

7 Ultimate Vacations For Every Kind of Adventurer

Whatever you seek—thrilling adventures, romantic getaways, life-altering escapes—you'll find them on our vacation bucket list.



BY THE EDITORS OF MEN'S HEALTH MAY 24, 2019



Guys, you need a vacation. We know. It sounds ridiculous--as if you needed us to sell you on the joys of warm sunshine, beautiful scenery, and great food. But we wouldn't be telling you this if we didn't feel we had to. American men may excel at many things, but kicking back for extended periods of time isn't one of them. Three out of four civilian workers in America are offered paid vacation days, according to the Bureau of Labor Statistics. But more than half of those workers are leaving some or even all of those days unused--to the tune of 662 million days a year. C'mon, man: You're not doing your body, your career, or yourself any favors.

Just as you need cheat days to achieve difficult goals, you need time off for your health and mojo. This not only recharges you today but could also extend your life tomorrow: Penn State researchers link greater involvement in leisure activities to better overall health later in life. It'll also strip away stress, and you may even return home a more interesting person--exposure to different cultures could increase creativity. What you need is a plan. Where's it going to be? We found the greatest vacations on the planet. Book one and upgrade yourself.

RANCHO LA PUERTA

BEST FOR: BEING PAMPERED

WHERE: TECATE, MEXICO (FLY INTO SAN)

With an organic farm, various swimming pools, miles of hiking trails, and 32 acres of landscaped gardens gracing its 4,000-acre property at the foot of Baja's Mt. Kuchumaa, Rancho La Puerta offers its guests a sun-soaked escape from the daily grind of modern life. On top of 50-plus daily fitness classes--including everything from guided sunrise hikes and trail runs to interval training, weights, and spinning--its weeklong programs (from \$3,700, double occupancy) promise to balance body, mind, and spirit with yoga, meditation, holistic therapies, and even cooking classes. Healthy farm-fresh meals are sourced, whenever possible, from the onsite farm and local organic purveyors to ensure you're filling up on nutritious high-grade fuel. rancholapuerta.com