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Don't let the idea of travelling alone stop you from living out your dreams. Packed with tips and advice for before and during your travels, The Solo Travel Handbook gives you the confidence and know-how to explore the world on your own, whether you're planning a once-in-a-lifetime adventure or short city break.

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The Solo Travel Handbook : Lonely Planet : 9781787011335

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Solo travel is extremely common here, meaning no more probing glances upon arrival at a morning yoga class or when dining at one of the town's salubrious vegetarian cafes. To really harness the healing power of Ubud (and for some serious solitude), check yourself into one of the many health retreats that dot the verdant hills surrounding the town.

Going it alone: top trips for solo travel - Lonely Planet

Developed with Lonely Planet's expert travel writers, it explains how and why individual travel is such a valuable and rewarding experience. Covered topics include: Confront and overcome any travel worries; Decide where to go and plan your itinerary; Set a budget strategy and organise money; Find deals on flights and accommodation

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According to the folks at Lonely Planet, solo travel is the "ultimate indulgence," allowing you to come and go as you please—no compromises needed. If that sounds like your idea of fun, then this guidebook will whet your appetite for your first adventure.

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Part of the Traveler's Handbook series offering more stories and tips on solo travel fun and safety, this how-to manual with travel literature will help readers venture out with confidence to discover themselves and the world.

Traveling alone doesn't have to be scary! With the proper tools, community and precautions, anyone can expertly navigate the globe on their own. Jen Ruiz is a lawyer turned travel blogger and bestselling author who has traveled the world extensively by herself. "The Solo Female Travel Book" is the latest installment in her how-to travel series and includes funny stories, tips and inspiration to help you see the world safely and confidently. From surviving her first overnight hike in the Grand Canyon to dating mishaps while "living abroad" in Sydney Australia, Jen shares some of her most comedic and relatable travel memories in this book. It's half guide, half memoir, all heart and a must-read for aspiring female adventurers. With this book, you will learn how to: - Prepare for your first solo trip - Choose the right destination - Plan the perfect itinerary - Take stunning photographs by yourself - Pack light

and bring all the essentials - Make friends abroad and combat loneliness And much more! Don't let fear hold you back. You don't need to have a travel partner to have amazing adventures. There is power in flying solo, and it's time for you to start discovering it.

Full of practical advice and ideas from Lonely Planet's parents to you, this essential guide gives you the lowdown on amazing travel experiences - and how to plan and enjoy them with your family. From navigating air and train travel to how to approach unfamiliar meals, this trip planner encourages curiosity, exploration and independence.

A wise, passionate account of the pleasures of traveling solo In our hectic, hyperconnected lives, many people are uncomfortable with the prospect of solitude. Yet a little time to ourselves can be an opportunity to slow down, savor, and try new things, especially when traveling. Through on-the-ground reporting, insights from social science, and recounting the experiences of artists, writers, and innovators who cherished solitude, Stephanie Rosenbloom considers how traveling alone deepens appreciation for everyday beauty, bringing into sharp relief the sights, sounds, and smells that one isn't necessarily attuned to in the presence of company. Walking through four cities--Paris, Florence, Istanbul, and New York--and four seasons, *Alone Time* gives us permission to pause, to relish the sensual details of the world rather than hurtling through museums and uploading photos to Instagram. In chapters about dining out, visiting museums, and pursuing knowledge, we begin to see how the moments we have to ourselves--on the road or at home--can be used to enrich our lives. Rosenbloom's engaging and elegant prose makes *Alone Time* as warmly intimate an account as the details of a trip shared by a beloved friend--and will have its many readers eager to set off on their own solo adventures.

Whether you've been vegan for years or are travelling as one for the first time, this guide is packed with insight and advice on where to go, and the best vegan restaurants, accommodation and cities. From cooking classes in India to wildlife watching tours in New Zealand, Lonely Planet shows you how to explore the world on a plant-based diet.

Escape the nine-to five and learn how to live and work on the road with the latest addition to Lonely Planet's Handbook series, a practical guide inspiring and motivating people to achieve their goal of travelling more, starting a whole new way of living and creating a flexible work/life balance.

There's a whole big world out there. Here's how every woman can get out and conquer it-solo. This is an inspiring guide for women who want to "fly solo"-yet stay safe, sane, and solvent during their travels. With candid advice and insider's secrets about some of the most exciting places on earth, readers will find: - A quiz to help determine what sorts of trips best suit one's personality, interests, and goals - The essential female-friendly spots every woman should visit - Why each destination is perfect for solo travelers, important foreign phrases, what to pack, what shoes to wear, special events, historical facts, where to meet the global glitterati, and a list of the top ten things women must do while visiting - Where to eat, meet, party, people watch, sunbathe, soul-search, shop, spa, frolic, photograph, and more Whether surfing in Hawaii, strolling the cobblestone streets of St. Petersburg, drinking in Dublin, or swimming with dolphins in the Caribbean, women can take on the world and create lasting memories with the best travel companion ever-themselves!

Vagabondess: A Guide to Solo Female Travel is a book for women-and all people!-who want to travel solo, face their fears, and live the adventure of their dreams. This book is for the travelers, the feminists, the adventurers, the seekers and the curious. The author shares insights from over 10 years of solo travel through Asia, Africa, Europe, and Central America. *Vagabondess* is much more than a guide. It is a collection of travelogue, philosophy, stories, and, yes, travel advice. It is about embracing the vagabondess-her spirit of adventure, her curiosity, her dedication to growth and discovery-who lives inside each of us, showing up in our lives in a myriad of ways. If you were waiting for someone to tell you that your dreams are just crazy enough, and then give you some practical suggestions for how to get there, then this is the book for you. "Why Vagabondess? A vagabondess has earth and salt to balance her air. Her lifestyle is not a romantic, Instagram-filter utopia, but rather gritty and smeared with sweat. A vagabondess is not a symbol of an ideal of a life. She is alive. A vagabondess weaves magic into the everyday and touches the profound with her toes as she wanders-aimlessly, purposefully-through her inner landscape and the outer wilderness of the modern world. She unites nostalgia for a freer past and hope for a liberated future by living squarely in the present tense. For solo female travelers, the vagabondess is an attainable objective, not a holy grail. She is within easy reach, if only we look in the right place: inside."

An expert in traveling solo details the joys and challenges of traveling alone, covering such topics as group and special-interest travel, dining alone, solo-friendly lodgings, socializing with others, traveling with pets, money-saving tips, safety, and more. Original. 15,000 first printing.

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