

Curated by She Can Explore



The
2026 Guide to
Walking Tour
Operators

40+ Top-Rated Operators for
Women 50+

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LETTER

from the

EDITOR

“Walking, ideally, is a state in which the mind, body, and the world are aligned.”

Rebecca Solnit

In 2013, I was in a small airplane flying from Kathmandu to Lukla to begin a trek to Everest Base Camp. During the flight, as I got my first glimpse of the Himalayas, I realized that I was having a dream come true moment.

I started She Can Explore so that you can have your dream come true moment too. To inspire women to get outdoors, reconnect with the natural world, and—most importantly—to give them the resources they need to take their adventures off the shelf.

We all have those trips we've been meaning to take, but finding the right partner to travel with can be the hurdle that stops us. This directory is designed to remove that obstacle. I have curated these Tour Operators because they understand the pacing, connection, and safety that women over 50 value.

Whether you choose a boutique women-owned specialist or a long-standing industry staple, the goal is the same: to let the experts handle the logistics, answer all your questions so you feel prepared, and make your dream trip a reality.



It's time to move those dreams from 'someday' to your calendar. Let's find the right partner to help you make it happen.

Happy Travels,
Georgee



The 2026 Trend Report: A quiet Revolution on Foot

The data for 2026 reveals a traveler who is smarter, slower, and more intentional.

We are seeing three major shifts driving women outdoors this year:



- **Slow Travel & Immersion:** We are moving away from "touch-and-go" tourism. The biggest trend of 2026 is staying longer in one region to truly understand its story. Walking is the ultimate expression of this; it forces you to slow down enough to hear the local rhythm and notice the details that others miss.
- **The "Cool-cation" Shift:** As summer temperatures in traditional hotspots continue to climb, travelers are migrating north. We are trading crowded, scorching beaches for the restorative, crisp air of the Scottish Highlands, Scandinavia, and the Canadian Rockies.
- **The Solo-Together Dynamic:** For women over 50, walking tours have solved the paradox of solo travel. They offer the independence of a solo trip with the built-in safety and companionship of a small group. You walk at your own pace, but you never have to eat dinner alone.

An aerial photograph of a winding asphalt road through a dense forest. The trees are in various shades of green and brown, suggesting an autumn or late summer setting. A semi-truck with a red trailer is visible on the road, moving away from the viewer. The road curves through the landscape, creating a sense of depth and movement.

The Geometry of Travel: The Art of the 3-Mile-Per-Hour Perspective

There is a specific geometry to travel. In a car or a bus, you move *through* a landscape. The world is a screen—a blur of green and gray that passes you by. But when you step out of the vehicle and put your feet on the ground, the geometry changes. You are no longer moving through the place; you are moving *with* it.

For decades, "walking" was treated as a niche activity defined by heavy packs and blisters. But today, it has emerged as the most sophisticated way to see the world. It is the antidote to the "blur" of modern tourism.

At three miles per hour, you notice the scent of jasmine over a garden wall. You hear the distinct dialect of a local shopkeeper. You have the time to stop, to linger, and to let the destination reveal itself to you on its own terms.

Finding Your Path: The Three Tiers of Walking

Before you dive into our curated directory, it helps to identify which "tier" of walking aligns with your current goals. The modern industry has evolved to cater to every level of activity and comfort:

The Cultural Stroll (Urban & Thematic)

These are "micro-adventures" that crack open a city's shell. Usually 2 to 4 hours long, these are perfect for those who want to find the local rhythm—think culinary history in Bologna or hidden architecture in Chicago—without a full-day commitment.



The Scenic Ramble (Soft Adventure)

This is the "sweet spot". It bridges the gap between physical engagement and luxury. Spend your days on coastal paths or forest trails, and your nights in boutique hotels with gourmet meals and local wine.



The Point-to-Point Expedition

For those seeking a total disconnect, the traditional long-distance trek remains the gold standard. Routes like the Camino de Santiago are transformative. Today, "Slackpacking"—having your luggage moved for you—is the norm, letting you focus entirely on the experience





QUICK GUIDE:

Finding Your Perfect Fit

Finding the right walking tour isn't just about the destination—it's about the company you keep.

If you want your own space: Look at **Women Travel Abroad** or **Gutsy Women Travel** for guaranteed private rooms.

If you want a bucket-list challenge: Look at **Above the Himalaya** or **WHOA Travel** for high-altitude trekking and iconic peaks.

If you prefer culture & gourmet food: Look at **Wayfaring Walks**, **Hedonistic Hiking**, or **Eating Europe** for immersive, moderate-paced walks.

WOMEN ONLY SPECIALISTS

These operators are dedicated exclusively to women's adventure, offering a supportive and empowering environment.

Often women-owned, these specialists focus on building community and safe spaces for exploration.

This curated selection highlights companies that understand the specific needs of the female traveler, prioritizing sisterhood, safety, and shared experiences.



Women Travel Abroad

★ FEATURED PARTNER

wta

Women Travel Abroad
Ease | Comfort | Style

Women Travel Abroad is a standout for women who value both connection and personal space. They bring together groups of 6-10 solo women for immersive adventures.

The WTA standard ensures no single supplements, which means **every lady gets her own private room.**

Allowing you to enjoy the sisterhood of the group during the day and your own sanctuary by night.

They handle the details; you bring the wanderlust!



[View Trips](#) →



★ FEATURED PARTNER



**GREEN
EDVENTURES**
ECO TOURS & EXPEDITIONS

Green Edventures

Can I do this? You can — and you won't be alone.

Green Edventures' small group women's trips are led by experienced tour leaders and vetted local guides who take care of the details as we explore wild places and do extraordinary things!

Your friends won't believe your pictures.

You will be surprised by what you can do when you're surrounded by the right people.



[View Trips](#) →



WOMEN ONLY SPECIALISTS



Adventure Women

Pioneers in women's travel since 1982, known for active itineraries and deep cultural connection.

Adventures in Good Company

Thoughtfully designed itineraries that support women of all fitness levels.

Broad Escapes

Canadian-based small groups designed for safety, laughter, and friendship.

Canyon Calling

US-based adventures focusing on women only trips that are affordable and all-inclusive.

Damesly

Where professional networking meets adventure travel for creative women.

Explorer Chick

High-energy, supportive trips for women who want to push their boundaries.



Girls' Guide to the World

Culturally immersive walking and lifestyle tours specifically curated for women 50+

Green Edventures

Eco-conscious travel connecting women with wildlife and nature conservation.

Gutsy Women Travel

Women-only small group tours where friendships form as fast as the adventures unfold.

Sights and Soul Travels

Luxury tours blending outdoor activity with high-end dining and comfort.

Sisterhood Travels

Expert-led, small-group adventures designed for women who love to explore the world together.

Sisters Traveling Solo

High-quality, culturally immersive tours and walks for women of color worldwide.

Sights and Soul Travels

Luxury tours blending outdoor activity with high-end dining and comfort.

The Women's Travel Group

Expertly led tours with that are affordable and luxurious. Designed specifically for women and their organizations.

Venus Adventures

Fun and culturally rich global hiking and walking trips specifically for active women.

Disclaimer: She Can Explore is a directory and resource guide, not a travel agency or tour operator. The companies listed here are independent businesses. While we curate based on reputation and reviews, we cannot guarantee safety or service levels. Please conduct your own due diligence before booking.



Walking Women

The UK's original women's walking company, offering everything from gentle strolls to high peaks.

WanderTours

Bespoke tours that offer one-of-a-kind trips, incredible cultural experiences and off-the-beaten-path treks

WHOA Travel

Adventurous, high-spirit expeditions (like Kilimanjaro) for women who want a challenge.

Wild Terrains

Curated group trips for women who love design, art, and boutique hotels. Celebrating women owned businesses.

Wild Women Expeditions

The world's largest women-only adventure travel company, focused on empowerment.

Women Travel Abroad

Small, intimate groups focusing on sisterhood and global exploration.

Women Travel Tribe

A vibrant community for women 50+ who want to travel solo, together.

Women Traveling Together

One of the most established travel clubs for solo women, featuring high-quality tours to a variety of destinations

Women's Travel Network

A vibrant community for women 50+ who want to travel solo, together.



Before You Go Anywhere.... **Go Here First**

The Internal Companion for Your External Adventure

This guide is designed to help you take your adventures off the shelf and onto your calendar. But every great journey begins long before the plane takes off. It begins with the intention you set for your next great chapter.

- **Navigate Your Transitions:** Designed specifically for women navigating new chapters, providing daily space to connect with your inner wisdom.
- **Beyond the Destination:** While you explore the world's most wild and beautiful places, the journal helps you explore the terrain of your own growth.
- **A Sanctuary for Your Story:** A high-quality, physical space to document “dream come true” moments you find along the way.

Your Journey Starts Within

risethroughlove.com

INTERNATIONAL SMALL GROUP LEADERS

These operators specialize in boutique, small-group itineraries that allow for a deeper connection to local culture and the natural world.

This curated selection features companies chosen for their specialized focus and the expert logistics required for an immersive international walking tour.





Above The Himalaya
TREKKING & ADVENTURE



I have a personal history with **Above The Himalaya** – they led my trek to Everest Base Camp in 2013.

I've seen their expertise firsthand, from their local knowledge to how they care for the safety of women travelers.

Whether you're dreaming of the high Himalayas or a slower cultural tour of Nepal, this is the team I trust from my own experience. — Georgee

[View Trips](#) →

★ FEATURED PARTNER

Wayfaring Walks



Wayfaring Walks stands out for its Slow Travel philosophy, intimate group size, and deep connection to place.

Join small, friendly groups led by expert guides who prioritise curiosity, cultural insight, and genuine local interaction.

Each journey blends beautiful, often under-the-radar terrain with meaningful experiences, from chatting with residents to uncovering the stories behind each landscape.

Known for hand-picked routes across the UK, Europe, and select farther-flung regions, Wayfaring Walks offers thoughtfully curated itineraries from easy strolls to more challenging days on the trail, all alongside a welcoming group of like-minded travelers.



[View Trips](#) →



INTERNATIONAL SMALL GROUP LEADERS



Adventures Abroad

Small-group cultural adventures and walking tours to over 120 countries worldwide.

Blue Roads Touring Co.

Small-group specialists focused on “the road less traveled,” slow-paced cultural walks and hidden gems across Europe.

Boundless Journeys

Immersive, nature-focused walking and hiking tours designed to connect you with the local culture.

Classic Journeys

Handcrafted cultural walking tours led by expert local guides with a focus on luxury and immersion.

Context Travel

In-depth cultural and historical walking seminars led by scholarly experts and historians.



Country Walkers

Curated walking vacations offering guided and self-guided itineraries across five continents.

Eating Europe

Culinary-focused walking tours exploring the authentic food, history, and neighborhoods of Europe.

Elder Treks

Exotic small-group adventure travel designed specifically for active travelers aged 50 and over.

Exodus Adventure Travels

A diverse range of active adventures and walking holidays with a strong focus on responsible travel.

Explore Worldwide

Small group adventure holidays and cultural walking tours designed for the curious traveler.

Great Canadian Trails

Active hiking and cycling adventures showcasing the best wild landscapes of Canada.

Heart of Travel

Specialized walking and cultural tours focused on authentic, local-led Latin American experiences.



Hedonistic Hiking

Gourmet walking tours combining luxury hiking with fine food and wine, primarily in Italy and Australia.

India for Beginners

Empowerment-focused cultural walks and tours for people traveling through India

InnTravel

Self-guided “slow holiday” walking itineraries that let you move between charming accommodations at your own pace.

KE Adventure Travel

A wide range of trekking, hiking, and active adventure holidays across the globe.

Raw Travel

Iconic walking experts specializing in self-guided and small-group treks like the Camino & the Amalfi Coast

Ryder-Walker

Classic inn-to-inn alpine hiking tours focusing on the mountains of Europe and beyond.

Wayfaring Walks

Premium walking vacations that blend moderate hiking with high-end heritage stays and exceptional local cuisine.



UTracks

Affordable and active walking, cycling, and boat-based holidays across the European continent.

Walkers' Britain

An extensive selection of self-guided & guided walking and cycling holidays throughout the UK.

Walking The World

Active walking and hiking tours tailored specifically for the 50+ traveler.

Walks of Italy

Small-group cultural sightseeing and walking tours of Italy's major historic destinations.

Wildland Trekking

Professionally guided hiking tours and backpacking trips focused on national parks and wild landscapes.



THE INDUSTRY ANCHORS

These are the most established names in adventure travel.

We have included them in this guide because they offer a vast range of global itineraries and a long-standing history of reliability in the travel market.



THE INDUSTRY ANCHORS



Backroads

The industry leader in active biking, walking, and hiking trips with a focus on luxury and exceptional support.

Butterfield & Robinson

Ultra-luxury “slow travel” experiences combining biking and walking with high-end accommodations.

G Adventures

Authentic small-group adventures and community-focused travel experiences for a wide range of budgets.

Insight Vacations

Premium guided tours with a focus on “business class” comfort and exclusive local experiences.

Intrepid Travel

Sustainable, experience-rich small group adventures designed for responsible travelers.



Macs Adventure

The specialist in self-guided walking and cycling holidays for independent active travelers.

Overseas Adventure Travel (O.A.T.)

Small group adventures and personalized discoveries tailored specifically for American travelers 50+.

Road Scholar

Educational travel adventures and learning programs designed for adults and seniors.

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FROM PLANNING TO PRACTICE



Every great adventure begins with a single step.

To truly enjoy your dream adventure, you need a body that is ready for the miles. Did you know an average day *touring Paris can equal almost 20,000 steps?*

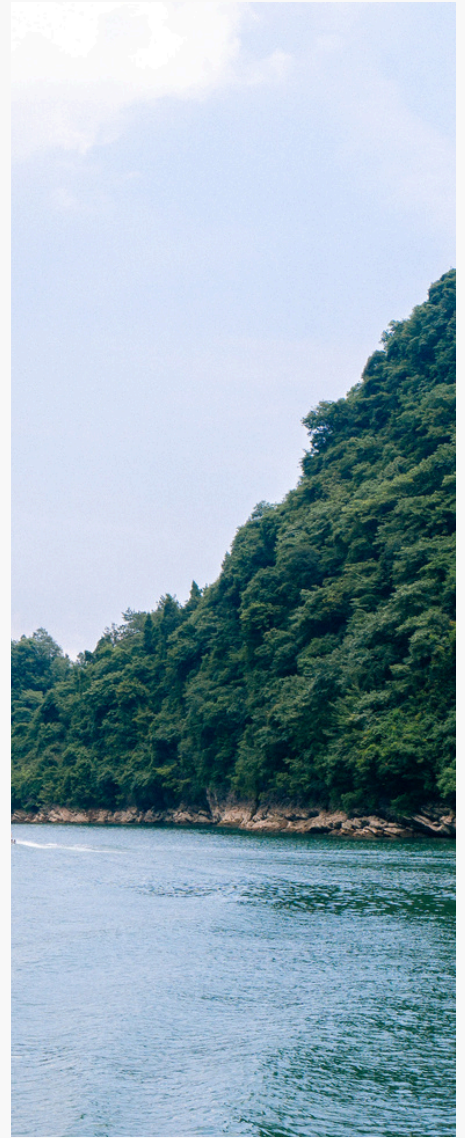
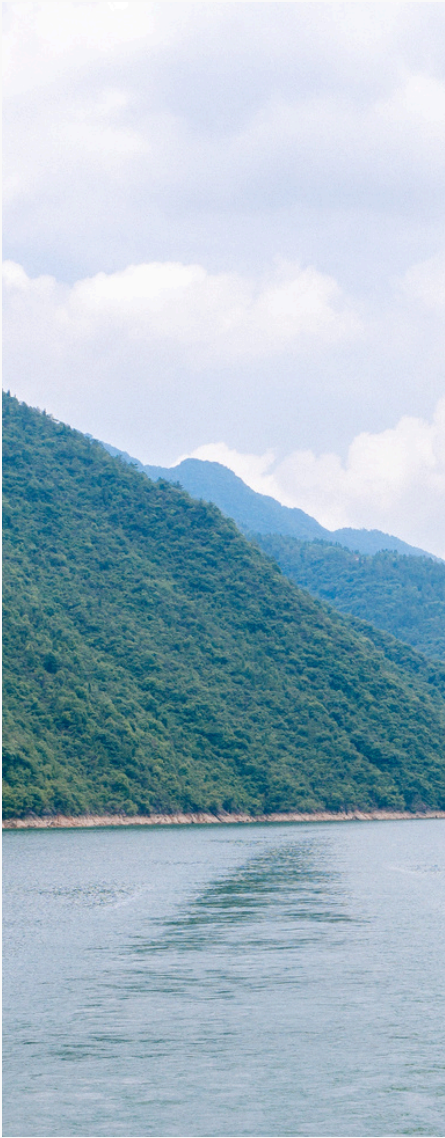
A daily walking practice is the foundation for every great adventure. Beyond getting you physically ready for your tour, the mental and physical benefits of walking outside are so numerous we could write a whole other guide about it.

If you are ready to pull your walking tour dream off the shelf, our **30-Day Walking Habit builder - The Practice** is exactly what you need to get moving. It's **free, self-paced, and starts the day after you sign up.**

Inside The Practice:

- **Daily Emails:** Morning prompts to guide your walk and give you the motivation to get out the door.
- **Momentum Tracker:** A digital page to check off your days and give your brain the dopamine hit it craves.
- **Private Community:** A supportive space to cheer you on as you build your foundation.

START YOUR PRACTICE 



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WEBSITE

www.shecanexplore.com

Adventure has no expiration date.

Stay connected for **curated resources, inspiring stories**, and the **community support** you need to take your adventure dreams off the shelf.

Make this chapter your best one yet.