The morning haze still drapes over the island as I ease over the north causeway. The path I’ve taken this spring is one that people have journeyed for close to 300 years. In the 1700s, they left plantations and crossed the marshes to spend the summer and fall months. Today, I cross the causeway hoping that the skinny little island, four miles long and wide enough for one house and a road for much of its length, will offer me a haven from busyness and the need for near-constant communication.

This weekend, my resting place will be the Sea View Inn, although I could also have chosen to stay at the Pelican or one of several family-owned houses that are available for rent. The Sea View offers luxurious simplicity. Built in 1937, the inn has 20 rooms in the main house and adjacent cottage. The amenities include three meals a day, rocking chairs, books, hammocks and long porches. Outside, the white-sand beach and gentle waves call on one side while the marsh waits just across the road.

I choose to answer the call of sand and sea first, strolling along the shore to shake off my week’s work. By the time I get back to the inn, the sky is clear and bright and I’m beginning to feel the same.

Pawleys Island is notorious for its simplicity. Crabbing, fishing and swimming are the most popular activities. Still, – both on the island itself and the mainland town of the same name – there is no shortage of other things to do.

In close proximity to the island, there are 12 golf courses, several of which are award winning, including Caledonia Golf and Fish Club, True Blue Golf Club and Pawleys Plantation. Bicycles are a popular method of getting around the island, and kayaks can be taken out on the marshes or on the ocean. Interesting shops dot Highway 17 as well.

Inevitably, whatever activity I choose works up an appetite. If I skip a meal at the Sea View, there are plenty of other options nearby, from hearty breakfasts at Eggs Up Grill to a sushi-grade tuna “burger” at Louis’s for lunch or a dressy dinner at Frank’s.

Even on a weekend trip, it’s easy to fall into the relaxed rhythm of Pawleys. It’s a rhythm that will be repeated throughout the summer, until the sounds and colors of the Pawleys Island Festival of Music and Art announce the close of the season. From late September through most of October, the festival has offered residents and visitors an especially memorable way to end the season for the past 16 years. Past performers have included Chuck Mangione, Branford Marsalis and David Sanborn. On any given year, there will likely be an arts crawl, a play or two, some Southern-style fiction readings and plenty of music.

Then, when the end of October comes, just as plantation owners did in the 1700s, most Pawleys Island residents pack away their summer belongings and head home for the winter.