

The Barefoot Backpacker

Travel Tales From Beyond The Brochure

I am a non-binary travel writer and podcaster who specialises in exploring places beyond the brochure – from overlooked destinations to misunderstood cultures – often travelling solo, on a budget, with just a carry-on backpack, an open mind, and a sense of adventure. And, yes, sometimes even literally barefoot.

Having travelled to over 100 countries, I focus on stories that don't make it into guidebooks – the unexpected, the overlooked, and the human side of travel. I concentrate on exploring the history and culture behind places – the 'why', just as much as the 'what'.

I also focus on ethical travel and storytelling, covering topics like dark history, responsible travel, mental health, neurodiversity, and queer travel.

I am available for press trips, commissioned writing, podcast features, and media collaborations.



Blog Stats (monthly)

Podcast downloads	480
Blog views	6.2k
Blog unique visitors	4.8k

Visitor Origin

29% United Kingdom
19% USA
13% European Union
5% Oceania

Social media



10.2k + @rtwbarefoot



1.9k + @barefoot_backpacker



1.7k + @barefoot.backpacker



620 + @rtwbarefoot

ABOUT THE BAREFOOT BACKPACKER

My Content Specialisms

No-Frills 'Barefoot' Travel



- Budget Travel
- Solo travel
- Backpacking
- Hand Luggage Only Travel
- Adventures 'Beyond The Brochure'

The Great Outdoors



- Hiking
- Parkruns
- Ultramarathons
- Minimalist Shoes
- Camping

History & Ethics



- Dark History
- Influencer Responsibility
- Queer/LGBTQIA+ Travel
- Green Travel
- Neurodiversity and Travel

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