

the self issue

GREENWICH

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YOU'VE
GOT QUESTIONS
WE'VE GOT ANSWERS

WOMEN'S HEALTH

TOO EMBARRASSED
TO ASK? WE'RE NOT.

CAN WE
TUCK?
cosmetic
procedures

UP CLOSE &
PERSONAL
sex
& intimacy

OH BABY!
pregnancy
& fertility

OPENING UP
straight talk
about
mental
health

the
GOLDEN
YEARS
menopause
& genetics

Get all the
answers
inside
p. 96

Top Doctors 2018

The List
You'll Want to
Hold On To

10
JOURNEYS
DESIGNED
TO HELP YOU
FIND YOUR ZEN
Solo Travel
Will Change
Your Life

BY KIM-MARIE EVANS

One, in fact, is not the loneliest number.
Excursions for every comfort level—from the timid
tourist to the intrepid traveler

GOING

EXCLUSIVO
CLIENTES

No matter your travel style, we've got the trip for you: from relaxation on Mexico's Isla Holbox (*this page*), to exploring the pristine beauty of British Columbia (*opposite*).

A hiker with a large backpack and trekking poles is walking on a dirt trail in a mountainous landscape. The foreground is filled with dry grass and a large fallen log. The middle ground is a dense forest of evergreen trees, some with yellowing needles. In the background, rugged, rocky mountains with patches of snow rise against a blue sky with light clouds. The word "SOLO" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

SOLO

Solo travel can get a bad rap. It could be the single supplement charge, the solomangarephobia (fear of dining alone), or a lack of knowledge about where to go with nothing more than your passport, carry-on and thirst for adventure. However, the benefits of jetting off sans partner far outnumber the drawbacks.

Having covered the globe for this magazine, I've made friends with Palestinian professors, twenty-year-old photographers and Cuban artists. With no one there to talk me out of it, I have ridden horseback through the Arabian Desert and climbed an ice tower in Canada. The travel stories that now make up the greater part of who I believe myself to be would be far less colorful had I shared these journeys with anyone other than myself. Harvard philosopher George Santayana wrote: "We need sometimes to escape into open solitudes, into aimlessness, into the moral holiday of running some pure hazard, in order to sharpen the edge of life."

I could not agree more.

BEGINNER:

I'm a little nervous to travel alone

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Mexico

RELAX & RETREAT

holboxisland.com

casasandra.com/en-us



Cuban artist Sandra Pérez came to **Holbox** in 1999 looking for solitude and a place to create her art. A few years later she opened her nineteen-room ocean front hotel, **CasaSandra**. The way she describes her search sounds like

a siren song for the solo traveler: "For a long time, I wanted to write by the ocean and went in search of an ancient land, a quiet place, where blue was evident and all-surrounding."

This sleepy island is what every pale, overworked and

CONTRIBUTED



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Greece

→ **RIDE OF A LIFETIME**
duvine.com



All those cyclists we spot around town in the warmer months may not just be out for a leisurely ride. Some of them are likely getting ready for their next DuVine excursion, a popular adventure among the Greenwich biking set. The food, luxe hotels and spectacular destinations make these opulent journeys.

Guests can climb hills in the Pyrenees or opt for relatively

easy rides that meander through Napa or Provence. Founder Andy Levine says every place has its scent. "Provence is lavender; Morocco is spices. You don't smell that riding in a car with the windows up."

Levine handcrafts every itinerary and just launched a brand-new Greek isle tour. Days are spent exploring ancient towns by bike and nights are whiled away onboard DuVine's private yacht, **Princess Karia 2**. The itinerary covers some of Greece's least accessible islands. Rides take advantage of the bright, clear

days, coasting through car-free towns, climbing to island pinnacles for unobstructed views and passing lumbering donkeys on stone streets. Highlights include a visit to the town of **Kos**, birthplace of Hippocrates; exploring a fourth-century acropolis and an active volcano; and afternoons swimming in hidden coves

For those concerned about the demanding nature of the rides, there are e-wheels. You've likely heard of e-bikes (a little extra help from a motor), but DuVine offers e-wheels that can be used as you need them. All tours have a follow van for anyone who needs a little break.

Why it's perfect for the solo traveler

There are never more than fourteen guests on any excursion. You can ride with newfound friends or take the trail at your own pace. Sailing the Greek Islands would be a

challenge for a solo traveler, so a small tour where you can socialize as much or as little as you choose is perfect.

Cost: Low season prices are \$7,895 and high season is \$8,495; airfare not included.

Ride to new heights on a variety of islands (many of which you cannot get to on your own) in ancient Greece.

Princess Karia 2



The island of Kos

COURTESY OF DUVINE TRAVEL; CONTRIBUTED

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YOU CRAY CRAY! *Danger is my middle name*

wildfrontierstravel.com

If the trips we've offered up here are too tame for your wild travel soul, consider booking a tour with **Wild Frontiers**. This award-winning adventure travel company was founded by former travel writer/journalist Jonny Bealby, and has a successful history of bringing former conflict zones back into the forefront of alternative commercial travel. In the last few years it has reintroduced trips to **Afghanistan, Uzbekistan, Kashmir, Dagestan, North Caucasus** and **Iran**. American travelers seem to be particularly adventurous—on average around 25 percent of the Pakistan, Kashmir and Afghanistan groups are made up of Americans. As to why solo travelers would want to book a tour? Well, do we really need to explain? 📧

PRO TIP

For U.S. citizens traveling internationally, consider signing up for the free Smart Traveler Enrollment Program (STEP), which could help the State Department assist you in case of an emergency. step.state.gov