



Dear JourneyWoman,

In our last reader survey, you told us that Slow Travel was your most preferred way to travel. Perhaps this is because the philosophy of slow travel is rooted in connection. Slow travel allows us to connect to people, cultures, and the natural world in a sustainable way. As Slow Travel pioneer Pauline Kenny said in our recent article [Embracing a Slow Travel Mindset](#), "Fast travel is the young person's game. It seems to me as women get older, they do slow it down... they simply want to *experience* something more."

We also know that many of you are considering travel with a tour group when you return to travel. So, it gives us great pleasure to introduce you to a curated selection of slow travel tours from our [Women's Travel Directory](#), which features women-friendly experiences for solo and group travellers for Italy and France. If you're considering a tour, please join us in supporting a woman-owned small business!

Featured Tours



EUROPEAN EXPERIENCES

Slow Travel: Immerse yourself in one of Europe's Most Beautiful Places

Six trips just for women in 2022!

Luberon Dates:

September 18-25 2021

European Xmas November 28-December 10, 2022

Our groups typically enjoy a week in a countryside village or town, in an area rich with scenery, history and culture. Through sharing unique activities, experiences, and meals, our trips feel like traveling with friends. We host trips in several areas of France, Italy and England including our award-winning [Luberon Experience](#) week in Provence and our 12-night [European Christmas Experience](#).

European Experiences founder and owner **Kathy Wood**, a passionate European traveler for 30 years, loves sharing her personal discoveries, and her local friends give our travelers a warm welcome. Groups are small, usually 10 – 14 people, and 65% women. In 2022 we're offering [six special Women's trips](#) in Paris, the Luberon, the Riviera Hillside, Mediterranean Provence, and the Cotswolds.

Email Kathy at: kathy@european-experiences.com

Website: www.european-experiences.com

Facebook: www.facebook.com/European-Experiences-158992528703/

VILLAGE VACATIONS IN ITALY

**Ready, Set, Go to Italy:
The Slow Travel Way 2022**



“This is not a dream.... it’s a dream come true”

A wonderful, very affordable, opportunity for you to spend time in Umbria and Tuscany with everything arranged for you to truly enjoy Italy and all she has to offer.

I am sure that many of you are chomping at the bit, waiting to walk down that jetway again to check off a destination on your “Bucket List” or visit a destination yet to be seen. I am the owner of **Village Vacations in Italy** and specialize in “Unpack Once” tours, with round trip transportation from Leonardo Di Vinci Airport in Rome to your “Home Away from Home’ for the week.

Our daily excursions take you to a different village each day for you to explore and enjoy with your private driver, no need to rent a car or worry about driving. Examples of day trips included a visit to a vineyard, cooking class, spa day where you will melt into the warm thermal baths, Assisi, Deruta where gorgeous hand painted pottery is made, and you will see the process from beginning to end. Make sure to leave room in your luggage for your newly found colorful ceramic treasures. Cortona is known for the book, “Under the Tuscan Sun” written by Frances Mayes, which later became a movie. You might even see her walking the streets of Cortona!

Orvieto is a majestic hilltop town and one of my favorite places to go with her beautiful Duomo and underground city, which is filled with ghosts and stories of medieval times. In September, we offer “Grape Squishing” Lucille Ball style with your feet at a local vineyard. This day is always a big hit with visitors and so much fun. Your face will hurt from laughing so much! In late October you can experience picking olives with the locals and seeing the process of how the olives are pressed into liquid gold at the local Frantolio. If you have never tasted freshly pressed olive oil, you are in for a real treat and your taste buds will be dancing with joy as you sample fresh bruschetta slathered with olive oil from the olives YOU picked!

Whether you are a solo traveler or prefer to travel with a few people or group up to 16 we can put together an itinerary to suit your desires. We also offer Yoga retreats, Creative Writing Tours, Textile Tours, Girlfriend Get-a-Ways, Family Reunions, and Weddings. The options are endless.

Nedra Marie Bottieri: Nedra@VillageVacationsInItaly.com
Village Vacations in Italy www.VillageVacationsInItaly.com
+1.954.661.4622



FRENCH COUNTRY ADVENTURES

See the Other South of France

The art of traveling slowly offers an opportunity to engage deeply, and experience a different way of life, the whole point of travel in the first place.

French Country Adventures offers deluxe, 10-day, slow travel tours through the countryside of Southwest France, to Gascony, the Pays Basque, Occitanie, and beyond, for individuals and small groups, from early spring until late fall.

My personally guided vacations are designed to provide you with an intimate portrait of French rural life. You'll discover unique history, medieval villages, time-honored traditions, rustic gastronomy, regional wines and luscious Armagnac, France's oldest brandy, considered the nectar of the gods.

If you're looking for a simpler, more authentic French holiday, then travel with me through this unspoiled paradise, which has all the charms, but none of the crowds. It will be my pleasure to share with you one of the most appealing, picturesque regions of France.

Sue Aran: sue@frenchcountryadventures.com

Website: www.frenchcountryadventures.com

France Today Magazine: www.francetoday.com/travel/travel-features/an-insiders-guide-to-gascony/

ADVENTURES IN ITALY

TRAVEL THAT TRANSFORMS



Immerse yourself in Art and Culture in Orvieto, Umbria, Italy

Dates:
September 12-18 2021
September 19-25, 2021
September 26-October 2, 2021

Adventures in Italy has been leading small groups in artistic and cultural tours in Orvieto, Umbria since 2003. Unpack and unwind in enchanted Orvieto and its environs falling into local rhythms and exploring food, culture, wine, and artful living. Live at an Italian pace. Artistic Enrichment tours invite guests to paint, sculpt or stitch with internationally known instructors, while Discover Orvieto guests focus on the history and culture of Orvieto guided by trusted locals. Both groups come together for wine tasting, cooking class and other local activities. Small groups allow for personalized attention and unique experiences.

Michelle Logue: trips@adventuresinitaly.ca

Website: www.adventuresinitaly.ca

Email: trips@adventuresinitaly.ca

Phone: 905-334-9375

If you'd like to promote your tour, please contact Tom Zara at tom@journeywoman.com.

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