

SOCIAL LIFE

July 22, 2011

PROFILE

Main Beach, East Hampton



Backyard at Sole East

A DAY IN THE SOCIAL LIFE SPENDING THE DAWN THROUGH THE DUSK IN THE HAMPTONS

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At rooster's first crow I arose, I shone, and I revealed in the fact that I was here in the glorious Hamptons. After double-checking the weather forecast (nothing but blue skies and sun for days!) I tiptoed downstairs, taking care not to wake up the house, only to find that the owner and staff here had been up and at it since well before I was. At the Hedges Inn in East Hampton, they'd been bustling for hours, making sure about every last detail of the morning meal, including fresh fruit platters and full-blown gourmet multi-course breakfasts. I grabbed a quick freshly squeezed juice, skimmed the front page of *The Times*, waved a catch-you-later, threw on some shorts, and jogged over to Main Beach, just a stone's throw away. This sandy stretch enjoys the accolade of being routinely ranked among the top 10 beaches in the US, as well it should. Looking around, I can't help but notice the perfect blend of nature and built environment, coming together to offer sublime tanning/sunning/sanding opportunities. Settling onto my giant beach blanket, I made a mental note to casually look out for celebs. After all, this patch of pristine beachy goodness is notorious for star-spotting.

Immersed in this sun, sand, and fun, it was hard to tear myself away from here, so rather than dressing for lunch,



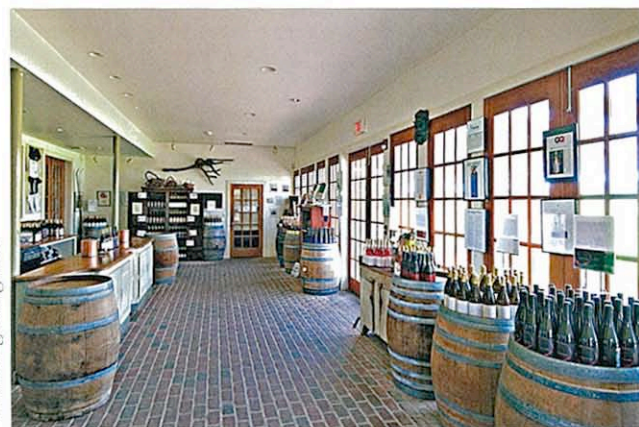
The Hedges Inn

I decided to rough it instead. A quick drive over to Wines by Morrell rewarded me with a nice crisp Chardonnay, a perfect pairing for a Clambake to Go from local caterer Claws on Wheels. The end result? Loads of tasty clams, lobster, mussels, corn, and new potatoes to feast on. Just perfect.



Blue Crush Charters

After a bit more sunbathing, I got restless, so I packed it up and headed toward Bridgehampton, where Channing Daughters awaited me, a rather eccentric yet entirely glorious 25-acres worth of vineyard and winery, producing interesting varietal wines by fusing them into unique and tasty house blends. I lingered in its fabulous tasting room and sampled, sampled, sampled!



Channing Daughters

As the evening drew near, I enjoyed the scenic drive from Bridgehampton to Southampton and worked up a craving for a bite and a cocktail. I chose the Coast Grill, located right off the Peconic Marina on Wooley Pond. Its sesame-pepper seared tuna hit the spot, especially when paired with one of Coast Grill's wines. Happy hour here is from 5 to 6:30 pm, complete with a half-priced bar-food menu. I could do this every day!

It was now time to head to the lighthouse at the tip of the island and prepare for my second night's lodging. I chose Solé East Beach, a 26-room motel in the heart of

the village of Montauk, and 50 feet from a path that runs through the dunes to the ocean and beach. I especially liked its unique rooms, a mix of 1970s retro hip with the perfect touch of updated renovations and stylish décor.



Solé East

I dropped my overnight bags as dinner awaited me. Located in the sister property of the motel, the Solé East Resort houses the Backyard restaurant, a quintessential Hamptons sanctuary allowing for relaxed dining as if I were in my own backyard, with tables placed among floral gardens situated on a lavish and sprawling lawn, all surrounding a pristine swimming pool; a roaring fire pit, tiki torches, and day beds complete the experience.

Indoors, the dining space features white canvas director chairs paired with wooden tables topped with white linens and brown craft paper.

Executive Chef Larry Kolar — of the Quilted Giraffe, Sign of the Dove, and Camino Sur fame — builds his house menus around fresh fish coming from the local Montauk waters, along with produce from local farms and herbs from the on-site garden. The restaurant offers live music and cocktails via a summer concert series, MTK Acoustic Sunsets at Solé East. Each Saturday through Labor Day weekend will feature a musician associated with the MTK festival. Noteworthy as well, on Sundays the Backyard offers the Bossa Nova Brunch buffet, complete with live Brazilian sounds. After a night of wining, dining, and dancing, I headed off to sleep. I had to wake up early the next day to be ready for a chartered fishing excursion. Blue Crush Charters provides all bait, tackle, and ice for fishing trips. At the end of the day the staff filleted our catch so I could take it home and bring the feel of this getaway back with me.

Such fun!!