

JourneyWoman™

May 2021, No. 10

May 19, 2021

Dear JourneyWoman,

How are you? Oh my goodness - thank you to each and every one of you who referred JourneyWoman to a woman you know. Since our last newsletter went out, hundreds of women have joined our mailing list and our [Facebook Group](#) - not just from Canada and the US, but also from Australia, New Zealand, India, Ecuador and Mexico. I look forward to sharing your juicy travel tips with everyone in the months to come. (*hint, hint!*)

You never know where a dream might lead. Over the past year, I put many of my travel dreams on hold, but now, I'm ready to explore new places with fresh eyes. From our **Travel Dreams** survey, it looks like you are too! Thanks to you, we have so much to write about that I've decided to focus our June editorial on helping you realize your once-in-a-lifetime travel experiences with tips, stories and more!

I was thrilled that you loved Amanda's article "**5 Things Women 65+ Know that Make Them Ageless**", which features courageous women who don't let age slow them down. Thank you to Joy, Barbara, Margaret, Wendy, Marilee, Marti, Dee and Shakun for sharing their wisdom and to everyone who commented. You are all incredible! I also want to thank Nora Livingstone for her expert tips on the 'old and new ways' to choose ethical animal experiences at last week's webinar. Nora always reminds me that whether we're travelling at home or abroad, we can make good decisions about how we interact with wildlife.

As I mentioned before, I'm pausing our #TravelReady and Solo Travel Wisdom events for a few weeks to focus our small team on improving our website. I've just updated our **COVID Travel Resource Centre**, and will be adding more new resources soon to help you travel safely and well. If you have other ideas, please let me know (my number is below!) This is all for you!

Take care, keep dreaming big and bold, and be safe,

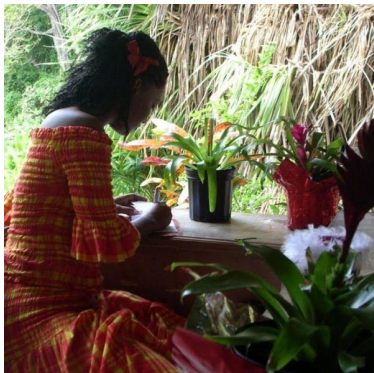
Carolyn

Carolyn Ray, Publisher + Editor-in-Chief, JourneyWoman
Member, Society of American Travel Writers (SATW) + Travel Media Association of Canada (TMAC)
editor@journeywoman.com 437.688.TRVL (8785)

Curiosity: Inspiring Your Dreams

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

"You are never too old to set another goal or to dream a new dream." - **C.S. Lewis**



Journeys of the Heart: Four Women Share their 'Once-in-a-Lifetime' Travel Experiences by Amanda Burgess:

Once-in-a-lifetime travel isn't just about the destination, it's also about adventure, learning, and journeys of the heart. In this moving feature, Carol, Janet, Linda and Alison share the experiences that changed their lives forever.

[Read More!](#)



23 Women Whose Memoirs Will Inspire Your Travel

Dreams by Carolyn Ray: Dervla Murphy, Mary Morris, Dame Freya Stark and Cheryl Strayed might already be on your reading list, but we made some new discoveries courtesy of our JourneyWoman book club members that might pique your interest and stimulate new adventures.

[Read More!](#)



Places to Dream About: Top 10+ Reader Tips for May 2021 by Carolyn Ray:

Travel tips are a wonderful way to stimulate new ideas about new places! May's travel tips from women around the world include female-friendly advice to inspire future travel dreams to places like Alberta, Ecuador, Armenia and more! Have one to share? Send it in and you may help another woman realize her dreams!

[Read More!](#)



Essential Road Trip Packing Tips in the COVID Era by Amanda Burgess: With so many of us planning to travel within our own countries this summer, we've updated our women-tested packing tips to help you plan and pack for your road trip in the COVID era, including food, camping (or glamping) and safety tips.

[Read More!](#)



Our June book club selection is "An Embarrassment of Mangoes" by Ann Vanderhoof: Who hasn't fantasized about chucking the job, saying goodbye to the rat race, and escaping to some exotic destination in search of sun, sand, and a different way of life? An Embarrassment of Mangoes is a delicious chronicle of leaving the type-A lifestyle behind -- and discovering the seductive secrets of life in the Caribbean.

[Read More!](#)



Pique your Curiosity with these Virtual Seminars on Art, History and Gardens: Fancy a stroll through Monet's garden in Giverny, the bewitching landscape of the Scottish Borders or a walk along the Inca Trail? These JourneyWoman-recommended virtual seminars from Context Travel are sure to stimulate your curiosity.

[Read More!](#)

**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 our new partners since our last issue: Wild Women Adventures and Sacred Earth Journeys! We'll be featuring Once-in-a-Lifetime + Luxury Tours to stimulate your imagination

throughout May and June!



FEATURED TOUR: GET OFF THE BEATEN TRACK IN MEXICO

One of the best ways to discover a culture is through its cuisine. This fall, Girls Guide to Paris heads to Michoacan, Mexico, off the beaten tourist track, to study cooking, cuisine and culture. There are many indigenous peoples in Mexico which have greatly influenced both the local cuisine and customs. We'll visit the indigenous Purépecha town, whose custom of bartering for handmade crafts goes back nearly 500 years plus we'll explore pre-Columbian town of Tzintzuntzan to visit their most unusual pyramids once used for important ceremonies. Traveling with a renowned female Mexican Chef will open many doors for us. Prepare to be thrilled. Save \$350 if you mention the code #JourneyWomanMexico. To learn more visit [Girls Guide to Paris](#). *(Sponsored)*





FEATURED TOUR: LA DOLCE VITA: THE SWEET LIFE OF MYTHIC ITALY WITH PHIL COUSINEAU

Sacred Earth Journeys invites you on a mythic adventure through one of the most artistic cultures in the world, where we will visit great art masterpieces, brilliant public architecture, artisans' studios and workshops, the Venice archipelago, Northern Italian hilltop villages, and the medieval cities of Rome, Assisi, Florence, and Parma. Led by author, mythologist and veteran tour leader Phil Cousineau, our journey will be framed by daily discussions of "The Great Beauty" that is at the heart of Italian culture, in its myths, art, literature, fashion, and crafts. You will become a cultural time traveller on a quest for la dolce vita, the sweet life. Limited space left ~ join us! Learn more [here](#). *(Sponsored)*

GET TRAVELREADY WITH DR. NEKESSA REMY

JourneyWoman Advisory Council member Dr. Nekessa Remy is offering the "Better Posture Program", an interactive online course to help you alleviate the aches and pains of sitting for long periods. It will focus on various strengthening, stretching, and exercise techniques that will ultimately help you to sit taller and feel less pain. The summer program begins June 22 and runs for just 5 weeks (space is limited). **As a special offer for Journey Women, use promo code JOURNEY to save \$50 until the end of May. Click [HERE](#) to sign up or get more information.** *(Sponsored)*

Upcoming Events + Community Calls

JourneyWoman Virtual Events: Preparing for Future Travel

If you can't attend an event live and want to catch up, subscribe to our [YouTube channel](#).

Starting June 1, we will be using Eventbrite for event registration.

- **Community Call: Every Friday: May 21, 28** at 10 am EDT: [East Coast Community Call](#), hosted by Carolyn and Amanda
- **Wednesday, May 19, 8 pm EDT: Book Club: Morocco to Timbuktu by Alice Morrison**, hosted by Carolyn and Wendy

In June, our monthly Book Club and Community Calls will continue, but we will be taking a pause on our TravelReady, Solo Travel Wisdom and Travel Vision events.

*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](#).*

**WEBINAR: Turning Travel Fear into Fun
Thursday, May 20, 8 pm EDT**

Sometimes fear can stop us from realizing our dreams. After this past year, many of us are feeling traumatized. *When will it be “safe” to travel again? How can possibly I deal with my anxiety?* Join Doni Belau from Girls Guide to Paris and an all-women panel including therapist Mary Beth Metelski, Carolyn Ray from JourneyWoman, Debbie Phillips from Women on Fire, Janice Waugh from Solo Traveler and Kelly Lewis from Damesly. To register please click [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 2,500 women on the [JourneyWoman Women's Travel Group on Facebook](#).

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

Getting too much email? Don't unsubscribe - we would miss you! Instead, you can MUTE this email until you're ready to travel again.

[Please Mute Me For Now!](#)

Please use the links below to update your subscriber options, or to unsubscribe from our mailing list. If you do choose to leave our community, please tell us why - you might be surprised to hear what we have planned for you!



20 Gothic Avenue
Suite 602
Toronto Ontario M6P 1T5
CANADA

[Unsubscribe](#) | [Change Subscriber Options](#)