

HAMPTONS

# PURIST

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IN WELLNESS

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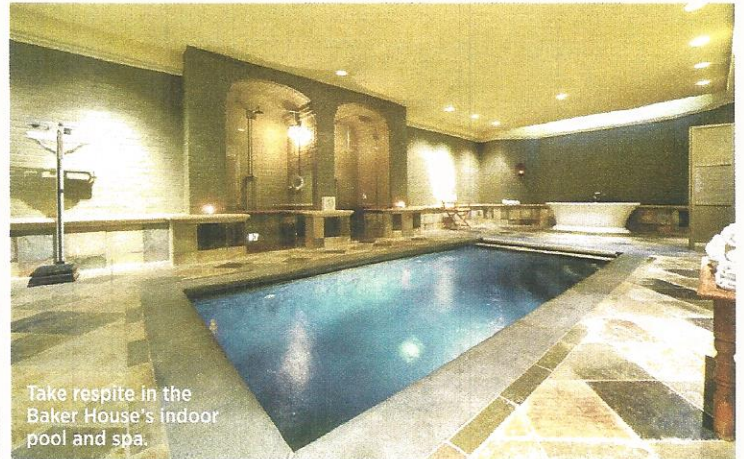
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# HOTEL LIFE

In Montauk, two hotels offer more proof of the town's transformation from a laid-back destination to a high-octane resort town; in East Hampton, Baker House evokes *Downton Abbey*...with a healthy vibe. BY BETH LANDMAN



Just off the beach, Hero Beach Club is made for lounging.

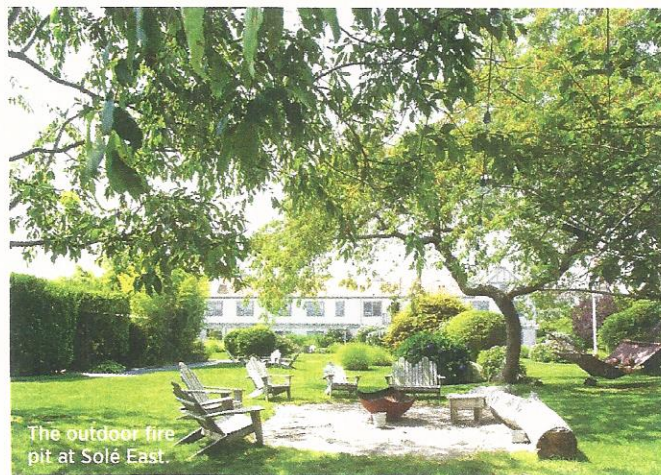


Take respite in the Baker House's indoor pool and spa.

## An updated motel

One of the first buildings you see as you drive into Montauk is the Hero Beach Club, which just reopened this year. The original 1950s-era motel on Umbrella Beach has been transformed, its 34 rooms outfitted with chic Balinese furnishings.

In the lobby bar, coffee and light bites, along with Hero's private label rosé on tap, are served. The bucolic private lawn here is strewn with (free!) white daybeds for relaxing, or take a dip in the lap-length pool to cool off. 626 Montauk Highway, Montauk, [herobeachclub.com](http://herobeachclub.com).



The outdoor fire pit at Solé East.

## Movie nights and BBQ in Montauk

Solé East is offering a mix of healthy pursuits (outdoor yoga every weekend and in-room massages) and fun: Every Sunday through Labor Day, it will host movie nights, with barbecue dinners available for \$30 per person, including a beer or soft drink (kids' meals are half price). On Tuesdays through Sundays, local bands will provide live music, while deejays spin on weekends.

This hotel, which has 61 bungalow-style rooms, also has a great but slightly under-the-radar restaurant called Backyard, serving Mediterranean- and South American-influenced cuisine featuring local fish (diver scallops and wild

striped bass) and produce in a lovely poolside setting. It's open seven days a week for breakfast, lunch and dinner. Stop in on Sundays, when a Brazilian duo entertains during the Bossa Nova brunch.

For ocean lovers, Solé East has a second, adjacent property across from the beach, and guests are invited to use all the amenities of the larger property, 90 2nd House Rd., Montauk, [soleeast.com](http://soleeast.com).

## Elegance in East Hampton

The intimate Baker House has a completely different sensibility. Though you can stroll to the ocean, this historic house feels more estate than beach. Rooms overlook the East Hampton green or the garden and the grounds are worthy of an English manor house. Complimentary Pilates mat classes are offered on the lush lawn on Saturdays during August; for those who want to venture farther afield, the hotel offers passes to the East Hampton Gym or the beach, or will arrange for bicycles to be delivered. There are two outdoor pools, an indoor pool and a spa with treatments such as hot stone massages and body polishes. In addition to tea and snacks, Baker House offers a full breakfast. Don't miss huevos rancheros with seven-grain avocado toast with cilantro from the hotel's herb garden. 181 Main St., East Hampton; [bakerhouse1650.com](http://bakerhouse1650.com).