

KERRICK JAMES/ MONTEREY COUNTY CVB



A family enjoys some hiking along the water in Pacific Grove, Calif. Situated two and a half hours from San Francisco, Pacific Grove is often bypassed by visitors going to Monterey and Carmel. Those who stop in, however, learn of this quaint village's charms.

Pacific Grove, California: A Peninsula Paradise

BY BEVERLY MANN

I awoke to a stunning view of azure waters with giant foaming waves crashing against craggy rock formations, surrounded by emerald cypress trees bending toward the wind and sculpting an unending seascape.

All the while, I was feeling like royalty melting under down comforters in a canopy bed draped in white lace, at the historic Seven Gables Inn in Pacific Grove, Calif. Built in 1886, the inn was named after Nathaniel Hawthorne's novel. Owned by the Flatley family for 35 years, this 25-room B&B is embellished with antiques in elegant surroundings and the utmost attention to detail. In a lavish dining room overlooking breathtaking views of the Pacific Ocean, I savored a gourmet breakfast of quiche, fruit parfaits, and house baked goods. This all prepared me for an active day ahead in the Jewel City—bordered by California's majestic Big Sur Coastline.

Two-and-a-half hours from San Francisco, sandwiched between

Monterey and Pebble Beach, and moments from Carmel, Pacific Grove has a unique personality and history of its own. Once a tented Methodist Retreat site in 1875 and the Monterey Peninsula's first gated community in 1880, the town grew from tents to cottages. By 1889, there were 1,300 permanent residents in a one-square-mile area, and Pacific Grove was incorporated as a full-fledged city.

Moral standards were a high priority. Those under 18 years old had curfews; alcohol, gambling, dancing, and smoking in or near buildings were all prohibited. It wasn't until 1969 that alcohol was even allowed.

Today, this pristine enclave of over 2.6 square miles and approximately 15,500 residents has somehow maintained its folksy, friendly charm with an added bit of contemporary flair. Many people may bypass this tiny town on their way to Monterey or Carmel, because they aren't yet aware of its plentiful gifts.

The city has attracted artists, entrepreneurs, and retirees with the onslaught of rows of Victo-

rians, fine restaurants, galleries, boutiques, and B&Bs. Each October, the town even lures thousands of Monarch butterflies, which cluster on eucalyptus and pine trees at the City Monarch Grove Sanctuary.

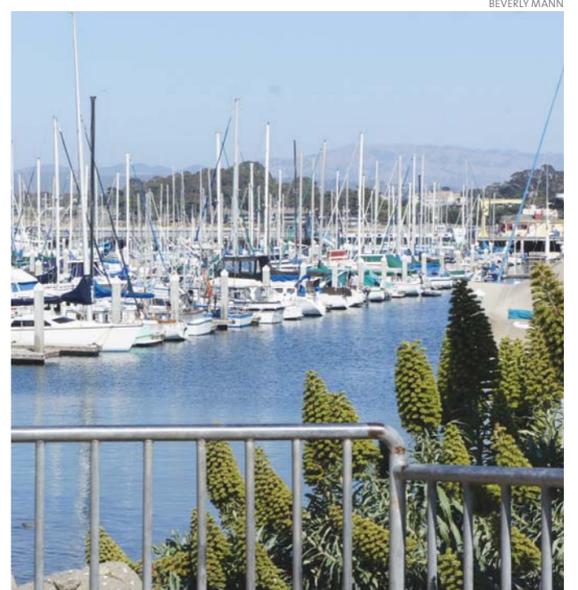
Pacific Grove is itself an outdoor museum and aquarium. Everywhere I sauntered, my eyes gazed at the colorful architecture from the turn-of-the-century and an ocean of protected sea mammals lounging on the massive rock formations. Each morning during my four-day stay, I walked from Lover's Point and Park on Ocean View Boulevard along the dazzling 4½-mile shoreline toward Monterey's Fisherman's Wharf. An orchestra of sounds came from the seagulls, seals, and otters in the brilliant blue waters. I passed by bicyclists, children, and hikers reveling in nature's greenery, wild flowers, and wildlife. Practically everyone I met through Pacific Grove would greet me with a smile and a good morning. One day, I did take the free red trolley to and from the Monterey Bay Aquarium (where Pacific Grove begins) to the

Wharf cutting twenty minutes or approximately a mile of walking each way.

On a much longer trek in the opposite direction going south, I traveled the coastline that loops around to Asilomar Retreat and Conference Center, which takes only 10 minutes by car. I spent a few hours relaxing there, since it was opened to the public, and I hiked along their coastal paths facing more sandy shores than the colorful foliage further north.

The best way to see Pacific Grove is, without a doubt, by foot or bike. The convivial Chamber of Commerce volunteers located at two locations (584 and 100 Central Avenue), gave me all the information I needed to enjoy my stay. Lenore was particularly helpful, because she took much time explaining places to eat and sights to see—and made me feel right at home.

PLEASE SEE CALIFORNIA ON B3



Monterey Bay Wharf, as seen on a coastal walk from Pacific Grove, Calif.

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Victorian buildings in the town of Pacific Grove, Calif.

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BEVERLY MANN



A windswept cypress on the coastline of Pacific Grove, Calif.

Pacific Grove, California: A Peninsula Paradise

CALIFORNIA CONTINUED FROM B1

With a walking-tour map of the historic buildings in hand, I started along 17th Street and Ocean View Boulevard, where the new The Beach House Restaurant will soon be opened by the same owners of the Fisherman's Wharf popular seafood restaurant, Abalonetti.

As I strolled toward Lighthouse Avenue, I viewed an inordinate array of Victorians with metal plates identifying the owner and date of construction. The 22-room Queen Anne Gosby House Inn, a stunning B&B conveniently located right on Lighthouse Avenue in the heart of Downtown, was built in 1888.

The original owner and cobbler Gosby, who opened the town's first shoe store, expanded his home to accommodate all his guests. Each room has a homey décor. I spent two delightful nights here in this comfy establishment where food always seemed to flow. I enjoyed the hearty breakfast and caring service. I especially enjoyed the thick, hot oatmeal each morning and house made baked cookies each evening.

Don't leave Pacific Grove without a visit to Point Lobos Lighthouse built in 1855, the oldest continuously operating lighthouse on the West Coast. It first functioned using a white oil lantern and then graduated to a



The scenic coastline of Pacific Grove, Calif.

1,000-watt bulb visible 17 miles away. Also of note at 12th and Central, I stopped at St. Mary's by the Sea, the city's oldest church dating back to 1887 and modeled after a gothic church in Bath, England.

I happened to be in the town on the first Friday of the month for the open-studio/art walk in the early evening, where galleries and shops have snacks, wine, and music. Some of the townsfolk were even dancing in the streets.

I encountered two unusual stores along the way. Tessuti Zoo on Forest Avenue is a colorful and creative venue owned by Emily Owens. She makes whimsical dolls and clothing and her store is lined with wild patterned fabrics.

A Niche in Tyme on Lighthouse Avenue has reasonably priced estate costume jewelry and old coins. Owner Chuck goes an extra mile for customers. I was told that one time Chuck hand-delivered a package on his day off so the customer could give it on time for his spouse's birthday.

Again, this is another reminder of how Pacific Grove is not just about its incredible destination, but its personable people. Of course, having a host of fine and tasty dining choices is yet another lure to Pacific Grove.

To keep the town's Old World flavor, there aren't any fast food chains in town. Many of the restaurant establishments are family-owned for years, and several of these I experienced first-hand.

I enjoyed a scrumptious rack of lamb punctuated by a decadent dessert serving of profiteroles at Fandango, a restaurant in European country-style décor tucked atop the hill. Owners Pierre and Marietta Bain have been operating the fine dining establishment for 25 years. Pierre brings centuries of experience to his Mediterranean and Euro-style cuisine. The Bain family of restaurateurs has been in business since 1737 when they began in Comps-Sur-Artuby, France.

A dedicated family operation for 35 years, Aliotti's Victorian Corner is also one of most colorful historic buildings in town—erected in 1893. Husband and wife owners Dominic and Mary Aliotti hardly miss a day in serving their customers a wide array of comfort food, and they take pride in their family recipes.

As my stay drew to a close, it was difficult to leave this Pacific paradise, which generates warmth, hospitality, and a sense of home. Now discovered and experienced, Pacific Grove beckons my return and will never be bypassed on my journeys south along the Monterey Peninsula.

Beverly Mann has been a feature, arts, and travel writer in the San Francisco Bay Area for the past 28 years. She has received numerous accolades in the fields of travel writing, education, and international public relations, including a Bay Area Travel Writers Award of Excellence in Newspaper Travel Writing; www.beverlymann.com



A coastline walk in Pacific Grove, Calif.

GEOGRAPHY GURU

Growing Your Geography Knowledge

Quiz 375

WHAT NATION AM I?:

My Cordillera Central mountain range has the highest peaks in the Caribbean. My 10 million people speak Spanish. My capital is Santo Domingo. My neighbors are Puerto Rico and Haiti. What nation am I?

Read *The Epoch Times* next week for the answer!

Answer for Quiz 374:

HIGH RANGES: The two continents that have more than 40 mountains taller than 20,000 feet: ASIA, SOUTH AMERICA.



The Consummate Traveler

Tips from a pro

Flight Friendly Fashion

BY MICHELE GONCALVES
EPOCH TIMES STAFF

I adore fashion. Really, I do. Dresses, skirts, heels, you name it. However, there is a time and place for everything. For most of us, therefore, airport adventures and long-haul flights just don't mix with fussy fashion. I marvel at the occasional celebrity airport snapshot I see in magazines or online where it looks like they have just had a full make-over during the flight—perfect hair, perfectly pressed designer outfit, 5-inch heels, full armor of accessories, and a bright smile. After a big trip (longest I've had is a 17 hour direct flight), I look and feel like I have been through the ringer.

The reality for most of us is that the entire travel process from door to door is exhausting. You never know what you are going face in terms of time and temperature. For example, you may face hot airport lounges, cold airplane cabins, long lines, surprise delays, or sitting on floors, waiting endlessly in your chair, running to find a gate, or sprinting to get your bags before someone else does. What you wear during this entire process is critical to your survival and stamina. My advice is to leave the big heels in your baggage and suit-up properly for the ride of your life. Here's what I have found works as my travel day uniform:

1. Dress like an onion on top: The key to a successful travel ensemble is all about easy access layers on your upper half. Depending on where you are going, these layers can vary; however, the concept is the same.

The first base-layer is a short sleeve shirt or sleeveless tank top so you can be prepared if you hit any hot zones. The second layer is a zippered or button down garment that could be taken off and wrapped around your shoulders or waist if you get too hot (think big

shirt, or long button down cardigan, etc). The point is that you don't want to have to move around too much to get that second layer on and off. Having to pull things over your head should be avoided, especially if you are stuck in the middle seat on the plane and have minimal space to move. Following this rule will keep you warm or cool when you need to be.

2. Comfy Pants: Keep your tight jeans at home! Remember there is always a chance you can be delayed and need to sit an extra 7 hours somewhere. My rule of thumb is that if you can't sit on the floor comfortably in your pants for 20 minutes, they don't belong on your body the day of your trip. Keep your slacks (especially the waist of your slacks) on the looser side.

I now travel in yoga/cargo-type pants made of cotton and spandex. They are dressy enough that they don't look like pajamas, but they are super comfortable and hold their shape well so that I don't look like a wrinkled mess when I arrive.

3. Unfussy Footwear: I always travel in slip-on footwear. Buckles and laces just make things more difficult at the security lines, not to mention trying to put yourself back together again before landing. I either wear my slip on loafers or sneakers (my favorites are bungee Sketchers) the day of my trip.

However, please be weary of flip flops or other shoes with no backing or toe protection. I had an incident years ago; I was wearing platform flip flops (ahh youth) and, you guessed it, as I was coming off the plane onto the jet way, I flip flopped right on the floor. Also, if you ever need to run to a gate or somewhere else during your journey, flip flops are NOT the best footwear, not to mention if someone drops a bag on your toes. Always wear shoes with a back to give you proper support and cover your toes to keep them safe!

4. Dark Colors: I once wore an all-white outfit on a plane ride, and yes, I did spill coffee all over me and had no change of clothes. Talk about a fashion faux pas! Dark colors hide mishaps better and appear more polished and unwrinkled after sitting for hours.

5. Take a Hat: After going to Asia a few times from the East Coast of the U.S., I have learned to appreciate the value of a baseball cap to cover up my unruly bangs and hair after many hours on the go. I always have a baseball hat in my carry-on luggage so that I can look more neat and clean at my destination. I never wear it to the airport, since many times you will need to remove it to pass through security. To spare myself the embarrassment of walking through the scanners with "hat head," I wait until I am done with security to put it on. Females can consider alternative and more chic options such as head scarves to handle this task.

6. Keep Jewelry Simple: My rule is, if it jingles or dangles don't wear it. You would be surprised how easily fussy pieces can get stuck or caught on things during all of your movement at airports and on airplanes. Trying to sleep on airplane pillows are already hard, not to mention if you have a chandelier earring getting in the way. On my travel days, I only wear tiny stud earrings, a watch, simple band ring, and my tiny gold link bracelet that I never take off. By all means pack your statement necklace and 5-inch dangle earrings for your trip, but you don't need to look like you are going to a Vogue photo-shoot during the ride over.

Next time you travel remember to keep your outfit simple and comfortable, and you will be able to make it through to your journey as cool as a cucumber—ready to tackle anything that comes your way.

As always, I wish you all happy travels!

The Epoch Times

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