

From: [REDACTED]
To: [REDACTED], Rich Culture & Pure Serenity
Date: Thursday, June 26, 2025 9:41:07 AM
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Hi [REDACTED],

Please see below for our Solo Travel pitch for Aruba. This pitch was sent out today, 6/25 to 41 journalists.

Let us know if you have any questions!

Thanks,

[REDACTED]

[REDACTED]

From: [REDACTED]
Sent: Thursday, June 26, 2025 10:37 AM
To: [REDACTED]
Subject: Solo Travel in Aruba: Escape to Sandy Beaches, Rich Culture & Pure Serenity

Hi [REDACTED],

Now more than ever, travelers are ditching group trips in favor of solo excursions around the world. Take Aruba for example, where individual trips continue to increase in popularity this year.

For many, it's about traveling without compromise, embracing self-discovery and experiencing the world on their own terms. On the One Happy Island, solo travelers enjoy a naturally welcoming community and ease of exploring the island.




With its diversity of authentic experiences and serene landscapes, Aruba has the sights, sounds and vibrant culture that solo travelers crave.

More details below on the best spots to add to a solo-itinerary adventure solo on the island, as well as images [HERE](#) (credit to: Aruba Tourism Authority).

Is this a fit for your coverage? Let me know if you have any questions.

Best,

[REDACTED]

SUNRISE CITY	
San Nicolas	
	<p>Formerly a hub of international workers at the long-closed oil refinery, today it is emerging as Aruba's cultural capital. This resurgence is propelled by its burgeoning arts movement, which began in 2016 when the mural festival attracted 15 of the best muralists from around the world to redefine the city's character through public art. Today, the city is a canvas featuring over 60 murals.</p>
ON ISLAND EXPERIENCES	
Snorkeling	
	<p>Dive into the day by snorkeling along Aruba's crystal-clear coastline, where gentle currents and beautiful ocean life meet you at every turn. Swim alongside tropical fish and coral reefs at your own pace on one of Aruba's many beaches.</p>
Sunset Cruise with Pelican Adventures	
	<p>Ease into the evening with a serene sail along Aruba's coastline aboard a custom-built catamaran, where calm waters, golden skies, and gentle sea breezes set the tone. Sip tropical cocktails from the open bar, nibble on light bites, and soak in the sunset at your own pace.</p>
Meditate with Shanti Aruba	
	<p>Known for her deeply loving presence and authentic teachings, Shanti guides visitors through meditation, breathwork, and soul-centered gatherings that awaken the heart and calm the mind. Whether on the beach at sunrise, beneath the full moon, or in stillness</p>



at a silent retreat, each experience invites you to return to your true nature and embrace the joy of simply being.

Explore at [Arikok National Park](#)



Nearly 20% of Aruba is a designated National Park with Arikok National Park taking up about 7,907 acres. It's home to a variety of unique attractions and cultural heritage sites, including spectacular caves, original Indian rock drawings, unusual land formations made from lava, quartz diorite and limestone.

Relax at [The Donkey Sanctuary](#)



Trade screen time for soul time at Aruba's Donkey Sanctuary, where gentle, affectionate donkeys offer a surprising sense of calm and connection. A private session here isn't just about animal interaction—it's a moment to pause, be present, and experience the quiet joy of bonding with creatures known for their peaceful, grounding energy. Ideal for travelers seeking emotional reset through nature.

Reflect at [The Butterfly Farm](#)

Step into a living sanctuary where hundreds of butterflies drift through a lush, tropical garden, encouraging guests to slow down and simply observe. This serene space invites quiet reflection and mindfulness, creating a sensory-rich escape that nurtures calm, curiosity, and emotional well-being. It's a gentle reminder to move at nature's pace and breathe.



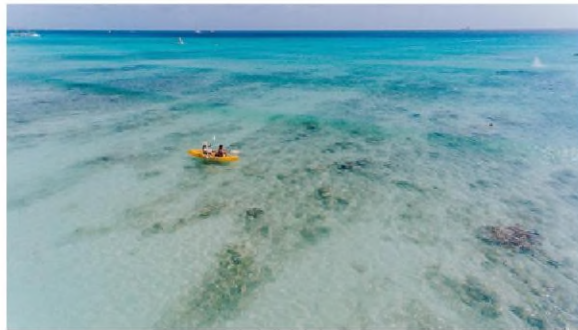
Yoga at [Happy Buddha Aruba](#)



Find your calm at Happy Buddha Aruba, the island's only hot yoga studio offering intimate classes designed to ease tension and quiet the mind. From gentle deep stretch to slow-flow Hatha, each session encourages presence over performance, making it the perfect reset for a soft, stress-free getaway.

BEACHES

Lounge at [Arashi Beach](#)



A quieter alternative to some of the more crowded spots on the island, Arashi Beach features pristine white sands and clear waters that are perfect for swimming and sunbathing. This hidden gem is renowned for its excellent snorkeling opportunities and breathtaking sunsets.

Detox at [Mangel Halto Beach](#)



Mangel Halto offers a secluded experience, surrounded by lush mangroves and shallow waters that are ideal for snorkeling.

*This material is distributed by Zeno Group, Inc. on behalf of Aruba Tourism Authority.
Additional information is available at the Department of Justice, Washi*



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