

Dear JourneyWoman,

Have you ever wanted to do something so badly and then it manifests right before your eyes? Three weeks ago, just as I was leaving to hike the PEI Camino, an invitation arrived from Jennifer Haddow at Wild Women Expeditions: Would I be interested in joining a women's tour to walk the Camino de Santiago in October? Now I am in the fortunate position of doing two Caminos within a few weeks of each other. Isn't life amazing?

I'm using this opportunity to **raise funds** for a cause that I believe in. I've decided to walk the Camino in support of [The Period Purse](#), a non-profit registered charity that strives to achieve menstrual equity and reduce the stigma surrounding periods. Please join me on a special Community Call this **Friday at 10 am ET** to learn more about how this issue undermines women's fundamental human rights around the world. You can register **here** or subscribe to our [YouTube channel](#) to watch the recording later.

Another issue close to my heart is the safety of young women. As the mother of a daughter in university, I've become more concerned about her safety in recent weeks. Along with Safe4Life CEO Lorna Selig, who facilitated two self-defence training classes for us in April, we will be hosting a **private class just for young women** next **Tuesday, September 28 at 7 pm ET**. Please share this with those you love; details are below.

Lastly, I want to welcome the 2,500 new readers who have joined our mailing list in the past few weeks. It's very exciting to see our mailing list growing globally as more women join this incredible community. Thank you for recommending JourneyWoman!

With gratitude,

Carolyn

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JourneyWoman™: *Inspiring women to travel safely since 1994*

*"Sometimes the most scenic roads in life are the detours you didn't mean to take."
— Angela N. Blount, Author, Once Upon an Ever After*



PEI's Island Walk, "Canada's Camino," is Ready to be Discovered by Carolyn Ray: The 700-km PEI Camino wraps around Prince Edward Island, and might just be the perfect place for aspiring solo trekkers to boost confidence.

[Read More!](#)



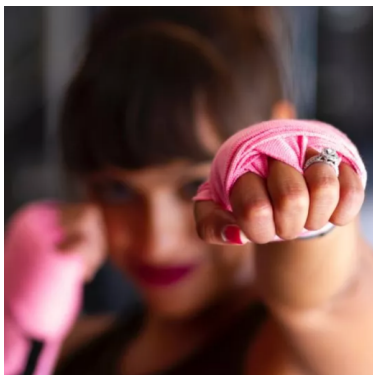
Walking the Camino de Santiago in Support of Period Equity by Carolyn Ray: We're raising funds for The Period Purse to help increase awareness of period stigma. Learn more about how this issue affects women around the world on our Community Call on September 24.

[Read More!](#)



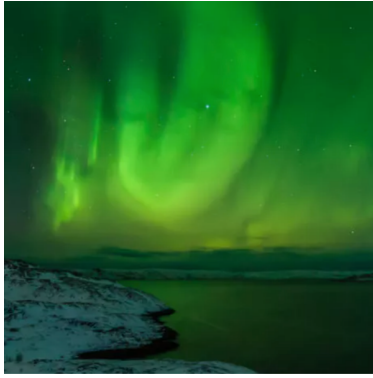
Surprising Ways Women Save and Splurge on Travel by Amanda Burgess: Find out what savvy women travellers splurge on – and learn from their tips to help you deepen your next travel experience, even when you're on a budget.

[Read More!](#)



JourneyWoman and Safe4Life Host Self-Defence Class for Young Women by Carolyn Ray: This special class on September 28 is intended to give young women the confidence and basic skills to prepare for potentially threatening situations.

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Journey to the Arctic Circle With Sara Wheeler's "The Magnetic North" by Carolyn Ray: In October, the JourneyWoman Book Club travels north to experience life above the tree line. Wheeler also wrote the bestsellers *Travels in a Thin Country: A Journey Through Chile* and *Terra Incognita*.

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Travel Photography Made Simple With our New iPhone Photography Course by Carolyn Ray: We're thrilled to announce our first course with wildlife and nature photographer Lee Horbachewski. Sessions start on October 12 and we've got prizes. Join us!

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Introducing "Irresistibly Healthy," a new Coaching Program to Help Women Prepare for Travel by Shawna Robins: JourneyWoman Advisory Council Member Shawna Robins wants to help you prepare for travel by making healthy lifestyle changes. *(sponsored)*

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HAVE YOU TRIED OUR NEW COMMUNITY FORUM YET?

Find a Travel Partner, Meet Up with a JourneyWoman, Get Tips and Advice
More information [HERE](#).

UPCOMING EVENTS & COMMUNITY CALLS

Would you like to join, host or start a Community Call to meet other like-minded women? Use the [World Clock Time Converter](#) to find an existing one to join!

Friday Community Call: Every Friday at 10 am EDT

West Coast Community Call: Thursday, October 14, 11 am PDT / 2 pm EDT

JourneyWoman Book Club: Wednesday, October 20, 8 pm EDT: "The Magnetic North" (Arctic Circle)

- Recordings of our Book Clubs and Once-in-a-Lifetime Travel Experiences are
- available on our [YouTube channel](#). Please subscribe for updates.
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Please subscribe a friend to JourneyWoman!