

JourneyWoman™

Dec 1, 2022

Dear Goddess,

I'm writing to you from Prague, a city that has preserved 20 centuries of history in its language, architecture, art and music. For the past week, I've been strolling through the Old Town, marvelling at the incredible Gothic cathedrals and exploring the festive Christmas markets. Here, the past is alive, infusing me with fresh energy to face the future with hope and joy. Being in this iconic city also reminds me how important it is to learn about other cultures and countries to shape our perspective and our role as women in influencing the future. Isn't this why we all travel in the first place, to learn and create positive change?

I know that many of you have concerns about travel and I want to help you prepare for the future. By living and working in Europe, it's my intention to share my unfiltered first-hand travel experiences with you, as I know many women are planning travel here in 2023. I believe strongly that as a travel writer, I should be on the ground rather than reading news headlines - I call this 'groundtruthing.' So far, my travels from London to Paris, Munich and Prague have reaffirmed the resiliency of people and communities. Tomorrow, I am starting my first river cruise, visiting Christmas markets along the Danube, as a guest of Avalon Waterways. Afterwards, my daughter Alyx is meeting me in Vienna and Budapest for an early Christmas. These experiences have shown me the power of saying yes to the unexpected and trusting the universe (not to mention the joy of train travel and packing for three months in a small bag!) I can't wait to share them with you in our 2023 editorial!

This year's final newsletter is dedicated to you, the passionate, always 'one-step-ahead' women of JourneyWoman. It features some of our most popular articles of 2022, and in a year where we published over 180 articles, it was hard to choose! These all celebrate the wisdom and humour of women over 50, right up into our 90s. Thank you to our regular contributors, our guest writers and everyone who took the time to share a travel tip or a suggestion with over 60,000 JourneyWoman readers around the world. Thank you for continuing to recommend and share JourneyWoman with other women who love travel. Thank you for participating in our social forums, events and meetups. Thank you for welcoming and supporting me, through what has been a very challenging three years! YOU are what makes JourneyWoman so very special.

Travel safely,

Carolyn

Carolyn Ray, CEO/Editor, JourneyWoman, editor@journeywoman.com,

See more photos on our [Instagram](#) and connect to women on our private [Solo Travel Wisdom Facebook Group](#).

Featured Editorial: The Best of 2022



What Life in Mexico Taught Me About Trust, Joy, and Gratitude During the Pandemic by Carolyn Ray: When Carolyn left Canada to live in Mexico for three months, she discovered the best of San Miguel de Allende, Merida and Oaxaca.

[Read more](#)



Solo Travel Tips for Women Over 50 by Sue Janzen: Sue shares five inspiring lessons learned over the past decade of solo travel, with practical tips and advice to help women step out of our comfort zone.

[Read more](#)



Five Things Women Over 65 Know that Make Them Ageless by Amanda Burgess: Overlooked or misrepresented by media and even the travel industry their dollars should command, these age-defying women blaze their own trail and hope the rest of the world catches up to them.

[Read more](#)



When A Three-Day Trip to Iceland Turns Into a Whirlwind by Diana Eden: Diana shares her tips to help you deal with the unexpected, be flexible and keep your sense of humour while travelling.

[Read more](#)



Solo Travel Rockstars Over 50 by Carolyn Ray: Meet 10 kickass women bloggers over 50 who share how they travel, where they travel and what they love most about being older and wiser.

[Read more](#)



Eco-Friendly Packing Tips by Marin Scotten: Take your packing to the next level with environmentally friendly products from conservation expert Nora Livingstone.

[Read more](#)

2023 is our 29th anniversary in service to mature women. We believe all women should have access to solo safety information so our editorial is open to everyone. In return, we ask you to **please share a travel tip** or to support us by making a contribution to JourneyWoman **here**.

Share JourneyWoman with a friend!

December Events: Sign up now!

We've changed our event registration process

Goodbye Eventbrite! After a year of testing Eventbrite, based on your feedback, we've simply decided it's not for us. Going forward we're using direct Zoom links for registration.

- December 1: December Community Call, 7 pm ET
- December 15: JourneyWoman Holiday Social, 6 pm ET
- January 18: January Book Club, 8 pm ET

Get details on all of our events here



Listen to the "Soul of Travel: Women Influencing Change" Podcast

I'm honoured to be featured on the award-winning Soul of Travel podcast with Christine Winebrenner talking about the power of women over 50 and our incredible community of adventurous women at JourneyWoman. The episode is called "Empowering Women to Solo Travel with Carolyn Ray". [You can listen to it here!](#)

ARE YOU ON OUR SOCIAL CHANNELS?



Join almost 6,000 women on the [JourneyWoman Travel Group on Facebook](#).

You have signed up to receive emails from the JourneyWoman Community. Thank you!