

40  
Anniversary

The City Magazine Since 1975

Plus! Butter bean recipes with South-of-the-Border  
a family-friendly renovation in Hampton Park  
ultramarathoner Karen Jackson, and cool June

# charleston

June 2015

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## Summer Beckon

*Ease into the sultry sea*

**Our Sun- &  
Salt-Drenched  
Guide to  
Summer**

**Boho Beach  
Looks**

**Off-the-Rada  
Seafood Join**

Model Sarah Trujillo  
kicks back in style at  
the Bimini beach house  
on Folly. See page 138.

**THE DELICIOUS BUTTER DRIPS AND OOZES, AND WHEN WE'RE FINISHED, WE ORDER TWO MORE CRABS,  
FEASTING UNTIL I'M HAPPILY STICKY TO MY ELBOWS! (See page 126)**

\$4.95





■ **Shaggin' on the Cooper:** *Gates open at 7 p.m., music begins at 8 p.m. No outside alcohol or coolers. \$10. June 13, Shem Creek Boogie Band; July 4, Uncle Sam Jam & Permanent Vacation; July 18, The Sneakers; August 15, Vinyl Daze; & September 12, Ocean Drive Party Band*

### 31. QUIETLY RETREAT TO MEPKIN ABBEY.

If you've ever joked that you need a "vacation from your vacation," maybe your next sojourn should be to Mepkin Abbey. The Trappist monastery along the banks of the Cooper River accepts private overnight retreaters for a donation of \$50 to \$85 a night. Guests are invited to join the monks in their daily worship or simply to practice quiet reflection in the serene setting of the Nancy Bryan Luce Gardens. From June 26-29 and October 9-12, the monastery also offers guided "Contemplative Aging" retreats "as a passageway into a more contemplative elderhood."

Interested, but not ready to commit to a silent overnight retreat? Mepkin welcomes day visitors—no reservations required for individuals—to walk or pray in the garden, tour the church, and browse the Mepkin Abbey Store, where jams, honeys, and crafts from monasteries around the country are available for sale (as well as oyster mushrooms from Mepkin's on-site farm). Whether you visit for a weekend or just a few hours, it's a virtual guarantee that you'll leave feeling relaxed and rejuvenated.

■ **Mepkin Abbey:** *Visitor hours: Tuesday-Saturday, 9 a.m.-4 p.m. & Sunday, 1-3 p.m. Guided tours: Tuesday-Saturday, 11:30 a.m. & 3 p.m. 1098 Mepkin Abbey Rd., Moncks Corner; (843) 761-8509; mepkinabbey.org*

### 32. HEAD TO FORT SUMTER (AND STAY ALL DAY).

Did you know you can take your own boat to Fort Sumter? Whether you ride the ferry or pilot a personal skiff (private vessels can use the pier, but are encouraged to anchor on the James Island side of the island), Fort Sumter's place at the top of any tourist's itinerary shouldn't discourage locals from visiting this historical gem. Seriously, when was the last time you went?

Although picnics are technically

not allowed at Fort Sumter, snacks are encouraged (make of that what you will). Arrive early to enjoy the park before crowds arrive, or stay until closing and imagine you're a soldier, hunkered down and under fire. Or, just relax and enjoy a 360-degree view of Charleston Harbor that's like no other.

■ **Fort Sumter National Park:** *Open daily, 10 a.m.-5:30 p.m. Free. nps.gov/fosu/index.htm*

■ **Fort Sumter Tours Ferry:** *\$19, \$17 senior, \$12 child four-11. Depart from Liberty Square, 340 Concord St.: 9:30 a.m., noon, & 2:30 p.m. Depart from Patriots Point, 40 Patriots Point Rd., Mount Pleasant: 10:45 a.m., 1:30 p.m., & 4 p.m. (843) 722-2628, fortsumtertours.com*

### 33. RIDE A FLYBOARD THROUGH THIN AIR.

Try flyboarding, and you will dream about it that night. The next day, you will search the Internet to see if you can afford one (you can't), and you will end up watching another hour of videos reminiscing about your own incredibly awesome experience.

Imagine the sensation of wakeboarding or snowboarding, but with nothing under your feet except air. A roll of the ankles or a shift in your weight can send you crashing down—just as in any board sport—except that you are literally floating in midair above the water.

The Flyboard was invented in 2011 by a French jet ski champion and has quickly spread among thrill-seekers worldwide. It works by channeling the propulsion stream from a jet ski into a 70-foot hose that then diverts the water back down through the board, pushing its rider up into the air.

Sam Pannier, co-owner of HydroFly Watersports, got hooked in 2012 after one ride, and is now in his third year in business offering lessons and rides (\$110 for 20 minutes) from his thatched-roof floating office—a converted pontoon boat and platform—that's moored in the Ashley River. Business has been brisk, thanks to his easy accessibility for visitors staying downtown and the sport's popularity with bachelor and bachelorette parties.

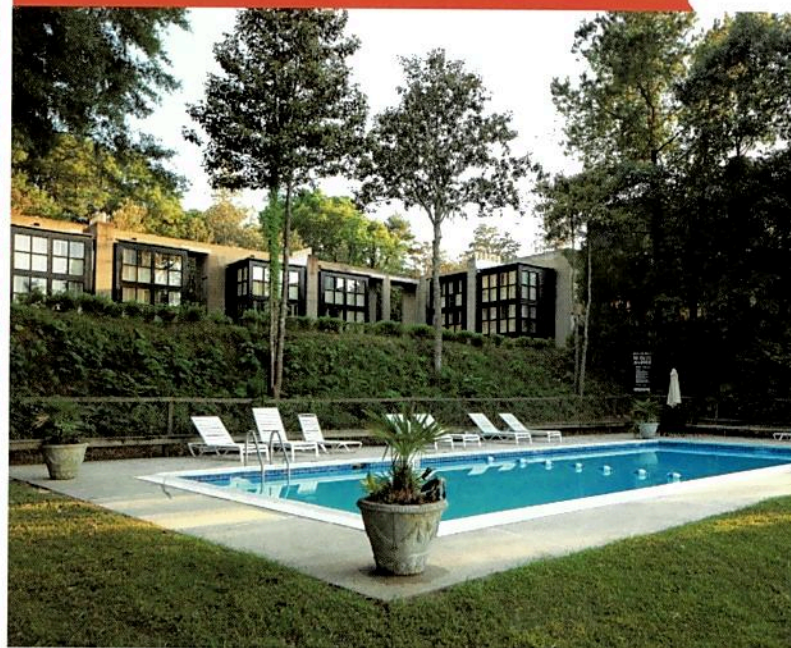
But flyboarding's greatest asset may be its beginner-friendly learning curve. Unlike kiteboarding or even surfing, a newbie can literally be flying within five minutes, perfecting their turns and curves as they carve themselves up to 20 feet in the air. It's a thing of beauty to watch, and

## 34. MAKE MIDDLETON YOUR BACKYARD FOR A WEEKEND.

Visiting a plantation is high on any Charleston visitor's to-do list, yet locals often take for granted the immaculate gardens that exist along the Ashley River. Give yourself a chance to really revel in their beauty by booking a stay at The Inn at Middleton Place, where the riverside guest rooms, adorned with cypress and marble, will immediately transport you far from your real life, just a half-hour or so away.

Enjoy sunrise along the river before the day's crowds arrive and take advantage of your extended visit by signing up for the daily tours, including "Beyond the Fields" (exploring the lives of African-American slaves and freedmen) or kayaking along the Ashley River and surrounding black-water cypress swamps. After a full day experiencing the plantation, spend the evening strolling through the gardens (a stay at the inn includes admission for two), before enjoying a dinner of Manchester Farms quail at the Middleton Place Restaurant.

■ **The Inn at Middleton Place:** *4290 Ashley River Rd., (843) 556-0500, theinnatmiddletonplace.com*



Make a weekend of it. After touring Middleton Place, settle into one of The Inn at Middleton Place's 55 rooms; go for a swim, bike ride, or kayak tour; and dine on Lowcountry fare while overlooking the Rice Mill Pond.