point Lighthouse, opposite, clockwise from top left Socca Tart from The Proprietors; Nantucket Harbor; Nantucket Squid from The Proprietors; Nantucket lobster rolls; Center Street in downtown; Classic Seafood bisque.

Nantucket Noel

Don't miss this charming New England holiday celebration

By CAROLYN O' NEIL

Classic images of Nantucket conjure whales on wind vanes, seersucker jackets, Nantucket-red shorts, lobster rolls and steamed oysters and sailboats rocking back and forth in the offshore breeze. Summertime is high time for this historic island set 30 miles south of Cape Cod, Massachusetts, but cooler months serve up a different kind of beauty and appeal. Images change with the season, bringing the solitude of seabirds flying above empty beaches, long bike rides in cozy sweaters and welcoming fireplaces with hot tea waiting.

In early December, Santa and Mrs. Claus arrive by boat, of course, and the cobblestoned streets of downtown Nantucket become center stage for holiday celebrations, the backdrop of Colonial-era buildings festooned with colorful wreaths and bows. The town comes alive with choral groups, a festival of trees and little parades, as well as lots of special events at shops and restaurants for the 40th annual Christmas Stroll and Nantucket Noel.

WHERE TO STAY

Whether you rent a house or stay at one of the island's many small hotels or B&Bs, accommodations here offer plenty of variety. The waterfront **WHITE ELEPHANT HOTEL**, with a classic gray-and-white shingled exterior, is a luxury property within walking distance of town, featuring 66 rooms, a library and fitness center. **BRANT POINT GRILL**, located in the

hotel, is a popular spot for breakfast, lunch and dinner overlooking the harbor. (508) 228-2500; whiteelephanthotel.com

Built 25 years ago, the elegant **WAUWINET** inn, with 32 rooms and four cottages, is situated on a seaside beach with a fantastic sunset view. Don't miss the lovely spa and one of the island's top ranked restaurants, **TOPPERS**. (508) 228-0145; wauwinet.com

WHERE TO DINE

Whether you want to grab a lobster roll and beer or settle in to experience a multicourse dinner with wine pairings, Nantucket is brimming with a bountiful selection of fabulous eateries.

THE BOARDING HOUSE (farm-to-table), **THE PEARL** (Asian-inspired) and **CORAZON DEL MAR** (Latin kitchen and ceviche bar) are owned and operated by Seth and Angela Raynor, Nantucket's most celebrated culinary couple. Seth, an award-winning chef, leads an impressive kitchen team in the three distinctly different restaurants, while wife Angela runs the dining rooms with welcoming hospitality and top service.

CRU OYSTER BAR is perched on the waterfront in downtown Nantucket. Executive chef Erin Zircher offers a fabulous selection of fresh seafood; go with the classic, you-gotta-have-it-once-on-vacation lobster roll with chunks of lobster "salad" sandwiched with mayo and piled onto a toasted buttered bun. You can also choose a nice portion of

steamed lobster presented in a pretty glass jar with avocado, greens and sliced kumquats. Liz Moore McDermott, an Atlanta interior designer that frequently visits Nantucket, says, "I can actually taste the beautiful lobster better when it's presented in a lighter salad, and the tart kumquats are a terrific touch." (508) 228-9278; crunantucket.com

THE PROPRIETORS is a relative newcomer to the Nantucket dining scene and is gaining food fans fast. Chef Tom Berry's creative take on a Caesar salad is described as Gem Lettuce Salad and features crisp leaves adorned with Spanish sheep's milk cheese, smoked almonds, white anchovies and Spanish paprika. Boston-based registered dietitian Liz Weiss, also a Nantucket vacationer, says, "It's all about having fun with salads with different colors, textures and pops of flavor." (508) 228-7477; proprietorsnantucket.com

WHERE TO PLAY

There's so much to keep you on the move in Nantucket. Rent a bike and head out on the paths that wind their way around the island, or rent a boat for fishing or playing on the water for the day. Take in a morning yoga class or join an evening stroll for nightly Ghost Walks. Take a trip out to **BARTLETT'S FARM**, Nantucket's oldest and largest family-owned farm, where you can tour, taste the produce and shop for a variety of local artisanal products. (508) 228-9403; bartlettsfarm.com

