

Why Brazil's Remote Outdoors Are Becoming a Haven for Foreign Women

Trading fear for freedom, solo female adventurers are discovering deep human connection and breathtaking scale in destinations like the Amazon and the Pantanal.

SÃO PAULO, BRAZIL, March 6, 2026 /EINPresswire.com/ -- When planning a solo trip to South America's largest country, the biggest hurdle many foreign women face isn't the language barrier—it's overcoming international misconceptions and alarming headlines about safety. Yet, those who push past this initial apprehension are rewarded with a completely different reality once they step into Brazil's natural wonders.

Far from the bustling urban centers, a standard vacation quickly transforms into a deeply personal journey of human warmth and self-discovery. Immersed in the great outdoors, these adventurers are met with a welcoming spirit that travel guides simply can't capture, creating experiences that fundamentally shift how they view the world and stay etched in their hearts.

Championing the belief that women can and should occupy all spaces, [PlanetaEXO](#), an ecotourism platform specializing in adventure tours in



Discover how solo female travelers find freedom and connection in Brazil's breathtaking outdoors.



Katharina finds empowering freedom exploring the vast, open spaces of Chapada Diamantina.

Brazil, gathered stories from international female travelers who ventured into the Jalapão, the [Amazon](#), the [Pantanal](#), Chapada Diamantina, and Mount Roraima. Here is what they discovered.

ENDLESS HORIZONS: ABSOLUTE FREEDOM FOR INTERNATIONAL ADVENTURERS

For foreign visitors, the sheer scale of Brazil's natural landscapes is awe-inspiring. From the United States, Samantha Sage (34), who traded Seattle's rainy winter for a six-week deep dive into Brazil, felt it immediately. "You hear about the rivers in the Amazon being really big, but you don't really conceptualize it until you're there," she says. She was also completely enchanted by the fervedouros, the bubbling natural springs of Jalapão (Tocantins).

British freelance writer Emma Phillips (30) found a similar sense of peace while navigating a five-day river cruise along the Rio Negro in the Amazon. She describes the river as offering a sense of "enormous openness and tranquility," which contrasted beautifully with the intense and encompassing forest.

Dutch traveler Katharina Bongaertz (60) was similarly captivated by this greatness. She originally planned a one-month trip, but Brazil drew her in for five. Proving that adventure has no age limit, she hiked Pico da Neblina and explored Chapada Diamantina. "I prefer vast, open spaces without fences, where I can hike freely. It's empowering, and I take that strength home with me every time," she says.

INDIGENOUS WOMEN AND MATRIARCHY: AN INTERNATIONAL PERSPECTIVE

While the wildlife and landscapes are stunning, it was the local women who left the deepest impact. Olivia Bird (24), an ecologist from New Zealand, traveled across the globe to see the natural wonders of Mount Roraima up close.

Along the trek, she was blown away by the resilience of the Indigenous support team, particularly the women. "I saw women half my size, wearing flip-flops, effortlessly carrying heavy supplies and breezing past us hikers who were struggling despite our high-tech gear," she recalls.

In the Amazon, German biologist Kristina Wagner (44) had a similar experience. While visiting a riverside community that farmed manioc, she was deeply moved to see women acting as the central figures of their community.

"It was incredible to see families led by women. I saw the grandmother, the daughter, and the



Samantha Sage floats in the fervedouros of Jalapão.

granddaughter, multiple generations all working together," she noted, pointing out the stark contrast to family dynamics back in Germany, where relatives often live more separate lives. Emma also noted the profound impact of connecting with local roots. Accompanied by local guides who used the knowledge of their ancestors to turn the forest into a classroom, she saw how authentic, non-predatory tourism could uplift communities. "Seeing tourism being used in such a responsible approach to improve people's lives and preserve the environment was a great inspiration," she states, defining the experience as a way to truly understand cultural diversity.

BRAZILIAN HOSPITALITY FOR GLOBAL GUESTS

It's normal to feel some initial apprehension when traveling to unknown places, but the welcoming nature of the Brazilian people quickly tears down those walls.

Olivia was nervous about being the only foreigner in her Mount Roraima trekking group, but that fear didn't last long. A Brazilian woman who was also traveling solo took her under her wing, and the entire group made a point to teach her some Portuguese.

This warmth extends to all types of travelers. Emma, traveling as a queer woman alongside her Brazilian partner, Jamille, admits she felt an internal anxiety about how their relationship would be received. However, she was met with total respect. One of the most touching moments happened in the boat's kitchen when a local chef shared that her own daughter was also queer. "I think she was pleased to see our dynamic play out in front of her. It was lovely," Emma shares.

Kristina, who was initially wary due to international misconceptions about Brazil, saw firsthand how local women look out for each other. "I felt safe the entire time. People were constantly going out of their way to help me," she shares. On a bus to the Pantanal, when a man was aggressively trying to chat her up, a Brazilian passenger didn't hesitate to step in and ask him to leave her alone. Just like that, her peace of mind was restored.

ABOUT PLANETAEXO

PlanetaEXO is a platform dedicated to responsible ecotourism, connecting travelers to authentic experiences in nature and strengthening community initiatives throughout Brazil. The company works in partnership with local communities, guides, and conservation projects to promote trips that value culture, biodiversity, and sustainability.

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