

# TRAVEL & LEISURE

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The lobby of the Delamar Greenwich Harbor hotel.

Courtesy photo

## Stay in Connecticut, play in NYC

By Peggy Newland  
For The Telegraph

“This is a secret entrance to New York City,” the concierge tells Martha and I. “Free parking, nice bed, good food, and quick Metro-North ride into Manhattan.” He hands us complimentary glasses of champagne as we check into the Delamar Greenwich Harbor hotel. Its lobby is outfitted in lush Parisian-casual; hues of blues, whites, and everything with pillows. We take our drinks to the terraced porch overlooking the harbor, just as a pianist begins playing a show tune, and we watch yachts coming in and out of marina. “I can’t think of a better way to go to New York City than staying here,” Martha says, as we click glasses.

We take a pre-dinner stroll along the harbor and then head to the Bruce Museum’s sculpture garden with its gazebos, ponds, and hilltop views overlooking the Long Island Sound. A couple kayaks across a quiet cove and in the distance, sailboats catch the last of evening breeze.

We dine that night at L’escale, a French inspired dining experience, with candles and outdoor seating, complete with full-on sunset views.

“It’s like we’re in Provence by way of Connecticut,” I say, and Martha agrees when she sees the menu. After a selection of cheeses with truffle honey and dried apricots and a glasses of Louis Jadot chardonnay, we continue with Andalusian gazpacho and jumbo prawns in a green olive tapenade.

Wind gusts, and there’s a clap of thunder. “Big storm coming,” the waiter says, and he finds us a corner banquette inside, surrounded by bay windows.

Martha chooses Scottish salmon with artichoke and foraged mushrooms while I pick halibut “Nicoise” in a sauce vierge. The storm rages outside so we decide it’s time for dessert. We share profiteroles with vanilla bean ice cream and chocolate sauce and cookie plate of hazelnut financiers and chocolate chip.

The next morning is clear and sunny, so we walk 5 minutes to Metro North for the 45-minute train ride into New York City. Grand Central is a Beaux-arts National historic landmark and it’s a jewel with its barrel-vaulted ceiling, celestial murals, and

globed chandeliers. Outside, we take our time walking over to Bryant Park for some egg’wichs and coffee, and we watch some jugglers and guitarists perform as crowds form. We zip through Times Square with its chaotic Elmos and Supermen, electric lights, and building-length movie screens, and find the smells and tastes of Koreatown for bubble teas and chou cream donuts. Continuing to Union Square Park via city bikes, we cruise past Gramercy Tavern, stop at a reflection pool, chase some pigeons down a sidewalk, watch the set-up for a film shoot, and then continue into Alphabet City and over to the East River bike trail.

“Let’s ride across the Williamsburg Bridge,” I suggest. This bicycle path over this suspension bridge is less crowded than the Brooklyn Bridge’s further up the East River and we are rewarded with landmark views to hipster Williamsburg, Brooklyn. Below us, ferries zip back and forth, as a kayaking group catches the waves. We curve down into the funky Domino Park, which is a former Domino sugar refinery. Salvaged factory equipment and syrup collection tanks are revamped as artwork. With sand volleyball courts, greenways, elevated sidewalks, and reclaimed wooden lounging chairs, this is the place to be. Especially with a dancing fountain that shoots water up eight feet into the sky. Martha and I find a sleek, Italian bistro serving handmade pasta dishes and we are set for a long afternoon of relaxing before the Metro North back to Connecticut.

Waking early the next morning for deep tissue massages at the Delamar spa, we are ready for an Island Beach day on Great Captain’s Island. Taking a ferry from Greenwich Harbor, we pass mansions and parks, private beaches and yacht clubs, as cruise along Indian Harbor, Rocky Neck, and Smith Cove. Twenty minutes later, we are on an intertidal sand bar with over 1,000 feet of beach. The Long Island Sound beckons, with its late summer breezes, so out Martha and I go, to float in its rippling tide.



The Delamar Greenwich Harbor hotel outdoor seating.

Courtesy photo



The Delamar Greenwich Harbor hotel deluxe bedroom.

Courtesy photo

### If you go

Delamar Greenwich Harbor. [www.delamar.com](http://www.delamar.com). 500 Steamboat Road, Greenwich, CT. (203) 661-9800. Ask for the Island Beach package (through September 15) which includes a 20- minute ferry ride to a private beach island, snacks/drinks, towels, welcome cocktail, overnight accommodations, and added spa discount. Five-minute walk to Metro-North train/ 45 minutes to NYC. .



L’escale, a French inspired dining experience.

Courtesy photo



Great Captain’s Island, Greenwich, Connecticut.

Courtesy photo