



ADVENTURE IN MALAGA

Sun, sand and tapas, that's what you can expect from a weekend in Malaga. This modern, yet historic city is packed full of majestic wonders that will keep you and your girls entertained all weekend. That's when you aren't taking advantage of it's famous nightlife, of course.

But if you and your hens are the activetype, then the Aventura Amazonia Marbella Treetop Park has a fun treat in store for you. Set near to the beach there are 83 treetop challenges including the Tarzan's Leap, an

surfboard
through the
treetops and 20 ziplines,
the longest of which is 240m
in length. You get three hours
with your ticket to play in the park,
so suit up and let the competition
commence. Aventura Amazonia
Marbella Treetop Park, £19 per
person aventura-amazonia.com

MYSTERIES IN EGYPT

There's a lot to be said about spending your hen night in the wondrous land of pharaohs and pyramids. While much of Egypt is currently a no-go area, Sharm-el-Sheikh is still geared up for tourists. And for those of you who

loved Sherlock Holmes then why not try the tweed deerstalker hat on for size? Murder to Measure is a company specialising in murder mystery plots both in the UK and in various destinations around the globe. Our favourite being Mummy's the Word in Egypt, set in 1919 and featuring ancient curses, priceless artifacts, death and a few camels. But don't worry if you or your ladies aren't the theatrical type as they'll have staff on board to nudge everyone in the right direction. And what's more, there's not even a script in sight. Murder to measure, prices vary murdertomeasure.co.uk

WILD IN ITALY

When it comes to meeting nature head on, there's no better way than to do it on a glamping trip. And there's no better place to glamp than in beautiful Italy. We love the idea of the Mongolian yurts that can be

found in the centre of Tuscany. Here you'll get reacquainted with the countryside whilst immersing yourselves in the local food and wine. You even get your own private shower and a comfy bed so you can happily head out to the local villages during the day to enjoy pasta at its finest.

Agriturismo Fattoria La Prugnola. Prices start from £256 for 2 people per week, goglamping.net

FLIRTY IN AMSTERDAM

If you fancy something a bit cheeky for your do then look no further than a course on seduction in Amsterdam. You and your girls will learn the tricks of the trade that you can take with you to the marriage bed. After two hours you'll all be set loose on the unsuspecting public who are geared up and ready to party in this place most famous for its bustling nightlife. But if you can bring

yourselves to get up the next morning, it's also full of wonderful architecture, stunning art and atmospheric streets where you can while away an afternoon just taking in the stunning scenes.

Amsterdam flirt and seduce workshop, prices vary chillisauce.co.uk

DANCING IN BARCELONA

If there's one thing that a hen do is

all about, it's looking good on the dancefloor. And in the Cosmopolitan city of Barcelona you can do that both through the night and during the long, hot days. From Bollywood to Burlesque, Hip Hop to Pole, the Barcelona Themed Dance Lessons will teach you the moves you've always wanted to learn in just 60 minutes. Obviously you just choose the one, unless of course you fancy following a day of Cheerleading with an afternoon of Flamenco. *Barcelona Themed Dance Lessons, prices vary chillisauce.co.uk*

ACTION IN TOSSA DE MAR

One of the biggest hen trends this year has been 'It's a Knockout', but if you fancy a bit more of a challenge then we've discovered the It's a Knockout/BBQ/Paintball challenge in Tossa De Mar, Spain. Begin your day with a competitive two hour session getting down and dirty, before enjoying a BBQ-filled break. Then for the final challenge head to the woods for an action-packed afternoon of paintballing. This one's not for the fainthearted but is perfect if you're planning a Broomcation (that's a hen & stag trip in one). And what better place to recover than in this beautiful setting - chill out on one of the stunning beaches or relax with a glass of champagne on one of the glass-bottomed boats.

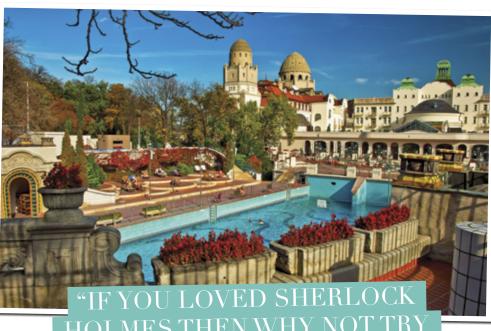
It's a Knockout/BBQ/Paintballing, £58 per person d-aventura.com

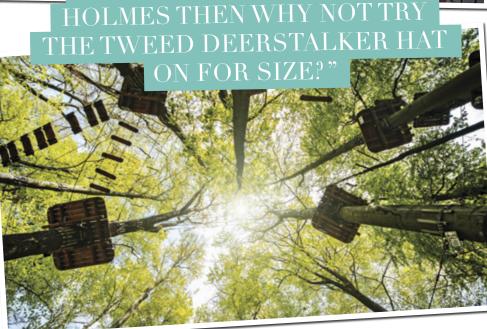
BATHE IN BUDAPEST

If you enjoy the odd trip to the spa, then you'll love the thermal spa hen weekend in Budapest. There are many thermal spas around the city, but one of the best and most popular is the Gellert Spa, which combines beautiful Art Nouveau architecture dating back to 1918. When you're not relaxing in the baths then there's plenty of chances to immerse yourself in the culture and history of this gem of a city, or head to one of the markets, which stand side by side with the huge shopping malls. Whatever you're after, be it traditional folk craft or designer goods, you'll find it in Budapest.

Combine the spa trip with a night on the town and you've got the perfect recipe for an unforgettable hen weekend.

Gellert Spa & thermal bath entry ticket, £15.50 per person *gellertspa.com*





PARTY IN IBIZA

Luxury, VIP treatment and non-stop partying, what more could you ask for from the ultimate hen holiday?

Spending a week getting down and dirty in the party capital may sound like the obvious choice, but when you're staying at what is quite possibly one of the best hotels in the world, your Ibiza part weekend just took on a whole new meaning.

ME Ibiza have just launched their Jet

accommodation ir of their top suites, us showcases beautiviews over the baywell as a private M Yacht experience, I use of ME Ibiza's triboat, VIP entry to exclubs and private at the hotel's restau and rooftop terrace

have private tuition with one of Ibiza's leading yogis to rejuvenate and recover during the day after a night of non-slop partying and access to the luxurious spa and wellness treatments. The Jet ME Package starts from £19,735 per person from London to Ibiza, based on a group of 12. melia.com

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