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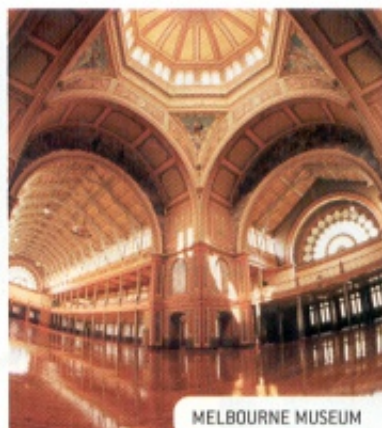
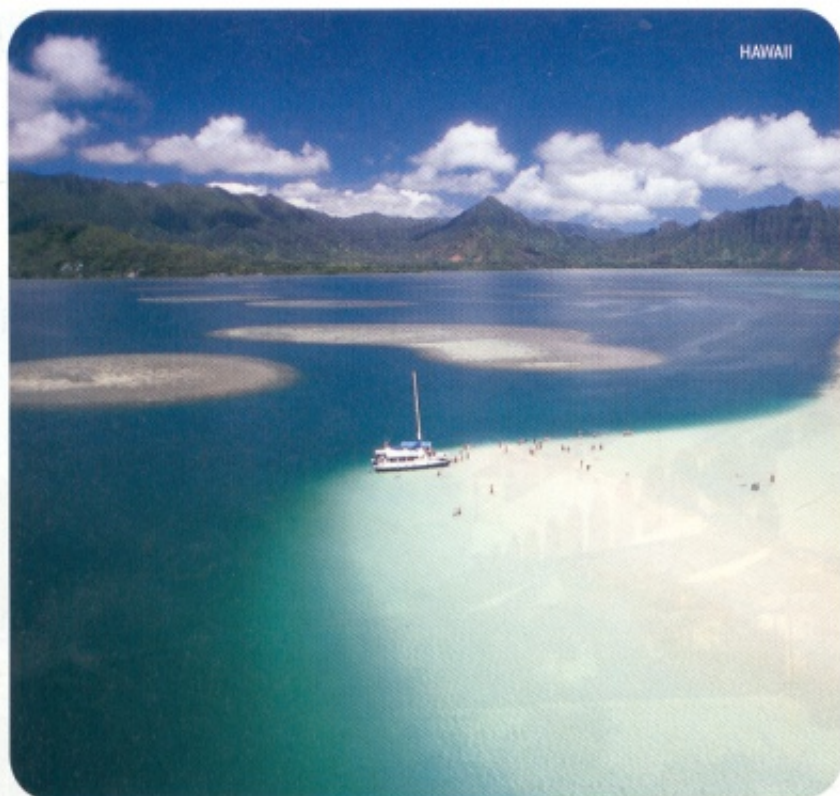
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HAWAII'S GIFT TO THE WORLD IS ITS ALOHA SPIRIT, MELBOURNE'S GIFT IS ITS NEW MUSEUM FOR THE THIRD MILLENIUM

making the scene in Melbourne means a visit to the glorious Melbourne Museum. In addition to the superb Aboriginal collections, and the stunning Forest Gallery (which transports weary citysiders to a lush mountain locale), the museum is an architectural marvel in and of itself.

The largest museum complex in the Southern Hemisphere, it is largely regarded as the world's first major, purpose-built museum for the Third Millennium. So on your next visit, plan a day at Australia's instant architectural treasure, which cost approximately \$150 million, and stroll all six dazzling levels. <http://melbourne.museum.vic.gov.au>

#### PACIFIC DESTINATION

Ever since Captain Cook dropped anchor Hawaii has been the destination stop for travelers worldwide. In fact, it was recently named in a gay marketing survey as the number one desired vacation spot.

The most famous gay bar in the Pacific is Hula's located at 134 Kapahulu Avenue, with large open windows, strip nights, a glassed-in dance floor and an amicable crowd. It sits above Kapiolani Park with distant views of Queen's Surf Beach at the eastern end of Waikiki. Here, the speedo crowd bakes under the brilliant Hawaiian sun.

A short walk from Hula's is the Cabana at Waikiki. The four-story property is bright and central, with a whirlpool, continental breakfast and friendly staff. If the Cabana is booked up, the owners recently opened up

another elegant property nearby called the Paradise View Hotel. If you want time off the beach then from May 30 to June 3 is a good time: The prestigious Honolulu Gay & Lesbian Film Festival showcases over 50 films at historic theaters. Check out the info in *Rainbow Handbook Hawaii* by Matthew Link. [www.rainbowhandbook.com](http://www.rainbowhandbook.com).

#### BODY AND SOUL

What do Julia Roberts and J-Lo do to relax? They head to Ihla Grande, a small island about three hours south of Rio, in the Brazilian Rainforest.

Two years ago, partners Michael Mitchell and Aidan Boyle created Body and Soul Adventures, a spin-off of the famous Ashram Spa in California, designed to "nourish you physically, emotionally and spiritually."

How do they do it? Mitchell and Aidan have put together a getaway program, for just 16 guests at a time, that includes a daily regimen of kayaking, yoga, rain-forest hiking and swimming as well as tennis and volleyball. There is also an exquisite nutritionally balanced 1,200 calorie-a-day diet of raw fruits, fish, soup and salad, salad, salad. Throw in a daily massage and a guaranteed hammock when the sun goes down and you realize it's the ultimate solution to unknot that raveled brow.

Ihla Grande has 106 pristine beaches acres of Brazilian rainforest and ocean views all around. Log on to [www.bodysouladventures.com](http://www.bodysouladventures.com) for more information on this perfect retreat.