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March 2021, No. 5

Mar 10, 2021

Dear JourneyWoman,

One year ago, I was in a remote part of Cuba as a guest of the Cuba Tourism Board. My view was picture-postcard perfect, stunning blue skies and turquoise waters. Then our world changed forever.

When I got home from that trip on March 14, I wrote: "Regardless of where we are, we are going through a shared experience, one that will change our world forever. It will change how we think about travel, safety, our health, and about what really matters. But I have hope - hope we will care more for each other, be more appreciative of our differences and the things that connect us. Nothing will ever return to what was, but perhaps we can become better versions of ourselves, knowing we are all connected. This is our time to find out."

I don't think any of us ever imagined what would happen next, although we did have our predictions about the future of travel. It has been a year like no other, but I am grateful for this community of women, who have supported each other in ways I never dreamed of. I think we are stronger now than we were before. More connected. More generous. Aware. Powerful. I believe we will re-enter travel more intentional, more focused and more determined than ever to help other women and do better for our world. What lessons have you learned?

Please, take care of you, and reach out if you need anything at all.

Carolyn

*PS: Speaking of changes in travel, I hope you can join our [Travel Lifestyle](#) discussion this Thursday at 4 pm EST, where I'm talking with Nora Dunn, [The Professional Hobo](#), about how to travel on a budget, volunteering and tips on places to stay!*

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*JourneyWoman™: Inspiring women to travel since 1994*

## Let's get outside - Walk, Hike and Explore!

This month's Growth issue inspires us with stories of women who show us how to get outside our comfort zone. For Pandora, that's hiking Ireland's 214-km Kerry Way. For Jennifer, that's climbing Mount Everest after a MS diagnosis. Or, it could be reading Kate Harris' book on biking the Silk Road. What does adventure mean to you? Share your thoughts in this [survey](#), which will help us develop relevant editorial just for you.



### **Best Trails in Canada for Women Hikers by Amanda**

**Burgess:** One thing we've learned during the pandemic is how mind clearing and spirit cleansing a long walk can be. There's little wonder, then, that women have been hitting the trails in record numbers. Canada's vast and wild topography offers hikers of all levels a dizzying array of experiences and landscapes to explore – from wilderness trails like New Brunswick's Fundy Footpath, to picturesque cycling trails like Prince Edward Island's Confederation Trail, to beautiful urban trails like Vancouver's Stanley Park. *(Next issue, we're featuring US trails!)*

[Read More!](#)



**Lessons from My Mother With Evelyn's Daughter, Leslie Ehm by Carolyn Ray:** We speak with the daughter of JourneyWoman Founder Evelyn Hannon about the lessons she learned from her mom, who passed away two years ago. Leslie has just published her first book, *Swagger*, which is all about embracing your authentic self. With Evelyn's birthday coming up on March 15, we honour her legacy through Leslie's eyes in this heartwarming interview with Carolyn Ray, JourneyWoman Publisher. *(Spoiler alert: There are tears)!*

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**Changing - And Owning - Your Story After a MS Diagnosis by Amanda Burgess:** The incredible story of adventurer Jennifer Haddow, who didn't let a Multiple Sclerosis diagnosis stop her from trekking to Everest base camp. "My story changed in that moment," she says. "I wasn't a sick person. I was a bad ass. I was strong. I was standing looking at the top of Mount Everest and *I got myself there.*" she says.

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**JourneyWoman Book Club: Our April book is Kate Harris' "Land of Lost Borders: A Journey on the Silk Road" by Carolyn Ray:** Your book club co-hosts, Wendy and Carolyn, invite you to join us on April 21 at 8 pm EST to discuss Kate's journey on her bike along the ancient trade route linking China with the West, including countries such as Kazakhstan, Kyrgyzstan, Uzbekistan, Tajikistan, and Turkmenistan. This book chronicles Harris' odyssey and explores the importance of breaking boundaries we set for ourselves, and our existential need to explore.

[Read More!](#)



### **Hiking Ireland's Kerry Way Solo by Guest Writer Pandora**

**Domeyko:** The Kerry Way is a 214-km circular hike that begins and ends in Killarney, Ireland and takes eight to 10 days to complete. It was just the challenge guest writer

Pandora Domeyko, who hadn't hiked in years, needed. In this inspirational article, Pandora shows us that a solo traveller's journey starts with that first step.

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### **Women Walking with Elephants in Cambodia by Guest**

**Writer Carol Moore-Ede:** An elephant experience is often high on travellers' bucket lists. Growth comes from expanding your compassion, knowledge of the species, and understanding of the threat to its future existence. In honour of World Wildlife Day on March 3, Carol Moore-Ede shows us how Cambodia's Elephant Valley Project ticks all the right boxes.

[Read More!](#)



### **Get Your Groove Back in Ireland with Her Irish Road**

**Trip:** Join a small, adventurous group of women, ages 40+, discovering Ireland, on and off the beaten path. Ireland will charm and inspire you with music, beautiful scenery, history, and lovely people. Our two 10-day tours, JULY 3-13, 2021 and MAY 19-29 2022, include a tea party, consciousness-raising groups, shopping spree and spa day all rolled into one! Join with a friend or solo. Single supplements and roommate-matching are available. Bring your millennial daughter! Due to the pandemic, all deposits and final payments are fully refundable for any reason before the trip. *(Sponsored)*

[Read More!](#)

**Upcoming Events + Community Calls**

## **JourneyWoman #TravelReady Events: Preparing for Future Travel**

All of our events are free. If you'd like to host one please let me know!  
EVENTS Calendar [HERE](#). Have feedback to share? Do it [here](#).

- **March 11: Finding Freedom: Designing Your Travel Lifestyle.** Register [here](#).
- **March 14, 3 pm EST: Set Your Intention for Future Travel:** Join Amanda to visualize, plan and manifest your travel dreams. Sign up [here](#).
- **March 17: JourneyWoman Book Club: Nervous Conditions.** Register [here](#).
- **March 30: Solo Travel Wisdom: Growth.** Register [here](#)
- **April 22: JourneyWoman Anniversary Celebration + Earth Day.** Register [here](#).

### **MISSED A SESSION? WATCH IT HERE**

- **Jan 26: [Solo Travel Wisdom](#)** talk show featuring three adventurous solo travellers
- **Feb 4: [Downsizing for Travel](#)** with Downsizing Diva Karen Shinn

**JOURNEYWOMAN COMMUNITY CALLS:** Connect with other women on our JW Community Calls: East Coast every Friday at 10 am ET with Carolyn + Amanda, plus our monthly West Coast call with Marilee. Learn more [here](#). We're also looking for women who want to host calls. Email [editor@journeywoman.com](mailto:editor@journeywoman.com) for more information.

**CALLING ALL AUTHORS:** Have you published a travel memoir or book? Email [editor@journeywoman.com](mailto:editor@journeywoman.com) to be featured in our new series on women's travel books.

*All of our events are free, but we've adopted a Pay-What-You-Can Model to donate proceeds to non-profit organizations chosen by our speakers. You can read more about this [HERE](#).*

If you can't attend an event live, watch them afterwards on our website [HERE](#) or our [YouTube channel](#).

**SURVEY REQUEST: Are you a caregiver, family or friend for another adult living in a nursing home currently, or potentially within the next 2 -3 years?** Our friends Angela and Dawn at Nest and Rest would appreciate your feedback on a new product they have developed. It's a subscription box designed to preserve a sense of purpose and feeling of home for seniors living in a nursing home. Our kits also provide caregivers peace of mind and a way to engage with their loved one when they visit. If you're interested in helping Angela and Dawn gauge interest and overall appeal in this product, you can complete the survey by March 31 [HERE](#).

We list women-friendly tour companies in our [Women's Travel Directory](#). By joining our Directory, you have access to a global group of tour operators who share ideas and resources in support of safer travel for women. Learn more [HERE](#).

If you'd like to discuss a brand partnership for 2021, please **email** [info@journeywoman.com](mailto:info@journeywoman.com).

**Do you know a woman who loves to travel? Invite her to subscribe to our free magazine! We plant a tree with Tree Sisters for every new subscriber.**

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