

# JourneyWoman™

Aug 4, 2022

Dear Goddess,

Every July, another birthday slips by and I am, by society's standards, well into my 'midlife'. The time when I should be winding down. Instead, I'm winding up. And it's all thanks to you.

Never before have I believed so passionately in the transformative power of solo travel as I do now. In a time when many of our rights as women are being diminished, travel is the antidote. Travel reminds us to fight for what we believe and for the things we cherish most — self-expression, independence, freedom and fun.

I will never take travel for granted. The joy of discovering a new culture, the magic of connecting deeply with women, or learning something life-changing about myself is simply irreplaceable. Without travel, we risk losing our spirit of adventure, our curiosity and our sense of wonder. We risk abandoning the opportunity to discover our true selves and learn the truth about our world. I feel most alive when I am in an unknown place — one that stimulates all my senses and reminds me how fortunate I am to be in this place, at this very moment.

This issue examines our desire to live life and travel on our own terms. Not defined by age or ability, but rather in celebration of women who have the courage to create life-affirming and life-defining opportunities through travel.

Thank you for all your positive feedback, and all do to support and empower other women, I am in awe of you. My travels will soon take me to New York, Panama and Colombia — I'd love to spend time with you if you're there.

With gratitude,

*Carolyn*

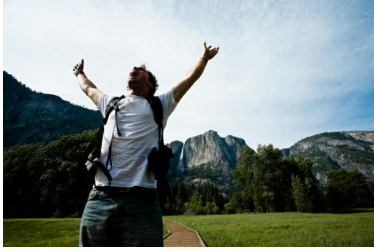
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American Travel Journalists Association (NATJA)

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**See more photos on our [Instagram](#) and [Solo Travel Wisdom Facebook Group](#).**

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## Featured Editorial: Solo Travel on Your Terms



**Solo Travel On Your Terms: Advice for New Solo Travellers by Carolyn Ray:** We asked experienced solo travellers to give first-time solo travellers their practical advice to take their first step.

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**Reflections from an "Original" Solo Traveller: After Years of Solo Travel, I Finally Landed by Barbara Weibel:** Solo travel rockstar Barbara Weibel reflects on years of traveling the world and her decision to finally settle down in Thailand.

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Share a Travel Tip with the JourneyWoman Community!

[Submit a Tip Here](#)



**Tips for Women Travelling with Hearing Loss by Shari Eberts:** Hearing loss advocate Shari Eberts shares her tips to find the right guide when traveling, resulting in the best experience possible.

[Read more](#)

**7 Tips to Take the First Step into Solo Travel After Loss by Amanda Burgess:** Wisdom from courageous women who have lost a partner to death or divorce, but shook off the fear, doubt, and worry to put themselves first.



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[Read more](#)

We believe all women should have access to solo safety information so we don't charge for our editorial or ask women to pay a membership fee. Help us expand our editorial and grow our team.

**Make a contribution to JourneyWoman here.**



**What to Wear on the Plane for Women Over 80+ by Diana Eden:** Tips for adventurous women over 80 to stay comfortable and stylish on the plane from former costume designer Diana Eden.

[Read more](#)



**Top Travel Tips from July by Breanna Schnurr:** Our roundup of the best travel tips from July from JourneyWoman readers to help ease your travel experience, from safety to planning.

[Read more](#)



**Looking for a women-friendly tour or retreat?**

**Support a woman-owned business when you travel and**

visit our Women's Travel Directory.

## August Events

**PLEASE UPDATE YOUR PROFILE HERE**

We want to get in touch with you when we host local events and meetups. Please complete your profile and let us know what else you're interested in!

- **August 17 Book Club (India):** The Henna Artist by Alka Joshi, August 17, 8 pm ET. [Register here.](#)
- **August 20 Meetup in New York City, Picnic in Central Park.** [Sign up here.](#)
- **August 28 Meetup in Toronto, Photo Walk + Lunch** in the Distillery. [Sign up here.](#)

Missed an event? Subscribe to our YouTube channel.



This is our time! Our Women's Travel Wisdom wellness and travel retreat, co-hosted with Doni Belau of Girls' Guide to Paris, is less than three months away. Sign up now at [womenstravelwisdom.com](http://womenstravelwisdom.com). Don't wait - it will sell out.

