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Expedition Travel is a Growing Trend Among Adventurous Women and Solo Travelers

Plus, meet the women leading some of AdventureSmith Explorations' most far flung expeditions

TRUCKEE, Calif. (Feb. 5, 2025) - Women comprise 55% of the travelers who book with AdventureSmith Explorations, and [a recent report](#) by the Adventure Travel Trade Association is buoying this statistic, indicating that more than half of those booking adventure travel are women. Women are also leading the solo travel trend, with estimates indicating 65-70% of solo travelers are women. Small-ship expedition cruising is making the most of these rising trends with new women-only bookings and more options catering to solo travelers.

“Generally, when it comes to solo travelers, we’ve seen a lot of interest in bucket-list style itineraries such as the North Pole, Northwest Passage, Greenland, and unique Antarctic routes,” said Todd Smith, AdventureSmith Explorations founder and president. “As it relates to all operators around the globe however, our other hottest solo traveler destination is Alaska. Our second most-trafficked new page on our website in 2024 was [“Tips on Booking a Solo Alaska Cruise.”](#)”

Standout Options Making Solo Travel Easier Aboard Expedition Ships

Dedicated solo-occupancy cabins aboard [expedition ships](#) are increasing in availability as compared to the old way of having all double cabins and charging single supplements for a single traveler to fill them. Future launches with new single-occupancy options include:

- The new [Douglas Mawson](#), launching December 2025, will feature six dedicated cabins for single occupancy. The operator’s previous two ships (built in 2019 and 2022) did not have any solo cabins.
- [Magellan Discoverer](#) (anticipated to launch for the Antarctic 2026-27 cruising season) also has 8 dedicated single cabins, all with balconies. Its sister ship launched in 2019 only has three solo cabins for its 2024-25 season and 4 for its 2025-26 season.

In addition, AdventureSmith is seeing more initiatives globally in 2025 that waive single supplements. These are typically limited in capacity to benefit early bookers, or offered via expiring deals, so AdventureSmith remains a prime resource for value-seeking solo travelers who don’t want to skimp on experience.

Increasing Female Leadership & Women-Only Expeditions

In addition to more women seeking out adventure travel, female leadership in the [expedition cruise](#) industry is thriving. “There are many inspiring stories of women making waves in the small-ship expedition cruise industry, and we’re proud to help connect travelers with trips that are operated by women-run expedition companies, female Captains, notable guest hosts or women-only tours,” continued Smith.

A few of these options include:

A ship that celebrates—and hires—women in marine science

The [Sylvia Earle](#) not only represents its namesake, the renowned marine biologist and explorer, but also the legacy of other pioneering women in ocean sciences. Travelers can choose a cabin from decks named after marine educator Sharon Kwok, plastic-free pioneer Joanna Ruxton, coral conservationist Dr. Carden Wallace AM, and more. Aboard, learn about the important conservation work these women continue to do today and explore alongside female expedition leaders, naturalists, historians, mountaineers and scientists.

Departing June 23, 2025, a special 13-day Arctic Climate Expedition on [Svalbard Odyssey](#) will feature Dr. Sylvia Earle traveling aboard her namesake ship. Coinciding with a climate conference, the expedition features hands-on workshops and activities designed around sustainability. Then, on Feb. 23, 2027, the ship’s [Active & Wild Antarctica Air Cruise](#) itinerary will be for women only, led by female guides. It’s sure to sell out and have group bookings.

Ships sailed by female captains

AdventureSmith can point travelers to ships that feature female captains. A few examples are the [Safari Voyager](#), captained by Andrea Kosto since 2018; Alaska’s 12-guest [Sea Wolf](#), captained by well-respected naturalist guide, captain and business owner Kimber Owen; [National Geographic Resolution](#), often captained by Heidi Norling, who became Lindblad Expeditions’ first female Captain in 2019. AdventureSmith can link you to their stories, but one example is from Kosto, who shared an inspiring story from her first year working in Central America where her ship often surprised the Panamanians during their weekly Panamá Canal transit. “We had one transit where we had all women watch officers, a woman Expedition Leader and a woman Panamá Canal Pilot.”

Women-owned catamarans in Galapagos

“It is crucial to witness other women triumph in this field,” Luisa Córdova, CEO of Golden Galapagos, told AdventureSmith. “We couldn’t be more proud to be part of a company that is owned and led by women, with a team of over 80% women,” Ivonne Zumarraga, managing director added. With the support of a fantastic team, Luisa and Ivonne oversee the finest of details aboard their catamarans, [Endemic](#), [Elite](#) and [Ocean Spray](#), plus their Amazon lodge [La Selva](#), ensuring their guests return home with lasting memories. One of the many community programs they support is WISE (Women’s Initiative for Sustainable Enterprises), which offers grants to women entrepreneurs.



Women-only adventure series at wilderness lodges

Women are also increasingly seeking supportive and empowering environments when they travel, by both land and sea. In addition to expedition ships, AdventureSmith is seeing their land-based tours respond with more options. Look to Women in the Wild small-group journeys that are led by top female expedition leaders plus local women who join as regional guides, Indigenous leaders, park rangers and special guests. From witnessing polar bears in the [Canadian Arctic](#) to brown bears in [Alaska](#), [East Greenland's](#) ice sheet and [Iceland's](#) glaciers, experience nature with a special focus on the contributions of women in each place.

AdventureSmith has been creating custom travel packages for over 20 years, and has their finger on the pulse of what's new for [small ship cruises](#) worldwide. Actively explore by land and sea, away from tourist crowds. Learn about AdventureSmith's cruises and overland tours online at adventuresmithexplorations.com or by calling their travel specialists at 866-575-2875.

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