



July 7, 2021 Love Issue, No.13

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Dear Superstar,

I've just returned from my first road trip in almost nine months and I think I'm in shock. First, at how incredible it felt to finally leave my 600 square foot apartment and be in the wilds of Canada's Algonquin Park, and secondly, how much I forgot about packing! I'm definitely going to have to step it up!

In this issue, we continue our exploration of the top seven Once-in-a-Lifetime travel experiences, with a double-header featuring the Canadian Rockies and the Camino de Santiago pilgrimage. We have three more Once-in-a-Lifetime virtual sessions that you can participate in, including the Antarctic this Thursday, followed by Machu Picchu and Bali. Register **here** if you'd like to join! To watch all the sessions, subscribe to our JourneyWoman YouTube channel **here**.

I've had many emails from women looking for women to travel with. In response to this, we're building a brand new Community Forum on our website to allow you to connect privately and securely. We are doing final testing on the verification process to make sure everything works. Fingers crossed, it should be ready for you this month!

Our little team has been working on some other exciting things to help you prepare for future travel - I can't wait to share them with you! Thank you for recommending JourneyWoman to other women, and for sharing your tips, ideas and advice!

Warmly,

Carolyn

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JourneyWoman™: Inspiring women to travel safely since 1994

Embracing Adventure in its Many Forms

In every issue of JourneyWoman Magazine, we bring you brand new, original content to keep you inspired about travel.

"If someone tells you that you are too old or it's too scary out there on your own, well...you won't know until you try. Big girl panties – put them on and carry on! You are stronger and wiser than you think!" - Marion Broverman, JourneyWoman and our Facebook Group moderator!



Seeking Adventure and Connection? The Majestic Canadian Rockies Beckon by Amanda Burgess: If you've thought about exploring the lakes, mountains and glaciers of the Canadian Rockies, these stories and tips might help you take that first step.

[Read More!](#)



Journeys of the Heart: Women Share Stories of Walking the Camino by Amanda Burgess: Women share inspiring stories of walking the Camino de Santiago, the people they encountered along the way, and how the experience changed their lives.

[Read More!](#)



Hiking the Plain of the Six Glaciers Trail in the Canadian Rockies by Linda Barnard: Fifty-one years after her first visit, guest writer Linda Barnard hikes the stunning Plain of the Six Glaciers Trail near Banff, Alberta in the Canadian Rockies.

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Margaret's Travel Treats: Films for a Curious Mind curated by Carolyn Ray: From Michael Palin's Sahara to Monty Don's Paradise Gardens to Joanna Lumley's Northern Lights, we've got a fresh selection of documentaries to ease your border blues, shared by JourneyWoman Margaret Byrne in Australia.

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JourneyWoman Book Club Updates: Best Books of 2021 by Carolyn Ray: Based on your recommendations, we've chosen our books for the rest of the year! We also have a brand new Once-in-a-Lifetime Book Box featuring books about the Camino de Santiago, Antarctica and Africa plus some special goodies! Don't miss our next book club meeting on July 21 (Corfu), even if you haven't read the book!

[Read More!](#)



Tips to Travel Spain Like a Local: What to Know Before You Go by Regina Winkle-Bryan: Guest contributor Regina Winkle-Bryan, Founder, Bold Spirit Travel, shares her top travel tips to help you sip, tip and explore Spain like a local, whether you're walking the Camino or enjoying urban areas. (Sponsored)

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VISIT OUR [WOMEN'S TRAVEL DIRECTORY](#) FOR WOMEN-FRIENDLY, SMALL GROUP TOURS

Do yourself a favour and check out these tours!

Slow travel — art — writing — adventures — wellness — and more!
Welcome to Talysay Tours, Adventures in Good Company and The Ultimate Retreat Company!



JOURNEYWOMAN VERIFIED TOURS

FEATURED TOUR: JOURNEY THE CAMINO AND WANDER ON TO THE SEA

Join Adventures in Good Company for two fantastic getaways specifically for women seeking a combination of challenge, camaraderie, and cultural exploration. Our small group getaways encourage women of all ages and life stages to (re)connect with their adventurous selves, other women and cultures, and the natural world.

On the traditional pilgrimage route walk hotel to hotel, gain the satisfaction of covering the entire distance on foot. [On the Camino de Santiago](#) you hike the last 62 miles, exploring Camino traditions and enjoying lovely Spanish hospitality. Any pilgrimage can be an intensely personal experience and traveling with a small group is an ideal way to take on the journey.

The official Camino ends in Santiago, but tradition tells of a route west which walkers have re-discovered to continue their Camino expedition or to explore the stunning coast of Galicia. After Santiago the feeling of the trail changes with fewer pilgrims, and smaller villages. Travelers walk the [Camino to the Sea](#) not focused on reaching the big destination, but on the joy of walking and the authentic experience of enjoying the local culture. Call Stephanie at 970-833-3132 or 1-877-439-4042 or reach out by email: info@goodadventure.com.



FEATURED TOUR: CAMINO DE SANTIAGO - THE PORTUGUESE WAY

Are you ready for both self-discovery and being immersed in nature this fall? Girls Guide to Paris just added an exciting new adventure to our list of tours, the Camino de Santiago walk in Spain. For over a thousand years, pilgrims have traversed The Camino de Santiago. Follow in their footsteps as you spend 10 days in Northern Spain. Walking the Camino is said to change you in little and big ways forever. If you have never heard of this pilgrimage, it should be on your bucket list of to-do's as this is the ultimate journey with a purpose. Many people use it as a way to disconnect from daily stress, to push themselves out of their comfort zone or to become more intimate with their own soul. This Camino is not a race. This is a slower-paced more relaxing experience where we average about 17 kilometers (10.5 miles) per day and cover a total of 115 kilometers (71 miles). Contact Doni at Girls Guide to Paris and learn more [here](#).

Do you know a woman who loves to travel? Subscribe her to our emails and we'll plant a tree for her with Tree Sisters!

Subscribe a JourneyWoman to Our Newsletter!

HAVE YOU MISSED A FEW ISSUES OF JOURNEYWOMAN MAGAZINE?
Good news: we now have an archive of previous issues [here](#).

ARE YOU ON OUR PRIVATE FACEBOOK GROUP? Join over 2,700 women on the [JourneyWoman Women's Travel Group on Facebook](#).

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

