



Dear Goddess,

As we look towards the future, wanderers the world over want to do travel differently. As women, we have an opportunity to lead this movement to a more conscious way of travel by recasting many practices that were damaging to the earth, its creatures, and communities. We also have an opportunity to recast where, how, and why we travel.

Refocusing our site on more sustainable ways to travel

As you may have noticed, we've been improving our website to make things easier to find. This week, we added new drop-down menus to our Tips and Features sections, which now include sections on Sustainable Travel, Wellness Travel and Budget Travel. If you have travel tips or would like to write about any of these topics, reach out!

Introducing our new Travel Resources Section

We've created a new navigation tab called "**Resources**". This includes curated sections on Safety, getting TravelReady, our Indigenous resource centre, and Books and Films to inspire travel. There is also a brand new section on Slow Travel to give you some thought starters about how to plan your travel differently. Sustainable and Wellness Travel will soon follow!

Slow travel isn't new to us, and it doesn't necessarily mean longer trips, it means immersing yourself more deeply in one place by focusing deeply on something that you love. As Slow Travel pioneer Pauline Kenny said in our April 2021 Slow Travel issue: *"It's easier to stay longer in places, and definitely cheaper – you have the ability to settle in well. Fast travel is the young person's game. It seems to me as women get older, they slow it down. I'm not seeing a lack of energy or enthusiasm – they simply want to experience something more."*

With that in mind, our new **Slow Travel Resource** hub includes articles on

- **Slow travel inspiration**
- **Less-travelled places**
- **Female-friendly accommodations**
- **Travel tips**
- **Slow travel group tours**

I hope you enjoy the changes we're making to help you return to travel with confidence and enthusiasm.

Visit our Slow Travel Resource Centre

Curated Slow Travel Tours in France

Provence Lifestyle and Photography Tour with Raina Stinson in September 2022



Discover the hidden treasures of Provence through a slow travel and contemplative photography experience from September 1-7, 2022

Have you ever dreamt of spending time in a centuries-old stone house in the south of France surrounded by vineyards, eating dinners by candelabra after taking in the breathtaking southern France scenery? Would you like to slow down and experience the beauty and tranquility of the authentic Provençal lifestyle, while learning a new way to experience and document your travels with fresh eyes? Then this workshop is for you!

Join American Raina Stinson for an all-inclusive itinerary that includes photography instruction (all levels welcome.) We will spend time in serene landscapes, quaint villages, enjoy beautifully prepared dinners and shopping at a famous antique market with gorgeous French linens, old candlesticks, exquisite jewelry, and other French wares.

Accommodation will be in a **private country hamlet** (yes, a hamlet!), surrounded by vineyards with spectacular views. It is a perfect location where you can unwind after a day's explorations in the nearby villages.

[Find out more!](#)

Fortified Gascony in the Gers with French Country Adventures (June, July or September)



A Medieval Village, Wine and Armagnac Adventure

Gascony is bordered on the west by the Atlantic Ocean, the east by Toulouse, the north by Bordeaux and the south by the Pyrenees Mountains. The heart of this land lies in the Gers department, possibly the most beautiful nowhere you'll ever see.

During the summer months, white clouds languish in the blue skies above rows of golden sunflowers, and emerald green vineyards that stretch to the horizon. The Gers is the perfect place to experience a taste of tradition imbued with modern sensibilities.

Since the love of good food and community is at the heart of French village life, there is no better way to step into the rhythm of a country day than through the marketplace where locals gather to shop and share stories. There are farmers' markets every day of the week in different villages offering dazzling displays of seasonal produce and tantalizing delicacies for us to choose from.

We'll visit family-run wineries that preserve their connection to the land to learn the fine points of local varietals for a better understanding of how winemaking is central to this region's way of life. We'll tour Armagnac distilleries, France's oldest brandy, made and enjoyed since the fourteenth century. We'll wander through medieval villages steeped in history, take photographs, enjoy coffee and croissants in local cafes, and take lunch at charming restaurants offering outstanding rural, yet innovative cuisine.

Sometimes we'll go to night markets, other times to antique or pottery markets. We'll join in festivals and visit artists' studios, and we may even enjoy a pastry class or learn the ancient art of bleu de pastel fabric dyeing.

Most importantly, we will honor the serendipity of interesting experiences along the way and respect everyone's individual pace and need for personal time.

June 20-29, 2022

July 4-13, 2022

July 18-27, 2022

September 2-11, 2022

These are small group tours for no more than 6 people.

[Find out more!](#)

[See more slow travel tours](#)

Our Women's Travel Wisdom Retreat is only a few months away!



Do you want to relax, practice self-care and restore and rejuvenate your body? Do it with other like-minded women at our first **women's wellness retreat in Northern California in October 2022**. It's only **FIVE months** away, and we'll be closing registration soon. If you're even a little curious about it please reach out so we can hold a space for you.