



IS IT SAFE?

Albuquerque

SOLO TRAVELER SAFETY GUIDE

Is Albuquerque Safe?

A Solo Traveler Safety Guide

Albuquerque has a higher-than-average crime rate citywide, but the pattern is concentrated in specific neighborhoods well outside where a visitor would typically go. Tourist-core areas — Old Town, Nob Hill, Uptown, Downtown before roughly 10pm — are well-trafficked and generally comfortable for solo travelers using standard city awareness.

AREA-BY-AREA RATINGS

Old Town	□□□□□	Historic, walkable, active day and evening
Nob Hill	□□□□□	Route 66 storefronts, good foot traffic
Uptown / North Valley	□□□□□	Quieter, residential, comfortable
Downtown after 10pm	□□□□□	Thins out fast; use rideshare between venues
International District / South Valley	□□□□□	Avoid, especially after dark

COMMON SCAMS & PETTY CRIME

- Smash-and-grab theft from parked cars is the most common visitor complaint — never leave bags, chargers, or loose change visible, at hotels, trailheads, or restaurants alike.
- Standard urban pickpocket awareness applies in crowded market and festival settings.

SOLO WOMEN TRAVELERS

Solo women travel Albuquerque regularly and report feeling safe within the tourist core, though standard precautions matter more here than in a lower-crime destination. Stick to Old Town, Nob Hill, Uptown, and North Valley; avoid unfamiliar residential streets after dark; use rideshare rather than walking between nightlife spots at night. The Downtown Growers Market on Saturday mornings and the Balloon Fiesta (if your dates align) are both easy, natural ways to strike up conversation with locals in a public daytime setting.

EMERGENCY CONTACTS

Emergency	911
-----------	-----

Albuquerque Police (non-emergency)

505-242-COPS

Nearest hospital to Old Town/Downtown

Presbyterian Hospital, 1100 Central Ave SE

Free to download. Made for the traveler going it alone.



SCAN FOR THE INTERACTIVE MAP