

# Best Platforms for Hosting Your Video Podcast for Free

As the popularity of video podcasts continues to grow, creators are searching for reliable and cost-effective ways to distribute their content. Fortunately, a free podcast hosting service can provide the tools you need to publish your video podcast without breaking the bank. Whether you're a seasoned podcaster expanding into video or a newcomer just starting out, choosing the right platform is crucial. In this article, we'll explore some of the best platforms that allow you to host your video podcast for free and discuss the benefits and limitations of each.

## Why You Need a Podcast Hosting Service

Before diving into specific platforms, it's important to understand the role of a podcast hosting service. Unlike traditional web hosting, podcast hosts store your media files and generate RSS feeds that syndicate your episodes to platforms like Apple Podcasts, Spotify, and Google Podcasts. For video podcasts, this becomes even more essential because video files are much larger than audio-only formats, requiring more bandwidth and storage.

## Key Features to Look for in a Free Podcast Hosting Service

When evaluating a free podcast hosting service for video content, consider the following features:

- **Video support:** Not all platforms support video podcasting natively.
- **Storage and bandwidth limits:** Free plans may have monthly caps.
- **Distribution options:** The ability to publish to YouTube or podcast directories.
- **Monetization tools:** Some platforms offer basic monetization features.
- **Analytics:** Insights into listener/viewer engagement.

Now, let's take a look at the top free platforms you can use to host your [video podcast](#).

### 1. YouTube

While not a traditional podcast hosting service, YouTube has become a go-to platform for video podcasts. It offers unlimited video hosting, robust analytics, and an audience of over 2

billion users. YouTube doesn't generate a podcast RSS feed, but if your focus is visual content and discoverability, it's a great starting point.

- **Pros:** Massive audience, free unlimited storage, great for SEO.
- **Cons:** No podcast-specific tools like RSS feeds; monetization requires high viewership.

## 2. Spotify for Podcasters (Anchor)

Spotify's [free podcast hosting service](#), previously known as Anchor, has evolved to support video podcasts. Creators can upload video episodes directly, and Spotify handles distribution within its ecosystem. It's a solid choice if you're targeting Spotify users and want to publish both audio and video formats.

- **Pros:** Easy to use, integrates with Spotify, free hosting for audio and video.
- **Cons:** Limited editing tools, video only available on Spotify (not other platforms).

## 3. Podbean (Free Plan)

Podbean offers a free podcast hosting service with a monthly upload limit, and while the free plan supports audio, video hosting is limited unless you upgrade. However, Podbean makes the list because of its user-friendly interface and excellent distribution features, which are ideal if you start with audio and plan to scale to video later.

- **Pros:** Easy distribution, monetization options.
- **Cons:** Limited video support on the free plan.

## 4. Riverside.fm

Riverside is more of a recording and editing platform, but it has introduced podcast hosting features with support for video podcasts. While their premium plans offer the most features, you can test their services with a limited free plan, making it a potential option for short-form content or pilots.

- **Pros:** High-quality video recording, simple interface.
- **Cons:** Limited hosting features on the free plan.

## 5. RedCircle

RedCircle is a lesser-known free podcast hosting service that allows for monetization, dynamic ad insertion, and audience analytics. While their primary focus is audio, they are gradually incorporating video-friendly features, especially for creators who want to cross-publish video content on YouTube.

- **Pros:** Monetization tools, easy to scale.
- **Cons:** Video features still developing.

## 6. Buzzsprout (Limited Free Plan)

Buzzsprout's free plan allows for 2 hours of content per month, and while it's primarily for audio, creators often upload the video version separately to YouTube. Buzzsprout also helps you optimize your podcast metadata for better discoverability.

- **Pros:** Excellent analytics, easy to use.
- **Cons:** Short hosting duration for free content, no built-in video hosting.

## Tips for Hosting a Video Podcast for Free

Here are a few tips to get the most out of your free podcast hosting service:

- **Use multiple platforms:** Host your audio on one service and publish the video version on YouTube or Spotify.
- **Compress your video files:** Optimize your content to fit within platform limits.
- **Leverage social media:** Promote your video podcast episodes on TikTok, Instagram, and LinkedIn to drive traffic.
- **Track your growth:** Use analytics to understand what works and iterate.

## Final Thoughts

Choosing the best free podcast hosting service for your video podcast depends on your goals, content length, and target audience. YouTube and Spotify offer the most straightforward video support, while platforms like Podbean, Riverside.fm, and RedCircle are worth exploring as your show grows. By taking advantage of these tools, you can launch your video podcast without spending a dime — and focus on what truly matters: creating compelling content.