Above: Becky Kieha, the first female overland truck driver in East Africa, leads tours in Kenya for Intrepid Travel.

Women's travel used to mean tours in were all women and that was pretty much it. Nowadays, women are the majority of any travel experience, with more and more tours aimed at a light on female empowerment in other parts of the world.

For instance, Intrepid Travel’s launch of Women's Expeditions, which started with trips to the Middle East, proved so popular that it grew from four to 36 departures last year, making it among the most popular categories in the company’s history. This year, the outfitter has added new Women’s Expedition tours in Kenya, Nepal, India, and Tibet. The tours are led by female guides, explore the customs, food, challenges, and lives of local women. They all include experiences that would otherwise be off-limits on regular departures, such as swimming on a female-only basis in Antalya, Turkey, or celebrating the female-only Gangaur Festival in Rajasthan, India.

The 10-day Kenya expedition ($3,155 per person, led by Becky Kieha, the first female overland truck driver in East Africa, visits women, meets with female wildlife rangers and includes a cooking class. The trip to Turkey ($1,720 per person for 12 days) includes an afternoon with displaced Syrian women, a trip to sea with a female captain and participation in Gold Day EcoAnkara: a day for women to socialize and help a friend in need. An all-female hiking crew explores Nepal ($1,805 for 12 days), and in India ($2,212 per person for 12 days), travelers will join the Gangaur Festival, explore laquer with the femaleindle truck drivers, and visit shops benefitting marginalized women.

Any operator G Adventures, which has its US headquarters in Boston, has expanded its “G for Good” social enterprise project to include several more for women in Africa. Visitors to the property will sail into many of its regular tours for adult women and men. The newest community development projects, which bring the total to 70 in 41 countries, were selected based on the potential socioeconomic impact of their travelers visiting Uganda, Zambia, and Zimbabwe and reflect G Adventures’ increase of travelers to Africa.

The projects include Tribal Textiles in Zambia, an all-female community-run workshop, café and market, which is visited by G Adventures’ 18-to-thirty-somethings; glycerin; and the Luwumpuko Women’s Club, a group of 20 women offering cooking demonstrations and farm-to-table meals to G Adventures travelers visiting Victoria Falls, Zimbabwe.

Traveling with toddlers can be a challenge, especially when it comes to mealtimes and snacks. Keep your little one happy and full with bblüv’s, a multipurpose container for quick and simple meals. Three 2.5-ounce insulated reusable containers (commercially stackable four-ounce compartments can be filled with anything, from feeds to dried cereal and fresh-cut fruit. It is small enough to fit in a purse and light enough for toddlers to carry with its flexible silicone handle. Guan-