

BEST RESOURCES FOR WOMEN TRAVELERS©



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Go Girl!

The fast growing segment of the travel industry is adventure travel and the fastest growing demographic is women travelers. More and more women are traveling solo or with like-minded females who dare to go and do on their own if their family or friends are not interested in the same type of travel or destination. There are a growing number of reputable companies, publications, and resources geared to women travelers.

Here are some good resources to get you started:

1. A great magazine is *At50GoGirl*, www.at50gogirl.com and www.travelgirlinc.com.
2. To find specialty travel, check out www.infohub.com. Enter “women-only trips” or “adventure trips” in the search box and all kinds of trips will appear. Or you can click on “trip ideas” and a list of states and countries pop up. Click on the state or country you’re interested in to get lots of useful information. Additionally, travel tips, deals, and articles are listed. Also, be sure to visit www.shoparoundtours.com (for fun and for serious “shop ‘til you drop” shoppers) and www.sacred-journeys.com (click on womens’ retreats). I also like <http://www.tours-international.com/tours-for-individuals> for their specialty tours, such as Downton Abbey, Literary Tours, Shopping Tours, and English Gardens Tours.
3. Some good tour operators for active women include www.gutsywomentravel.com, www.wanderlustandlipstick.com, www.blackgirltravel.com, <http://www.women-traveling.com/Resources.aspx>, <http://www.adventurewomen.com/adventure-vacations/> and www.adventurewomen.com.
4. Looking for good resources, try www.womentraveltips.com, www.tripadvisor.com, <http://www.transitionsabroad.com/listings/travel/women/index.shtml>, <http://singlemindedwomen.com/women-travel/>, and www.journeywoman.com.
5. The U.S. State Department has lots of good tips for women travelers at <http://travel.state.gov/content/passports/en/go/Women.html>

The best advice is to carefully consider what kind of travel you're interested in. Is it active? Is it learning? Is it spiritual discovery? Do you want to travel domestically only or to the most remote corners of the world? Do you like short getaways or lengthy vacations? Do you like small groups or big groups? Do you want a land or sea adventure? Consider how and where you want to travel.

Next, think about how much money you can or want to spend. Obviously, there is no point in considering trips that are out of your budget. Do you want a roommate and possibly a new friend or would you feel more comfortable paying a single supplement to have your own room? Some companies do not allow this because they are encouraging bonding on their trips through their "guaranteed share program."

Check out all possible resources. Read message boards. Subscribe to e-newsletters. Make a list of questions to ask a tour operator or post on a message board. Find out what to expect. Knowledge is power and it is critical when it comes to traveling. So before you go find out: What is the age range of travelers? There are companies that specialize in over 50 travel or under 30. You most likely don't want to be on a wild twenty-something trip if you're fifty-something. You also don't want to be on a family or couples trip and feel like a third wheel. Be sure you know what to pack. You won't feel comfortable and have a good time if you've packed the wrong clothing. You may need special clothing/gear for certain active trips or there may be outings that require formal clothes. A great resource for gear is www.urbanoutfitters.com.

Have a positive attitude. Be ready to meet new people and enjoy new experiences! What's the point in traveling otherwise? Jump right in by introducing yourself and becoming part of the group. Don't overtake conversations but join in and become part of the group. The great thing about travelers (especially adventure travelers) is that they are outgoing. I have met two of my best friends during trips where I was on my own—but not for long! Women usually bond fast when shopping, dining, exploring, and battling Class III rapids!

Summary: It is common for women to travel solo and partake in adventure travel these days. There are numerous companies, publications, and resources to help women travelers. Be sure to do careful planning to ensure the best experience for you and then just plan to have a good time!

To find out more travel tips be sure to subscribe to TERRANCE TALKS TRAVEL blog on www.terrancetalkstrave.com.