



BEST BEACH BOARDWALK

>> John D. MacArthur Beach State Park

The quarter-mile-long boardwalk that spans a wild-life-laden estuary at John D. MacArthur Beach State Park in North Palm Beach offers glimpses into the natural habitat of some of Florida's most revered species, including manatees and roseate spoonbills, and that's before pedestrians reach the pristine, two-mile-long stretch of sand and dune. A tram operated by park volunteers makes several trips daily across the boardwalk for those who are unable (or don't want) to make the trip by foot. Oftentimes, the tram driver will stop and point out waterbirds, mammals and fish seen along the way. The boardwalk is outfitted with informational placards, benches and sunshades and is tall enough for kayakers to pass under — even during high tide. macarthurbeach.org

BEST GUY TO HAVE YOUR BACK

>> Dr. Michael Papa

When Dr. Papa began serving the Palm Beach County community in 1989, he implemented an innovative gentle approach to chiropractic care and physical therapy and has built on that foundation for 25 years. His multidisciplinary practice offers a combination of health care, chiropractic care, complementary therapies and state-of-the-art diagnostic testing that enhances his ability to treat each patient's individual needs, bringing lasting resolutions to



their health concerns. Jupiter West Medical Center Physical Therapy, 2632 W. Indiantown Road, Jupiter, 744-7373 and 9089 N. Military Trail, Palm Beach Gardens; 630-9598 or papachiro.com.

BEST PLACE FOR A TASTE OF NEW ENGLAND

>> Chowder Heads

Chowder Heads offers fresh seafood dishes created to delight any appetite, from farm-raised salmon, to live Maine lobsters, New England classic clams and oysters.

The restaurant literally brings the ocean to your table, flying in live Maine lobsters every other day, and offering a comforting selection of award-winning chowders and bisques. It's growing, too. Look for a second location to open this year on Okeechobee Boulevard in West Palm Beach. Driftwood Plaza, 2123 S. U.S. Highway 1, Jupiter; 203-2903 or chowderhead-susa.com.





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