

The Single Girl's Guide to Travelling Alone

Blog, Travel

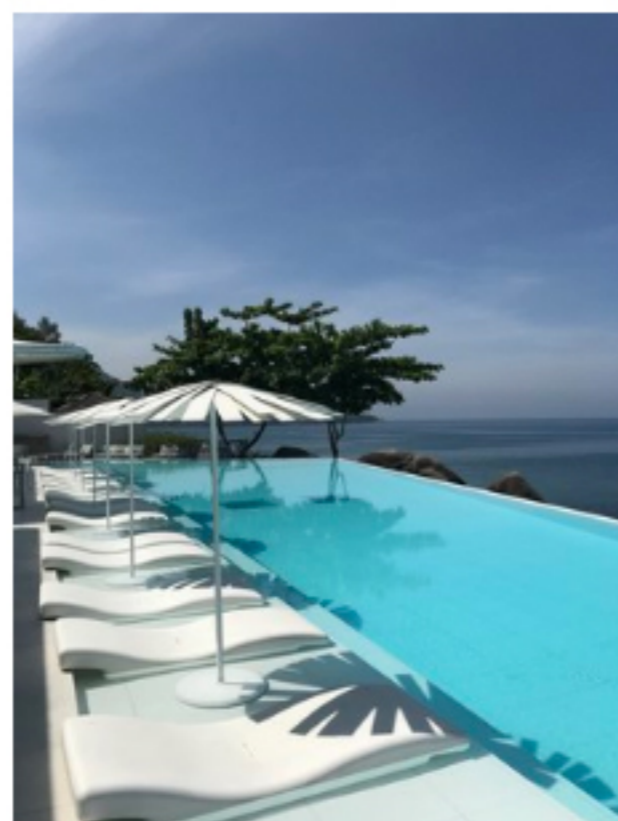
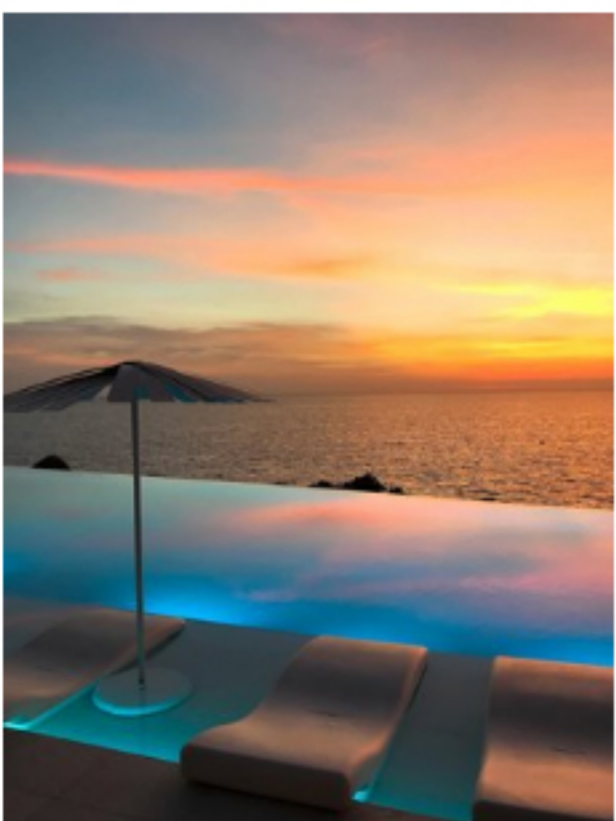
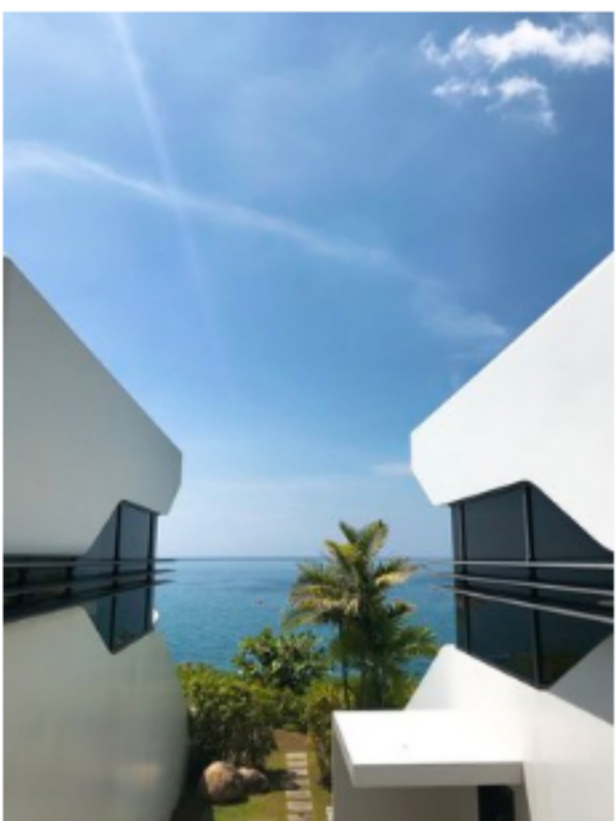
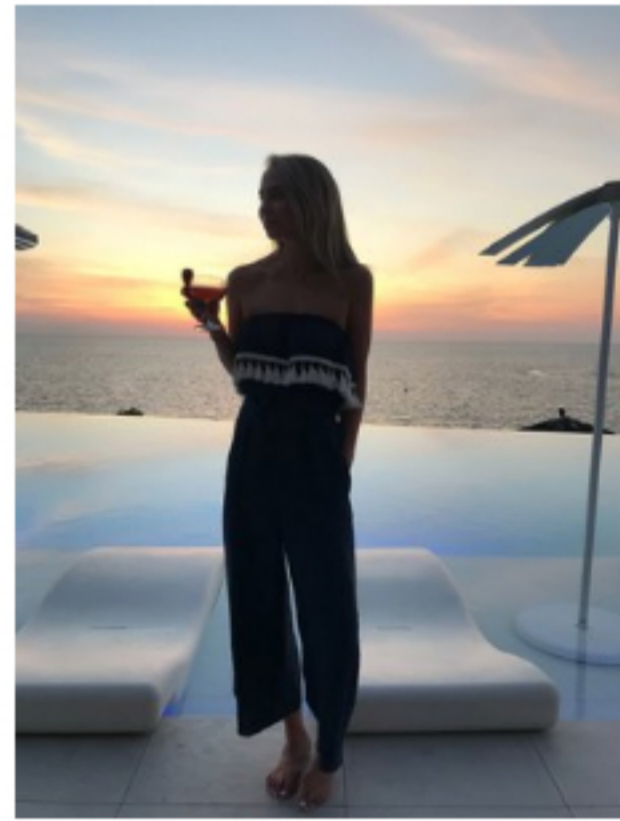
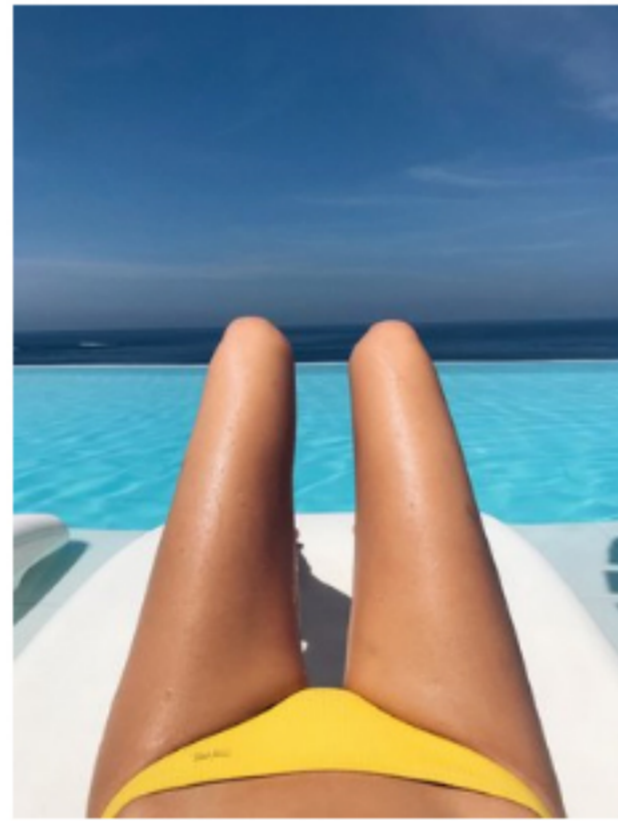
I'm going to start this blog off by owning up to the fact that travelling alone... in fact, doing anything by myself, has not always been something I've enjoyed.

I've spent most of my life wrapped up in co-dependant relationships. I lived in a dorm with 32 strangers during my university days. Then I went and voluntarily locked myself away in [a house with 19 other strangers](#) and agreed to be filmed 24/7. In summary, I was happiest when I was surrounded by other people.

In fact up until a few years ago, normal, every day activities such as grocery shopping, sleeping and [going to the movies](#) seemed absolutely impossible to do by myself.

But that was then and this is now. And now, I'm a mother fucking independent woman who just took herself on a luxury holiday for 1. And I only cried once.

The benefits of traveling solo are actually endless, and the first one occurred to me even before I'd left for Thailand...



Kata Rocks is design-driven with sleek, superyacht-inspired interiors and unobstructed ocean views, creating the illusion of being adrift on the azure waters of the Andaman Sea. The main pool and restaurant offer some of the best sunset views I've ever experienced and my 60 minute massage was so good, I was only woken by the sound of my drool as it hit the tiles.