

Eat, Pray, Love: Find Your Word On A Soul-Searching Solo Trip



Travel feeds the soul, the mind, and enriches your life with new experiences that staying in your comfort zone would have cost you. Be it a backpacking adventure, mountainside hike or relaxing days spent lounging around [one of our luxury vacation rentals in Orlando](#); nothing beats the change in scenery travel offers.

When people think of travel, their mind goes straight to exotic locations in remote corners of the world; a monastery in Nepal, the Eiffel tower, the Bahamas, gondola rides in Italy—but right here in Orlando a world of adventure awaits you.



Having an adventure on your own is also entirely possible while you're traveling with family or friends—in which case [you should book one of our vacation homes](#) and split the cost of accommodation. Head out on your own a few times to experience the joys of solo travel and try the following:

Head to Disney Springs by yourself

Disney Springs is a [food and shopping paradise](#). With major stores, restaurants, and entertainment options at this plaza, it's the one-stop-shop for all your needs. Enjoy tons of freedom of choice to pick from desserts, main courses, bars, and themed restaurants as well. It's Disney—but for adults!

Cross off your theme park bucket list

Theme parks may not be the first thing that comes to mind when you think about solo adventures, except think about the fact that you don't need to wait for anyone, accompany anyone on rides, share snacks or hold back on souvenirs. It's the ultimate experience simply because of how freeing it is to navigate your way through massive crowds without care.



Spend a quiet day by Lake Eola

Not in the mood to be surrounded by people? [Head to Lake Eola Park](#) for a gorgeous view of the lake, city, and some wildlife. Get emersed in nature and enjoy the calm and serene environment around you while you take a breather. Meditate, think, relax, enjoy a light snack, and hang out with yourself.

Get dirty at Dirty Pour Painting

For a more fun and engaging solo activity, you can attend one of [Dirty Pour Painting's events](#). Perfect for anyone looking to unwind, let their creative juices flow and get down and dirty; painting and art, in general, can be incredibly therapeutic, which is what makes this ideal for self-discovery. No caring or worrying about who's watching, their opinions, how perfect your work is, just creating!

Knowing yourself is an important aspect of coming of age, whether you're 15 or 45. Even if you don't take a trip by yourself, [getting some alone time is crucial](#) as you discover what you're passionate about.