

## DESTINATIONS

SPORTS TRAVEL | SOLO FEMALE TRAVELLERS



### ACTIVE TRIPS FOR SOLO WOMEN

Ahead of International Women's Day, **Isobel Turner** selects active breaks for solo female travellers



#### RUN WILD IN WALES

For active women, running retreats are top of the wish list, with Race2Adventure reporting that female travellers consistently make up 60-70% of its running adventure expeditions. This trip from Responsible Travel traverses Eryri (Snowdonia National Park), allowing runners to explore the valleys, woodland and breathtaking coastline on two feet, all while receiving support from a professional fell runner.

**Book it:** Responsible Travel's three-day Fell Running Weekend in Wales starts at £495, including accommodation, three runs with a professional coach, workshops and all meals, based on a departure date of September 20. [responsibletravel.com](https://responsibletravel.com)

#### CANOE IN CANADA

The mighty Yukon flows for almost 2,000 miles, stretching through Alaska, before reaching the Bering Sea. For a unique perspective of the river and its history, recommend Frontier Canada's women-only canoe trip. Accompanied by an expert guide, the group makes its way down the Yukon in traditional canoes, stopping to explore ancient settlements, spot moose and eagles, and set up camp on the banks.

**Book it:** Frontier Canada's 12-day Paddling With the Girls tour starts at £3,980, including accommodation, transfers, some meals and canoe hire, based on a June 3 departure. Flights are extra. [frontier-canada.co.uk](https://frontier-canada.co.uk)



#### TAKE TO THE SLOPES ON SOUTH ISLAND

New Zealand's snow-cloaked Southern Alps are the backdrop for this Intrepid trip that samples pistes across six mountains. Away from the slopes, the group can explore lively Wanaka and picture-perfect Queenstown.

**Book it:** Intrepid Travel's eight-day Ski New Zealand tour starts at £1,520, including accommodation, transport, lift passes, selected meals and a local guide, departing July 14. Flights are extra. [intrepidtravel.com](https://intrepidtravel.com)

#### GET BACK TO NATURE IN THE LAKE DISTRICT

On this Ramble Worldwide tour, the women-only group will explore the Lake District's fells, valleys and pikes on several hiking and Nordic walking excursions, as well as paddling Derwent Water in a kayak. The bravest of souls can even take the plunge with a morning dip in Buttermere – but unwinding with Pilates and yoga sessions is also an option.

**Book it:** Ramble Worldwide's seven-night Women's Activity Week starts at £1,199, including accommodation, most meals, transport and all activities, departing July 19. [rambleworldwide.co.uk](https://rambleworldwide.co.uk)



#### CYCLE SCOTLAND'S OPEN ROADS

Wilderness Scotland's cycling tour of the Outer Hebrides visits the neolithic Calanais Standing Stones and medieval St Clement's Church. It immerses clients in Scotland's unbridled beauty and offers the freedom of the open road in the company of an all-women group.

**Book it:** Wilderness Scotland's six-night Outer Hebrides cycling tour has a women-only departure on August 10. Prices start at £2,795, including accommodation, most meals, all transport and entrance fees for some excursions. Bike hire is extra. [wildernessscotland.com](https://wildernessscotland.com)

