

Beth Whitman's Bio

Beth Whitman is a self-described “travel addict” and has been a solo traveler for 20 years. After backpacking through eight of the Pacific Rim countries for a year in 1992, she recognized that other women were looking for guidance and inspiration so that they, too, could plan and carry out their own dream journeys. Thus was born her workshops and, more recently, her book, **Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo**.

Beth has ridden a BMW motorcycle solo from Seattle to Panama; backpacked through Nepal's Himalayas; driven the AlCan Highway to Alaska; trekked the remote highlands of Vietnam; and maneuvered the back roads of France's Dijon region in a rental car. She's had a hand grenade pulled on her in Cambodia; fought off giardia in SE Asia; been threatened by Nicaraguan police; and been flashed by men from New Orleans to Saigon.

Her travel articles and photos have appeared in books, newspapers and magazines including BMW Magazine, Transitions Abroad, Perceptive Travel and Sound Rider. She's the publisher of www.WanderlustAndLipstick.com, the travel blogger for the Seattle Post Intelligencer (<http://blog.seattlepi.nwsourc.com/travel>) and has been teaching travel classes in the Seattle area for 15 years including her very popular class **For Women Traveling Solo**.