

DETAILS



**WHY IT'S
OKAY TO
STARE
AT FAT
PEOPLE**

**THE HIP-HOP
STAR AND
HIS \$30 MILLION
COKE BINGE**

63

**SIGNS THAT
YOU'RE A
GIANT TOOL**

**THE WORLD'S
GREATEST
PLAYBOY CON MAN**

**THE BEST
BEERS
IN A CAN**

**ARE YOU IN A
CAREER COMA?**

**KILLER
ORGASM
DYING IN
PURSUIT OF
PLEASURE**

**FASHION
SPECIAL
FINDING THE
PERFECT SUIT**

**CLIVE OWEN
LIGHTENS UP. FINALLY.**



[THE GETAWAY]

Vacations That Require You to Break a Sweat

A week at the beach sure seems ideal—until boredom sets in with that third margarita. Instead of zoning out completely, why not plan an escape with the sort of heart-pumping excitement that you last experienced as a Boy Scout? Don't worry: For every daylong hike, there's a 90-minute massage waiting back at base camp. After all, you're still on vacation. *David Kaufman*



1 Canada

The snow may be a few months away in most places, but the glaciers remain frozen year-round in the Canadian Rockies, where heli-hiking replaces heli-skiing in warmer months. Reached via chopper, the base for your three-day trek is the Bobbie Burns Lodge—home to the region's best-stocked wine cellar. Your tools—besides courage—include the zip lines, footbridges, and iron axes needed to reach your 10,000-foot date with destiny. (800-661-0252; canadianmountainholidays.com; \$2,888 per person)



2 Brazil

Just 15 years ago, Brazil's Ilha Grande was a penal colony, peopled with hard-core convicts, a few fishermen, and not much else. With the criminals gone, this car-free island 100 miles from Rio de Janeiro now beckons tough souls to the Alpha Adventure experience: an aggro-sounding, weeklong guy retreat that pairs testosterone-spiking activities (rappelling, machete-hacking) with more refined male pursuits like yoga and samba lessons. (55 21 9925 9756; thislandexperience.com; \$2,100 per person)



3 Portugal

With nearly 500 miles of Atlantic coastline and countless reefs, Portugal offers some of the best surfing in Europe, for novices and aces alike. At Nomad Surfers' one- and two-week camps in southern Algarve, near Praia de Amado, you get instruction and gear plus chilled-out yoga lessons, Latin-inspired meals from the organic garden, and beer-fueled late nights with your fellow boho beach bums. (34 971 31 17 17; nomadsurfers.com; from \$700 a week with double occupancy)



4 Tanzania

Horseback riding may not sound arduous, but what could be more full-throttle than exploring Tanzania's 350,000-square-acre Singita Grumeti Reserve in a saddle instead of a Jeep? Four-night convoys—six riders max—cover some 25 miles at a clip, passing herds of giraffes, zebras, and wildebeests. You overnight at Faru Faru, a modernist bush retreat with wooden terraces, an al fresco restaurant, and dual infinity-edge swimming pools. (27 21 683 3424; singita.com; \$5,790 per person)



5 The Maldives

More than 20 hours by plane from the United States, the Maldives have always been a tough sell. But the new 142-villa Shangri-La Villingili Resort eliminates the sense of remoteness, offering boat rides to a causeway that connects five nearby islands to form a 12-mile biking and hiking path for visiting the villages along the coasts. Back at the resort, your villa's plunge pool soaks away any muscle exhaustion. (866-565-5050; shangri-la.com/maldives; from \$860 a night with double occupancy)

