

More Women Travel Solo As Recession Bites



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More women than ever before are swapping handbags for backpacks and hitting the road solo, HostelBookers.com can reveal.

The budget accommodation and backpacking specialist conducted a [women's travel survey](#) with [Lost Girls World](#) (who have a novel about their adventures coming out soon). The results revealed that 74% of participants considered themselves 'solo travelers', and 67% regularly travel alone (once or twice a year).

Whether for a gap year, career break or way to avoid the recession, an increasing number of women are escaping the 9 to 5 drone and breaking free by backpacking around the world solo.



For these budget savvy girls, hostels are the accommodation of choice - 76% said they would stay in hostels most or some of the time on their trip. 60% would even consider sleeping in a mixed dorm if it meant saving more for their travels.

Hostels themselves are beginning to cater for this demand, with female-only floors, hairdryers and girlie 'sanctuaries' for some post-travel pampering all appearing at budget accommodation around the world.

To help out these backpacking beauties, HostelBookers have also launched a series of top [women's travel](#) resources especially for women travelers, from destination guides, safety advice and packing tips for every continent to the top ten [hostels for women](#). There will also be exclusive guest posts from Chelsea Duke, author of High Heels and a Head Torch: The Essential Guide for Girls who Backpack, the Beauty Terrorist of St. Christopher's Inns and Lauren Resnick, who has penned the Princess with a Backpack guide and blog.

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