

Aloha Shorts

NEWS AND NOTES FROM AROUND OUR WORLD



High Adventure on Maui

A bird's-eye view of Maui is worth two from the bush! Test your wings at Kapalua Resort's brand-new Mountain Outpost, where nearly two miles of dual-track ziplines—one of the longest zipline systems in the U.S.—let you soar above forest treetops at up to 40 miles per hour and give you breathtaking inland and coastal views. If that's not enough to get your heart and soul pumping, try crossing their two suspension bridges or tackling the four-station climbing tower and comprehensive high-ropes challenge course. Even reaching the Mountain Outpost is an experience: You're driven in an open-air, biodiesel Mercedes-Benz Unimog through West Maui's pineapple fields. Mountain Outpost is open to everyone. For more information and reservations, visit kapalua.com or call 1-877-665-4386.

PHOTO: KAPALUA RESORT



Got 'Awa?

Kava, *'awa*, *'ava*. These are names given to the unobtrusive plant *Piper methysticum* and the traditional potion from its extract that Pacific peoples have used in social, medicinal and spiritual practices for countless generations. In Hawai'i it is known as *'awa* and is said to improve mood, reduce anxiety, promote patience and increase mental clarity—sometimes for up to a day or longer.

Unless you have an uncle who remembers “the old ways,” you've probably never tried *'awa*. Now, a local company called Float Beverages is reviving our Aloha Spirit with *'awa* drinks served up in handy bottles—all safe and legal stuff. For your mood enhancer, you can sip an *'Awa₂O* Ginger Flow or *'Awa₂O* Vanilla Lift. Visit float-beverage.com

PHOTO: FLOAT BEVERAGES