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Planning for a world of possibilities ...

The planning stage is where the real magic begins. This is the space where our ideas breathe, curiosity grows, and dreams start to take shape. Whether you're staring at a map with zero plans or you've been quietly bookmarking websites for months, this is your invitation to slow down and start shaping your solo adventure.

Planning isn't about locking everything in – we're not leaving tomorrow! It's about building a foundation that gives us freedom and intention, and this factsheet is designed to guide your thinking, not dictate it. Use it as a guide to begin exploring, in your own time, what kind of adventure you want to embark on.

1. Start by making some notes about your “Why?”

- What's drawing me to travelling solo?
- Am I craving a rest and a re-set, adventure, culture, connection, climate, clarity, or ...?
- Do I want to explore somewhere familiar or wildly new?

Try this: Write down at least three things you want from your solo trip – feelings, experiences, or goals. Use this list to begin shaping where, when, and how you'll go.

2. Explore by travel style

There's no 'right' way to travel solo but knowing what excites you can shape your whole plan. Which of these speaks to you most right now?

- **Slow and soulful** – time to rest, write, reflect, wander ...
- **Culture** – galleries, food, language, local connections ...
- **Off the beaten track** – remote, rugged, wild and wonderful ...
- **Festivals and events** – timed around a concert, celebrations, or cultural immersions ...
- **Luxury** – indulgence, spa time, and no sharing required ...
- **Backpack light** – affordable, spontaneous, deeply immersive ...

Try this: Circle the top two that call to you, then research one destination that matches each vibe. You'll start seeing patterns that help you focus.

3. Where in the world

Where you go matters, and the right destination can make all the difference to the success of a solo journey – especially the one you chose for a ‘soft solo landing’. Consider these aspects of successful solo travel as you explore your possible destinations.

- **Safety** – are your destinations known for solo safety and friendliness?
- **Values** – do they align with your personal and spiritual values?
- **Transfers** – how conveniently can you transit from one destination to another?
- **Experiences** – do your destinations offer genuine and authentic experiences for solo travellers?
- **Accessibility** – are there safe and convenient local transport options so you can explore?
- **Connections** – are there options for joining bespoke local small group tours if you feel like it?

Try this: Revisit the notes you have made as you considered the first two points on our factsheet and notice if any patterns or preferences are beginning to emerge. Begin refining your research to asking particular questions about the aspects of your adventure outlined here that are beginning to take priority in your planning.

4. Let planning be part of the joy

Some people love spreadsheets. Others write notes in a journal or a notepad, or bookmark tabs in their internet browser. Whatever your style, this is your solo adventure in motion.

- **Imagination** – imagining yourself travelling somewhere is not procrastination. It’s practice.
- **Timing** – planning is a ritual, not a race.
- **Ideals** – if one or more destinations are beginning to appeal, focus on them.
- **Overwhelm** – take one step at a time. Don’t try and go everywhere all at once.

Try this: Buy a special notebook in which you can record your thoughts, ideas and inspirations. A dedicated folder in your internet browser – Solo Japan? The Great Escape? or whatever inspires you – will help you organise your thoughts and research into a real plan. You don’t have to book it yet – but you’re already on your way. Enjoy!