

# AUSTIN

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YEARS OF  
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LIMITS

MONTHLY | OCT  
2014

THE ULTIMATE GUIDE TO LOCAL

# WINE

WINERIES, BARS, SOMMELIERS AND MORE

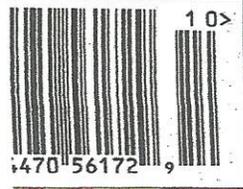
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## FALL FUN

120 CONCERTS, PLAYS, ART EXHIBITS  
AND MORE TO ATTEND THIS MONTH

# Travel

AMAZING PLACES TO GO, NEAR AND FAR OCTOBER 2014

PHOTO COURTESY OLE SMOKY TENNESSEE MOONSHINE.

## SOUTHERN COMFORT

Explore moonshine distilleries and mountain ranges near Gatlinburg, Tennessee. **PAGE 136**



FROM THE TOP:  
The scenic view outside of a suite at Royal  
Davui Island Resort; bowls and coconut shells  
filled with kava



## BOTTOMS UP

Discover exotic beaches and beverages in Fiji

BY BECCA HENSLEY

**F**ijians want you to feel welcome. That's why the first thing they'll do when you visit most anywhere in **Fiji** is offer you a coconut shell bowl full of kava. Ubiquitous in this tropical island nation, kava is sipped from dawn to dusk, much in the way Americans quaff coffee. While it looks like mud

and tastes a bit like dirty socks, the beverage does have some virtues. "It makes my face turn numb," my helicopter pilot tells me as we fly over canyons en route to **Royal Davui Island Resort**, an adults-only, 10-acre private island resort. "It takes some getting used to," says the co-pilot. "Oh, but you'll dream like a queen when you sleep."

So, when I land at the resort, dotted with 16 cliff-crowning villas amid a cobalt sea, I try it. Distributed via a traditional ritual for guests several times a week before dinner, kava brings the entire island together. I join other guests, the resort's staff and its owners—a fifth-generation Fijian family—in the **Banyan Bar + Restaurant** before dinner. With boldness, I watch as one staff member strains a thick, milky liquid through gauze. It wafts a woody perfume into the tropical air. Sitting cross-legged, I await my turn. A staff member fills my

cup. "Tsunami?" he asks, referring to how much to give me. "Why not?" I say. And he pours to the top.

Some clapping ensues, and, as instructed, I say "bula" (the Fijian version of aloha, which translates to welcome), then take it down the hatch—fast and furious, like a tequila shot. Made from an indigenous root, it has a taste that reminds me of valerian, an herbal sleep medicine. It's not too bad, and I don't get a numb face at all, though I feel distinctly relaxed and infinitely happy. Nobody could ever be

Continued on page 134

### Insider Tips

▼  
Fly into Fiji via Nadi International Airport. Royal Davui is a 35-minute helicopter ride away.

▼  
Fiji's waters are home to more than 1,500 species of sea life. Go on a shark dive and look for blue ribbon eels, manta rays and bull and tiger sharks.

▼  
Take a day trip to Suva, the nation's capital. Check out the Fiji Museum or trek through nearby Colo-I-Suva Forest Reserve.

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and too busy?  
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- Shari Davis, President



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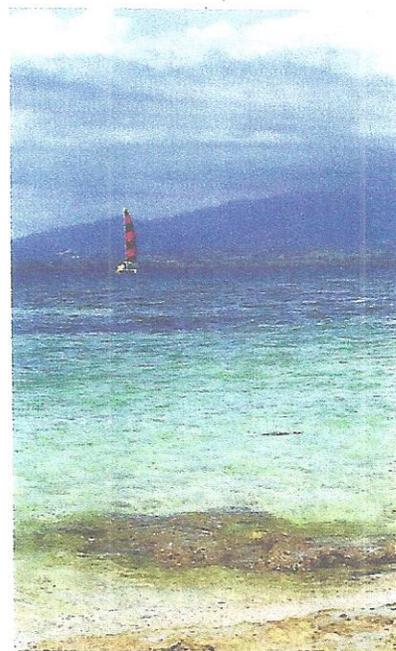


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TRAVEL  
FAR



A sailboat navigates the clear blue waters off the coast of Fiji

Continued from page 132

anything but affable after a kava party. And to think, they used to call Fiji the “cannibal isles.”

The next morning, sitting alongside friends, I sip a bloody mary made with kava-infused vodka on a secluded pocket-size islet not far from the resort. We’ve booked a breakfast picnic at this cloistered dab of sand set somewhere amid the **Beqa Lagoon** that we access by sailboat. Stranded by choice, we indulge in a bountiful feast as if we were the Swiss Family Robinson shipwrecked in the possession of a master chef. Freshly baked pastries, tiny quiches and kava bloody marys are just the beginning.

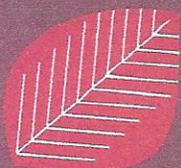
When the resort’s owner, Grahame Southwick, an adventurer extraordinaire and master sailor, comes to pick us up by sailboat, we aren’t ready to leave. But he reminds of what awaits us in the afternoon: diving the **Tasu Wreck**, luxuriating in the new **Davui Spa**, visiting the children on nearby **Beqa Island** to hear them sing or simply enjoying the views while in our villa’s own individual infinity pools. Like the kava it serves, Royal Davui welcomes you with a warm embrace, as if you were family. Bula.

PHOTO FROM SHUTTERSTOCK



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