

### 3 Destinations and 9 activities For Men Only

Mancations are the male version of the popular “girlfriend getaway” minus the countless hours spent setting up for the perfect Instagram shot. Rony Ortiz, a photographer and student at the University of Houston, views a mancation as an opportunity to meet and greet with nature and oneself.

“I think a lot of men would look for an adventure with some place to explore and get to know yourself better,” shares Ortiz.

He is not alone. The popularity of social media sites has brought a desire for men of all ages to seek the unknown with their friends. In fact, many men already participate in mancations without knowing so. A hike through the local national park, a drink down the pub, a football game and barbecue at home – these are all domestic mancations. Why not take what you already know will be a fantastic time outside of your comfort zone?

“If my friends and I were to go head out on a mancation, I would probably go to the beach or somewhere tropical like Brazil and would definitely rent a place,” says Ortiz. His way of thinking is settled in the notion that sooner or later one must set themselves free from the ordinary.

While the idea may seem farfetched for some men, for Prohotel International this is a perfect opportunity to cater to the least catered audience – men. That is why they put together 3 destination packages for you to choose from. Prohotel International takes you to the depths of the Pico Bonito forest in Honduras to the exuberant culture and untouched beaches found in two different parts of the Dominican Republic. Together or alone these trips will help you recharge until the men meet again for another mancation.

#### The Lodge & Spa at Pico Bonito – La Ceiba, Honduras

At the Lodge & Spa at Pico Bonito, men will have the chance to connect with nature and experience an adrenaline rush compared to nothing you’ve ever felt before.

- **Unbelievable Falls:** This two-for-one adventure trek to Unbelievable Falls will take you through the different ecosystems within the Pico Bonito National Park. It is one of our most popular attractions due to its challenging hike to the fall. Once you reach the fall, you’ll be able to take a plunge. Complete the experience with a Guatusa massage where our experienced masseuses will use a combination of locally grown herbs to soothe your tired feet. The combination of herbs is an ancient mix passed down from mothers to daughters in the local grounds of Honduras. Once you experience it, you will want to know the secret.
- **Whitewater Rafting:** Armed with helmets and life jackets, you and your men will be launched into Rio Cangrejal. Our certified rafting guide will go over the safety procedures to endure the stream’s strength in case you fall over the raft. You will need to give your raft a push or two at the beginning of the trek, but almost immediately you’ll feel the river tugging at the raft. The boulders will have you feeling thankful for the helmet you’re wearing.
- **Manatee Refuge:** We will drive away from the lodge and take a small motorized train to the mouth of Salado River. Once there, you’ll jump on a hand paddle canoe and travel through mangroves until you reach the manatee refuge. You will be left in awe at the sight of these



magnificent mammals of the sea. Consider yourself lucky once you see them as they are in the list of endangered species.



### **Sublime Samana Hotel & Residences – Las Terrenas, Dominican Republic**

This 4-day mancation will take you from your city life to the center of a Caribbean wonderland. The sand will seep through your toes and the blue-tinted beaches will overcome you with peace at first sight.

- **Sport Fishing:** We'll start the adventure by doing a little sport fishing using local techniques. After catching a fish or two, we'll make our way to the hotel's palapa and light a fire. You'll be taught by one of our chefs how to prepare a meal out of the fresh catch you made.
- **El Limon:** The second day at Sublime Samana, we'll take you to "El Limon," a beautiful waterfall found 20 minutes away from Lass Terrenas. Our guides will give you a choice between hiking or horseback riding to the fall. Whichever your choice is, be prepared to get wet prior as you must cross several rivers along the way.
- **Ziplining:** To complete your mancation, we'll take you to the outskirts of the Dominican Republic to prove your courage as you hang in midair. The Ziplining adventure will unite you and your friends in spirit as each of you ziplines above a blanket of trees and plants. Return home with the pleasure of knowing you survived the heights.

### **Casas del XVI – Santo Domingo, Dominican Republic**

To absorb the best of the Dominican Republic, we invite you to customize your own 3-day stay at Casas del XVI with the following activities. The unique setting of the hotel will take you back in time. This will be a perfect destination for men to rediscover the meaning of life.

- **Rum & Cigars:** We'll first take you to the Ron Barcelo Sugar and Rum Experience followed by a tour at Boutique del Fumador. Rum and cigars, what else can you ask for on your first day to the Dominican Republic?
- **Dinner & Show:** On your second day, here, we'll take you out to dinner to one of our most popular restaurants – Plaza España. You will have the opportunity to sightsee the area on the way to the restaurant. After eating, we'll walk through the old city to catch a drink and a local show. You'll be among locals so you'll get the chance to be culturally exposed to the Dominican Republic.
- **Golf Game:** We'll end this mancation with a trip to Las Lagunas Country Club. As one of you strategizes the perfect angle at which the ball will enter one of the eighteen holes, the other men will use this time to catch up with one another. It's a combination of socializing and strategy thinking. You'll leave the golf course feeling fresh with ideas and will return home feeling appreciated and renewed.

