

The Barefoot Backpacker

Travel Tales From Beyond The Brochure

2026 BGTW Members' Excellence Awards — Double Award Finalist

[Celebrating Diversity Through Storytelling / Travel Broadcast Of The Year]

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'.

My work also explores topics around ethical and responsible travel, dark history, mental health, neurodiversity, and queer experiences of travel.

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

Blog Stats (monthly)

Podcast downloads	480
Blog views	8.5k
Blog unique visitors	6.5k

Visitor Origin

25% UK & Ireland
20% USA & Canada
10% EU / EFTA
5% Oceania

Social media



10.2k + @rtwbarefoot



1.9k + @barefoot_backpacker



1.7k + @barefoot.backpacker



715 + @rtwbarefoot

Figures correct as of 2026.09.26



ABOUT THE BAREFOOT BACKPACKER

My Content Specialisms

No-Frills 'Barefoot' Travel



- Budget Travel
- Solo travel
- Backpacking
- Hand Luggage Only Travel
- Places 'off-the-beaten-track'

The Great Outdoors



- Hiking
- Parkruns
- Ultramarathons
- Minimalist Shoes
- Camping

History & Ethics



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

Name: Nel Scroggie

E-mail: info@barefoot-backpacker.com

Website: <https://barefoot-backpacker.com>

Endorsements

"I love the way you tell your stories. I really hope I get to meet you one day and just listen to you reel them off over a coffee."

– Sarah, MyVeggieTravels

"A unique take on travel. Both in the places you visit and your writing style. You are not like any other travel bloggers."

— Backpacks & Bicycles

"[You're] championing the underdogs of countries & trying to change people's opinions of them. I'd never heard of Benin until I started following you... not sure I want to go, but it interests me more now."

— Helen Foster, Differentville

"I love personal stories, especially about travel. Your writing style is very relaxed and conversational, which makes it an easy and entertaining read!"

— Scout, EcoCycleTravel



Professional Highlights

2026 BGTW Members' Excellence Awards

Double Award Finalist

Celebrating Diversity Through Storytelling

Travel Broadcast of the Year

Published in Bradt Guides

Selected Collaborations:

CheapFlights, Jet2, Traverse, CzechTourism, Metro