

Men's Health MAY 2017

Spring Adventure Special!

80 ADRENALINE FUELLED ESCAPADES / ZEN FOR BUSY MEN / DOWNHILL ICE SKATING

MAY 2017 £3.99



Men's Health

SHRED YOUR GUT!

The 10-Minute Workout That Incinerates Kcals

**BEER
KEBABS
TACOS**

11 Unlikely Superfoods



PUMP UP YOUR SALARY!

**SCOTT EASTWOOD
SON OF A GUN** p48

LEAN HARD MUSCLE

One Move, 28 Days, Zero Weights

48

Best Supps For Big Arms

FEEL YOUNG AGAIN!

Instant Age Erasers

DEFEAT STRESS TODAY

"YOU SHOW UP ON TIME AND DO YOUR BEST. IT'S THE EASTWOOD CODE"
SCOTT EASTWOOD, 31

PILLS & THRILLS: HOW SCIENCE IS REWRITING THE SEXUAL RULEBOOK P68

HEAVY METAL

eBook3000.biz

ADRENALINE

MensHealth

YOUR DESTINATION FOR GREATNESS

EDITED BY TED LANE

Around The World In 80 ADVENTURES

We all lead busy lives and precious time off is a chance to rejuvenate. But really, who wants to waste their annual leave juice-fasting on a joyless detox retreat? That's why we've curated the world's most physically and mentally affirming trips for the ultimate hormonal high. Prepare for invigoration

YOUR ESCAPE KEY



SEROTONIN
Harness the feelgood factor and come home with your mood fully replenished



ENDORPHINS
Our sweat-inducing challenges will earn you a natural buzz like no other



OXYTOCIN
Feel the love with couples' destinations miles better than any city break



ADRENALINE
Because nothing makes you feel more alive than being this close to death



TESTOSTERONE
Truly demanding expeditions to pump you up, physically and mentally

TURN OVER
TO FIND YOUR
BESPOKE 2017
POWER TRIP

24-25 Glow All Night

Candlelight? Such a cliché. Blow her mind with an after-dark kayak tour of the Bio Bays north of Grand Cayman, where billions of microscopic plankton radiate an electric blue glow beneath the water. *From £44 sweetspot watersports.com*

Like that? A sunset kayak trip around Rangitoto Island offers the perfect vantage point from which to take in the Auckland region's youngest and largest volcano. *£108 aucklandseakayaks.co.nz*

26-27 World's End Ice Climbing

Make like a Wildling in *Game of Thrones* (albeit with more success) and climb a vast ice wall in Antarctica's frozen valleys. Under the watchful eye of an instructor, of course. *From £5654 polarcruises.com*

Like that? If you want icy breath and burning muscles, you'll find frozen waterfalls in the French Alps. *From £816 responsibletravel.com*

28-29 Ski Fresh Powder In Iraq. Yes, Iraq

High up on Halgurd, there's no sign of the war ravaging the country – only acres of untouched powder, fit for a 10-day skiing expedition. *From £1970 anotherworld adventures.com*

Like that? Too close for comfort to a war zone? Instead, paraglide onto the otherwise inaccessible Alpine snow fields in Les Arcs. *From £94 speedriding-school.com*

30-31 Fat Bike The Fjords

With tyres the size of a small car's, fat bikes allow you to pedal your way – over the course of five glorious days – across a 200km stretch of virgin terrain between the glaciers of Kangerlussuaq and the coastal town of Sisimiut in the Arctic Circle. *£4958 fatbike-greenland.com*

Like that? Pro cyclists do their pre-season prep on the roads of Mallorca; for an even tougher challenge, take your Lycra to the island's superb MTB trails. *From £24 tramuntanatours.com*

32-33 Longwave Action

Chicama on Peru's Pacific coast has iconic status among surfers, for good reason: the unique off-shore geology creates a single, unbroken, mile-long wave. Catch it right and you can ride the crest for a full two and a half minutes. *From EPOA aracari.com*

Like that? So-called 'cold Hawaii', Klitmøller in Denmark is much like regular Hawaii in terms of its high-quality surf spots. Bring thermals. *EPOA coldhawaii.com*

34-35 Ride The World's Highest Railway

That it's about the journey, not the destination is a gap-year platitude, but in this case it's true. This 11-day rail trip from Lhasa in Tibet to Ürümqi, China, takes in the Himalayas, reaching a height of 16,640ft. *From £8050 goldeneagle luxurytrains.com*

Like that? Through mountains, deserts and salt flats, the American railway allows you to appreciate the 3400 miles between California and New York at high velocity. *From £172 dereklow.co*



TAKE THIS YEAR'S SKI TRIP FURTHER OFF-PISTE