

JourneyWoman™

Oct 6, 2022

Dear Goddess,

I'm writing to you from Dubrovnik, Croatia, where I am finishing a 13-day women-only tour of the Croatian Coast hosted by Insight Vacations. This is a part of the world I've never been to before and I've loved seeing Dubrovnik, Split, Hvar and Korčula. Although I love travelling solo, being with the women on this tour reminds me how important for us as women to connect, share our stories and take time for ourselves.

One of the inspiring women I've met on this trip is **Celine Cousteau**, who is here as an ambassador for the TreadRight Foundation, which identifies sustainable travel experiences around the world. Today, Celine talked about the importance of finding our balance, which for women starts with putting our own needs first. To me, travel isn't frivolous - it's all about self-care, understanding what matters to me and discovering who I really am. I'm so grateful for the opportunities I've had this year to explore Mexico, Nova Scotia, Colombia, Panama and now Croatia. This has kept me energized and optimistic.



I'm very excited about our Women's Travel Wisdom wellness retreat this month in California, which is all about self-care and connection. If you are feeling like you need to kick start your self-care, we still have some places available. And please don't forget to fill out our Women's Solo Travel Survey - it closes tomorrow! Click [here](#) to take it!

With gratitude,

Carolyn

Carolyn Ray, CEO/Editor, JourneyWoman, editor@journeywoman.com,
Member, Society of American Travel Writers (SATW) + Travel Media Association of Canada (TMAC), North
American Travel Journalists Association (NATJA)

See more photos on our [Instagram](#) and [Solo Travel Wisdom Facebook Group](#).

Featured Editorial: Following your own path



Seven Ways to Travel More Sustainably by Carolyn Ray: Some simple things we can do to make a difference when we travel, from our recent webinar with experts Anna Pollock, Norie Quintos and Shannon Guihan.

[Read more](#)



Magical Encounters with Maud Lewis by Sandra Phinney: Our newest septuagenarian contributor Sandra Phinney shares memories of visiting folk artist Maud Lewis as a child in Nova Scotia, Canada.

[Read more](#)



The Reinvention of Medellín, Colombia by Carolyn Ray: Why solo women should reconsider Medellín, once the world's most dangerous city, now a creative, thriving hub.

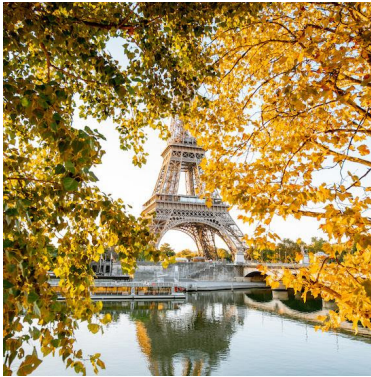
[Read more](#)

It's our 28th anniversary in service to women. We believe all women should have access to solo safety information so our editorial is open to everyone. You can support us as we expand our editorial and grow our team by making a contribution to JourneyWoman here.



Secrets from Women 65+ About Life and Solo Travel by Carolyn Ray: Life lessons from solo women over 65, as they blaze their own trail and hope the rest of the world catches up to them.

[Read more](#)



Five Shoulder Season Destinations Recommended for Solo Travellers by Carolyn Ray: Rather than fight the crowds, many women choose to travel in the time between peak and off-season, saving money and reducing anxiety.

[Read more](#)



Coming Home to Tanzania by Carol Moore-Ede: A safari isn't just about the wildlife, it's also about the people we meet along the way, as Carol reminds us.

[Read more](#)

2023 JourneyWoman Award Nominations Open!

Do you know a woman who deserves to be recognized for Lifetime Achievement in women's travel? JourneyWoman CEO Carolyn Ray will give out the 2023 Award in May in Puerto Rico at the Women in Travel Summit. Deadline is November 1.

[Nominate a woman in the travel industry here](#)

October Events: Save the Date

Last chance to sign up for our Women's Travel Wisdom Wellness Retreat in Northern California

Take time for you on October 20 - October 24, 2022

Use code Lastchance450 to save \$450!

Contact cheri@womenstravelwisdom.com to book your spot.

- [October 19 Book Club](#) The Guernsey Literary Potato Pie Peel Society (Register here).
- October 20- 24: [Women's Travel Wisdom Wellness Retreat](#)
- November 16 Book Club: Tell Them Your Name by Laura Maya (Nepal) - details soon!
- December 15: JourneyWoman Holiday Social (Save the date, details to follow)

[Missed an event? Subscribe to our YouTube channel.](#)

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