

Reader's Digest

12 of the Best Places to Travel Alone as a Woman



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Ready to take a solo trip, but not sure where to go? Check out some of the best solo female travel destinations recommended by travel experts.

If you're craving alone time, itching to step outside your comfort zone or seeking a transformational experience (or just tired of waiting for others to commit to **travel plans!**), a solo trip could be the solution. And you're not the only one: Solo trips are trending. The 2024 American Express Global Travel Trends Report found that more than two-thirds of the thousands of travelers surveyed were planning to strike out on their own. Women make up the majority of solo traveler bookings, according to numerous travel companies we spoke with, including luxury operator Kensington, where women are more than 90% of solo traveler bookings. Where exactly are they going? Ahead, we're sharing some of the **best solo female travel destinations**, recommended by travel experts like me with decades of globetrotting experience.

Keep in mind, you don't need to be single to travel solo. "Solo travel for women—whether single, divorced, widowed or partnered up—is invigorating and empowering," says Doni Belau, the founder of women-only **travel company** Girls' Guide to the World. "There has never been a time in history when women have had more money or freedom than now. And women don't want to wait anymore for a partner, friend or family member to see the world."

Kelly Lewis, the CEO of boutique tour company Damesly, has noticed the same. "Many of the solo female travelers who join Damesly tours have partners who can't take time off or aren't interested in traveling," she says. "I love to see women putting themselves first and booking that trip just because they want to. Life is short and the world is big—get out and see it." We agree, so let's get to it!

How we determined the best destinations for solo female travelers

We tapped travel experts for recommendations based on their solo travel and travel advising experience, and took into account several factors that are generally important to female travelers. These include safety, infrastructure and diversity, as well as opportunities for self-development, meaningful experiences and networks of female guides and entrepreneurs. We also consulted reports and rankings that address safety and crime statistics.

“Countries with a low crime rate, great attractions and opportunities to seek and better understand the culture are my very favorite for solo travelers,” Lewis says, “because when adventuring out in the world, comfort and safety are top concerns.”

Kensington’s recent travel trends report found that solo travelers are increasingly interested in destinations with rich culture and unique landscapes. And while travelers may be solo in the sense of traveling without a companion, the chance to join a small group of other solo female travelers is another important consideration. Bookings at Exodus Adventure Travels and Natural Habitat Adventures confirm the same. “We’ve seen strong growth in solo female travel, particularly among women looking for adventure, connection and cultural depth, without sacrificing safety or support,” says Sasha Andrews, Exodus Adventure Travels’ director of industry sales for North America.



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Best for social solo travelers and digital nomads

Portugal

It's no secret that Portugal is a popular choice for solo female travelers, and it's easy to see why. "The people are very welcoming, **it's safe** and it's especially affordable," Leach says. "Lisbon has a very social hostel culture, which makes it easy to make friends to explore the city with. There's also a large digital nomad culture with a ton of cafes where you can meet up with other solo travelers."

Melissa DaSilva, the deputy CEO of Insight Vacations, says the "Country Roads of Portugal" tour is one of their best-selling trips for solo female travelers in 2025, reflecting a growing desire for immersive experiences in culturally rich destinations in the company of other solo travelers.

Katy Rockett, Explore Worldwide's regional director of North America, has also noticed an uptick in solo female traveler bookings—specifically for the volcanic island of Madeira. "It's an ideal destination for solo female travelers as it offers a blend of safety, natural beauty and warm hospitality. This Portuguese island is known for its low crime rates, relaxed atmosphere and welcoming locals," she explains. "With its year-round mild climate, dramatic coastal cliffs and scenic levada trails, Madeira is perfect for those seeking equal parts adventure and tranquility. Solo travelers will find both the freedom and peace of mind here, whether they're hiking or settling into the quiet moments in the oceanside villages."

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