



Holiday Money Report 2025

Post Office Travel Money

A review of currency sales and rate trends and a look forward to holiday costs in 2025



Post Office Travel Money

Holiday Money Report 2025

2025 is already shaping up to be a buoyant year for overseas travel as British holidaymakers again demonstrate that taking a trip abroad is a bigger priority for them than many other lifestyle choices. New research by Post Office Travel Money for the 19th annual Holiday Money Report reveals that many more Britons are planning holidays abroad than in the UK¹.

Furthermore, well over two-in-five of those planning to travel abroad have gone ahead and booked their trip, with more than one-in-five intending to budget more for their holiday than in previous years.

The research also illustrates the changing face of holiday travel. While significant numbers will take beach holidays or city breaks and prefer the idea of 'safe' travel, an adventurous streak has revealed itself in the attitudes of some holidaymakers. Over a quarter of those surveyed told Post Office Travel Money that they are now planning to take some form of activity holiday.

The factors that might influence destination choice or shed light on the type of holiday they intend to take in the coming year are highlighted in the latest Holiday Money Report.

The latest currency sales statistics from Post Office Travel Money, the UK's largest provider of foreign currency, are a useful indicator of where Britons are choosing to visit. Sales trends over the past year indicate a growing demand for travel further afield to long haul destinations – particularly Far Eastern and South American ones.

Another consideration may be the value of sterling. Although it has proved volatile in the wake of the US presidential election, sterling remains strong against many currencies. Over three-quarters of Post Office's top 30 currencies – including the euro and most other European currencies – have weakened since last March. This could provide holidaymakers with a big incentive to choose destinations where sterling will provide more 'bang for their buck'.

Establishing the cost of holiday living is another valuable tool to help holidaymakers decide where they will get the most for their money. The latest *Worldwide Holiday Costs Barometer* – the biggest yet with 47 destinations – reveals that prices have fallen in around half of the resorts and cities surveyed*. This includes the Algarve, which returns to the top spot for the first time since 2016, as well as a trio of old favourites – Prague, Thailand and the Costa del Sol, which are back in the best value top 10 after a lengthy absence.

*18 of 39 destinations also surveyed in 2024



Research: strong desire for holidays abroad

There seems little doubt that millions of Britons regard taking a holiday abroad as a crucial part of their lifestyle, despite the growth in their cost of living at home. Three-in-five (60 per cent) of Britons surveyed about their holiday plans for the coming year told Post Office Travel Money that they will be travelling abroad – up from 51 per cent who were asked the same question a year ago (figure 1).

Almost three-quarters (73 per cent) of them will holiday in Europe and most (95 per cent) will be making a repeat journey to a European destination.

By comparison, just over a third (37 per cent) intend to take a domestic holiday in the UK, far fewer than those intending to travel further afield. Only one-in-five (22 per cent) said that they had no plans to take a holiday at all in 2025 – a fall from the previous benchmark of 32 per cent.



Figure 1: Will Britons travel abroad this year?



The degree to which Britons are committed to holidaying overseas is demonstrated by the fact that 44 per cent of those who said they are travelling abroad in 2025 have already booked their trip (figure 2). There are understandable reasons why other holidaymakers who plan to travel have not yet booked. Over a quarter (26 per cent) are waiting to see whether they can secure a discount on a late booking, while almost one-in-five (18 per cent) say they need to save more money before booking their trip.

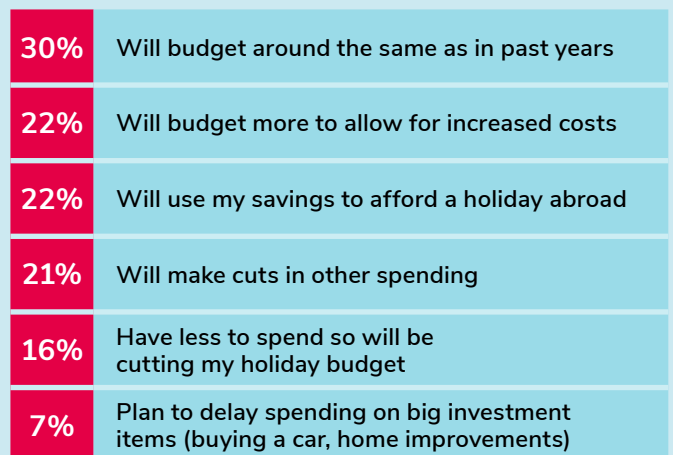
There is little indication of cutting back on holiday spending. Over half of those planning a holiday abroad either intend to budget more (22 per cent) than in previous years or around the same (30 per cent) as they have done in the past (figure 3).

Only 16 per cent of those surveyed said they have less to spend and will therefore be cutting their holiday budget. Instead, more than one-in-five (22 per cent) will dip into their savings to afford a holiday, while almost as many (21 per cent) will make cuts to other spending. A small minority (seven per cent) intend to delay spending on home improvements, car purchase or other big ticket items.

Figure 2 Numbers who have booked their trip abroad



Figure 3 Holiday budgeting plans



Research: Holiday planning and priorities

Although overseas holidays remain high on the list of lifestyle priorities, the consumer research conducted by Post Office Travel Money reveals that many Britons recognise the need to make compromises in order to afford their next trip abroad.

Travelling away from busy periods is regarded as the best way to make travelling abroad more affordable. Two-in-five (40 per cent) of holidaymakers are prepared to swap peak season travel for cheaper times of the year (figure 4). Over a quarter of those questioned say they will book cheaper accommodation (27 per cent), take fewer holidays (27 per cent) or go to a destination that costs less (26 per cent).

Over one-in-five (21 per cent) plan to reduce the length of their holiday and almost as many will cut back on drinks while abroad (19 per cent). 16 per cent will go self-catering and avoid eating out.

While beach holidays, city breaks and all-inclusive holidays remain the most popular types of trips abroad by far for British holidaymakers (figure 5), the research reveals an interesting change in consumer tastes. Over a quarter of holidaymakers plan to take some form of activity break. One-in-seven (15 per cent) said that they will include activities such as cycling, walking, diving or windsurfing on their next trip abroad. A smaller number (six per cent) plan to go trekking and one-in-20 intend to take a winter sports holiday.



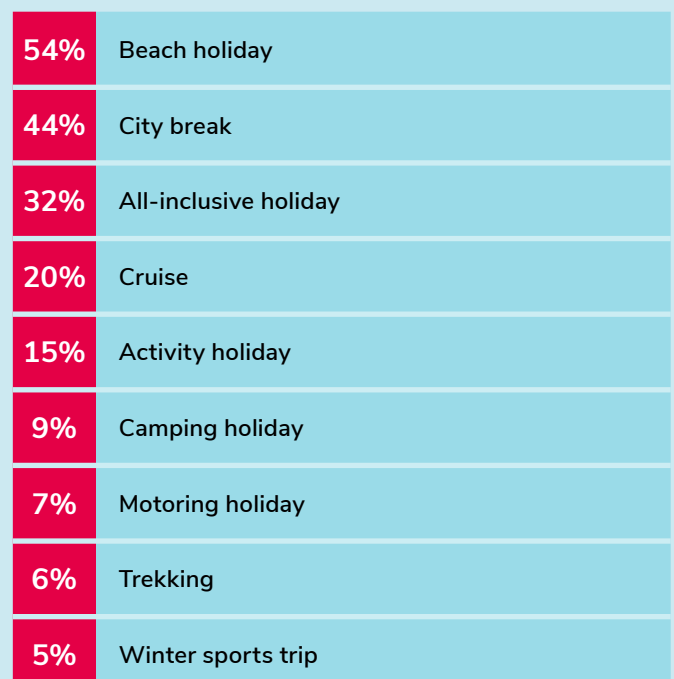
The desire for adventure is reflected in the view expressed by more than two-in-five consumers (42 per cent) that they like to venture off the beaten track on holiday. Equally, two-thirds (66 per cent) want to go to a destination that they have not previously visited on their holiday this year. However, despite the desire to try a different holiday experience, over a third (36 per cent) only want to do this as part of an organized group².

Despite this, the vast majority of holidaymakers regard safety as their main priority – and 86 per cent say they prefer destinations where they will feel safe.

Figure 4 Plans to make holidays abroad more affordable



Figure 5 Types of overseas holidays planned



Currency sales trends



Currency sales provide a clue to destination choice. Far Eastern currencies dominate Post Office Travel Money’s Fastest Growing Currencies chart for the past 12 months, taking six of the top 10 places (figure 6). But they are not the only long haul currencies to put on the strongest levels of growth among Post Office’s top 30 bestsellers. South American and Caribbean ones have also performed well and take the four remaining places in the top 10 growth chart.

Although the sales growth reported by Post Office Travel Money is not as dramatic as that seen a year ago when some currencies were recovering from a late relaxation of Covid 19 restrictions in their countries, there have still been healthy increases. In many cases these build on last year’s startling growth figures because six of the currencies featuring in the latest top 10 also appeared in last year’s Fastest Growing Currencies chart. All of these are Far Eastern ones.

At the top of the table, the Chinese yuan has put on sales growth of 58 per cent to build on the massive 589 per cent rise reported in March 2024. Similarly, in fifth place, Japanese yen purchases have increased by 37 per cent year-on-year to add to the 266 per cent growth shown last March.

There has also been strong demand for the Thai baht, sixth in the growth chart and long established as one of Post Office Travel Money’s most popular currencies. Sales growth of 33 per cent over the past 12 months has added to the 39 per cent recorded a year ago, helping Thailand’s currency to rise to fourth place in the overall bestsellers list.

Sales of the Hong Kong dollar have risen 16 per cent year-on-year to add to the 243 per cent growth shown a year ago after Covid regulations were relaxed. Completing the Far Eastern line up in the Fastest Growing Currencies top 10, the Indonesian rupiah and Vietnamese dong are now establishing themselves as growth currencies. In eighth place, Indonesian rupiah sales have risen by 18 per cent year-on-year to build on last year’s 44 per cent growth. In 10th position, Vietnam’s currency has added sales growth of 13 per cent to the 62 per cent increase registered a year ago.

Away from the Far East, there has been a notable 51 per cent rise in demand for the Peru nuevo sol, which takes second place in the growth chart, while Brazilian real sales have risen by 25 per cent year-on-year to secure seventh place. There have also been healthy sales increases for the Trinidad and Tobago dollar and Barbados dollar, which enter the top 10 in third and fourth places with growth of 47 and 45 per cent respectively.

Although there are no European currencies in the growth top 10, the Post Office bestsellers chart tells a different story. The euro remains by far the most popular currency for British holidaymakers and sales have remained on par with previous years (figure 7). The same applies to the Turkish lira, which has retained its third place on the back of a further weakening of the lira against sterling. In tenth place, the Polish zloty is the only new entrant to the bestsellers top 10.

Figure 6 Post Office Fastest Growing Currencies February 2024 – January 2025

February 2023-January 2024 position in brackets

		% gain
1	▲ Chinese yuan (2)	+58%
2	◆ Peru nuevo sol (-)	+51%
3	◆ Trinidad & Tobago dollar (-)	+47%
4	◆ Barbados dollar (-)	+45%
5	▼ Japanese yen (3)	+37%
6	▲ Thai baht (9)	+33%
7	◆ Brazilian real (-)	+25%
8	■ Indonesian rupiah (8)	+18%
9	▼ Hong Kong dollar (4)	+16%
10	▼ Vietnamese dong (5)	+13%

Figure 7 Post Office Bestselling Currencies February 2024 – January 2025

February 2023 – January 2024 position in brackets

1	■ Euro (1)
2	■ US dollar (2)
3	■ Turkish lira (3)
4	▲ Thai baht (5)
5	▼ Australian dollar (4)
6	■ UAE dirham (6)
7	■ Canadian dollar (7)
8	■ Japanese yen (8)
9	■ New Zealand dollar (9)
10	◆ Polish zloty (-)

▲ Higher / lower position compared with last year ◆ New entry □ No change

Sterling rate movements

After surging in value last autumn, sterling's performance in the early weeks of 2025 suggested that it might be embarking on a rocky road, in particular against the US dollar. More recently, the pound has regained some of its power – particularly against European currencies. Currently 23 of Post Office Travel Money's top 30 currencies – including the euro – have weakened year-on-year.

In its latest Exchange Rate Monitor (figure 8), Post Office has charted sterling's performance against its 30 bestsellers over the past 12 months and has also examined the pound's value now compared with two years ago.

The biggest year-on-year gain for sterling has been against the Mexican peso, which had surged in value in the early months of 2024. Sterling has recovered well from that low point and the peso has now weakened by over 21 per cent, giving visitors £87 extra on a £500 purchase. Taken over two years, sterling has risen by over 22 per cent against the Mexican currency, giving Britons more than £91 more in pesos on a £500 currency transaction.

Closer to home, all European currencies have lost ground against sterling since last March and the falls since early 2023 are significantly higher. In particular, the Turkish lira has continued its long term collapse against sterling, losing a further 17.5 per cent in value over the past 12 months. However, the fall over two years is more dramatic. Compared with March 2023, Britons can expect to receive over £267 extra in lira on a £500 currency purchase.

Other noteworthy year-on-year gains for sterling have been against the Norwegian krone (+4.8 per cent) and Hungarian forint, (+2.7 per cent). In both cases these increases rise significantly over two years to 10.4 per cent and 12 per cent respectively.

The same accelerating growth trend for sterling over one and two years applies against other European currencies too. For example, while sterling has risen only 0.1 per cent against the Czech koruna since last March, its two year gain jumps to 12.4 per cent – the equivalent of over £55 extra in foreign currency on a £500 sterling transaction.

Most importantly, sterling has proved stable against the euro, gaining 1.8 per cent year-on-year and 6.3 per cent over two years. This means holidaymakers visiting the Eurozone will receive almost £30 more in euros on a £500 currency purchase. Although relatively small, this reverses a trend which saw the pound struggle against the euro for several years.

Sterling has also risen in value year-on-year against the US dollar and the Caribbean and Middle Eastern currencies that are pegged to the dollar. Although the rise is only small, visitors can expect to get almost one per cent more dollars for their pounds than a year ago – the equivalent of £4.10 on a £500 dollar purchase. Over two years, sterling is stronger by 9.2 per cent against all these currencies.

The biggest sterling falls year-on-year have been against the Kenyan shilling (-7.1 per cent), Thai baht (-5.3 per cent) and Malaysian ringgit (-5.1 per cent). By contrast, over two years the only currency to have gained ground against sterling has been the Polish zloty (+4.0 per cent).

Laura Plunkett, Head of Travel Money at Post Office, said: **“Despite fluctuations and some uncertainty against sterling when it fell against key currencies earlier in the year, it has now bounced back from its January dip and currently looks stable. More encouragingly, the two-year rate comparison in our Exchange Rate Monitor shows that sterling has risen in value against practically every holiday currency since March 2023. This is a reassuring trend for holidaymakers planning trips abroad this year.”**



Exchange Rate Monitor

Figure 8 Sterling's gains and losses against bestselling currencies

March 2025 compared with March 2024 and 2023

	2025 vs 2024		2025 vs 2023	
	% gain/loss year-on-year	£500 buys £ more/less	% gain/loss year-on-year	£500 buys £ more/less
Mexican peso	+21.1%	+£87.01	+22.4%	+£91.57
Brazilian real	+18.3%	+£77.37	+21.8%	+£89.62
Turkish lira	+17.5%	+£74.34	+114.7%	+£267.12
New Zealand dollar	+8.7%	+£40.15	+16.6%	+£71.33
Canadian dollar	+7.8%	+£36.04	+14.0%	+£61.54
Australian dollar	+5.8%	+£27.43	+14.5%	+£63.16
Indonesian rupiah	+5.7%	+£27.01	+15.7%	+£67.71
Norwegian krone	+4.8%	+£23.07	+10.4%	+£46.97
Vietnamese dong	+4.6%	+£21.78	+17.6%	+£74.77
Egyptian pound	+3.5%	+£17.04	+79.6%	+£221.64
Hungarian forint	+2.7%	+£13.18	+12.0%	+£53.58
Jamaican dollar	+2.1%	+£10.17	+12.0%	+£53.44
Danish kroner	+1.9%	+£9.37	+6.5%	+£30.66
Euro	+1.8%	+£9.06	+6.3%	+£29.63
Bulgarian lev	+1.8%	+£9.05	+6.3%	+£29.60
Swiss franc	+1.0%	+£4.85	+1.9%	+£9.38
US dollar	+0.8%	+£4.10	+9.2%	+£42.20
Barbados dollar	+0.8%	+£4.09	+9.2%	+£42.19
UAE dirham	+0.8%	+£4.06	+9.2%	+£42.19
Japanese yen	+0.5%	+£2.73	+17.2%	+£73.21
East Caribbean dollar	+0.5%	+£2.26	+8.8%	+£40.52
Polish zloty	+0.2%	+£0.76	-4.0%	-£20.98
Czech koruna	+0.1%	+£0.49	+12.4%	+£55.27
Peru nuevo sol	-0.3%	-£1.58	+5.9%	+£27.99
Swedish kronor	-0.5%	-£2.46	+2.6%	+£12.54
South African rand	-1.4%	-£6.89	+7.5%	+£34.88
Chilean peso	-4.4%	-£23.22	+26.1%	+£103.40
Malaysian ringgit	-5.1%	-£26.79	+6.7%	+£31.22
Thai baht	-5.3%	-£28.03	+5.3%	+£25.01
Kenyan shilling	-7.1%	-£38.18	+9.9%	+£45.06

Value: Where in the world will sterling stretch furthest?

Portugal's Algarve returns to the top spot for the first time in nine years

Cape Town and Tokyo claim the runner-up spots in biggest ever survey of 47 destinations

Prices are down in half of the resorts and cities also surveyed last year

In Post Office Travel Money's biggest ever barometer of costs in 47 destinations worldwide, Portugal tops the chart for the first time in nine years.

The Algarve is one of 19 resorts or cities – half of those also surveyed a year ago – to record a fall in prices. Others to do so include Delhi, India; Phuket, Thailand; Spain's Costa del Sol and Prague in the Czech Republic, all of which have returned to the *Worldwide Holiday Costs Barometer* top ten as a result.

The Algarve has moved up to the top spot from fifth place a year ago with a barometer cost of £58.95, 1.6 per cent less than in 2024. This is thanks to the continuing low price of meals and drinks. The average cost of a three-course meal for two with wine in Albufeira weighed in at £40.33 – the lowest recorded across the 47 destinations surveyed (figure 9) and one third the cost in New York (£128.27). Sterling's strength against the euro has also helped to reduce prices for British visitors.

Post Office Travel Money's Laura Plunkett said: **"It's interesting to see the Algarve back at the top of the barometer chart again and this is largely down to the remarkable consistency in its low prices for meals and drinks. Even though the Algarve has featured in the best value top 10 since 2010, it has struggled to match the cheapest long haul destinations on price in recent years. Now prices have risen in its closest competitors but remained low in Portugal. This has made the Algarve a great choice for holidaymakers who want to keep their holiday spending to a minimum."**

Despite the Algarve's success, long haul destinations have outperformed European ones to claim six of the top 10 places in this year's barometer (figure 10). Cape Town in South Africa has retained runner-up position with a barometer cost

of £59.84, albeit 11 per cent higher than a year ago. In third place, Japan's capital city, Tokyo, has moved up one place, but prices have also risen by 7.4 per cent to £63.34. The same applies to Bali (£66.88), which has moved up from eighth to fourth place, while prices are five per cent higher year-on-year.

Delhi is the highest-placed new entrant to the top 10, rising to fifth from 13th place a year ago. At £69.52, prices in the Indian city have dropped 10.7 per cent. The other new entrants to the Post Office top 10 are Prague, Czech Republic (8th, £75.92), which saw a significant price fall of over 20 per cent; Phuket (9th, £76.10), where prices in the Thai resort are down by 2.7 per cent; and Spain's Costa del Sol (10th, £76.51), where costs have dropped 6.4 per cent.

Sunny Beach, Bulgaria (6th, £71.46) and Hoi An, Vietnam (7th, £73.23) complete the top 10. However, a substantial price rise of 41.3 per cent saw Hoi An drop down the chart from the top spot last year, while the cost of tourist staples has continued to increase in Sunny Beach, this year by 13.9 per cent.

New York is the most expensive of 47 destinations surveyed, with a barometer total of £167.85, (+15.6 per cent year-on-year). Two new entrants to the chart, Mahé in the Seychelles (44th, £152.21) and Hawaii, USA (46th, £155.80) are almost as expensive, while prices in Nice, France (45th) have risen 27 per cent to £153.03, making it by far the most expensive European destination surveyed.

At £92.78, prices across the US/Canadian border in Toronto are almost half those of the same items in New York. In 18th place, Toronto is rated the best value of eight new destinations featured this year. In addition to Toronto, Mahé and Hawaii, the new destinations featured are Cairns and Melbourne, Australia; Rio de Janeiro, Brazil; Santiago, Chile and Lima, Peru.

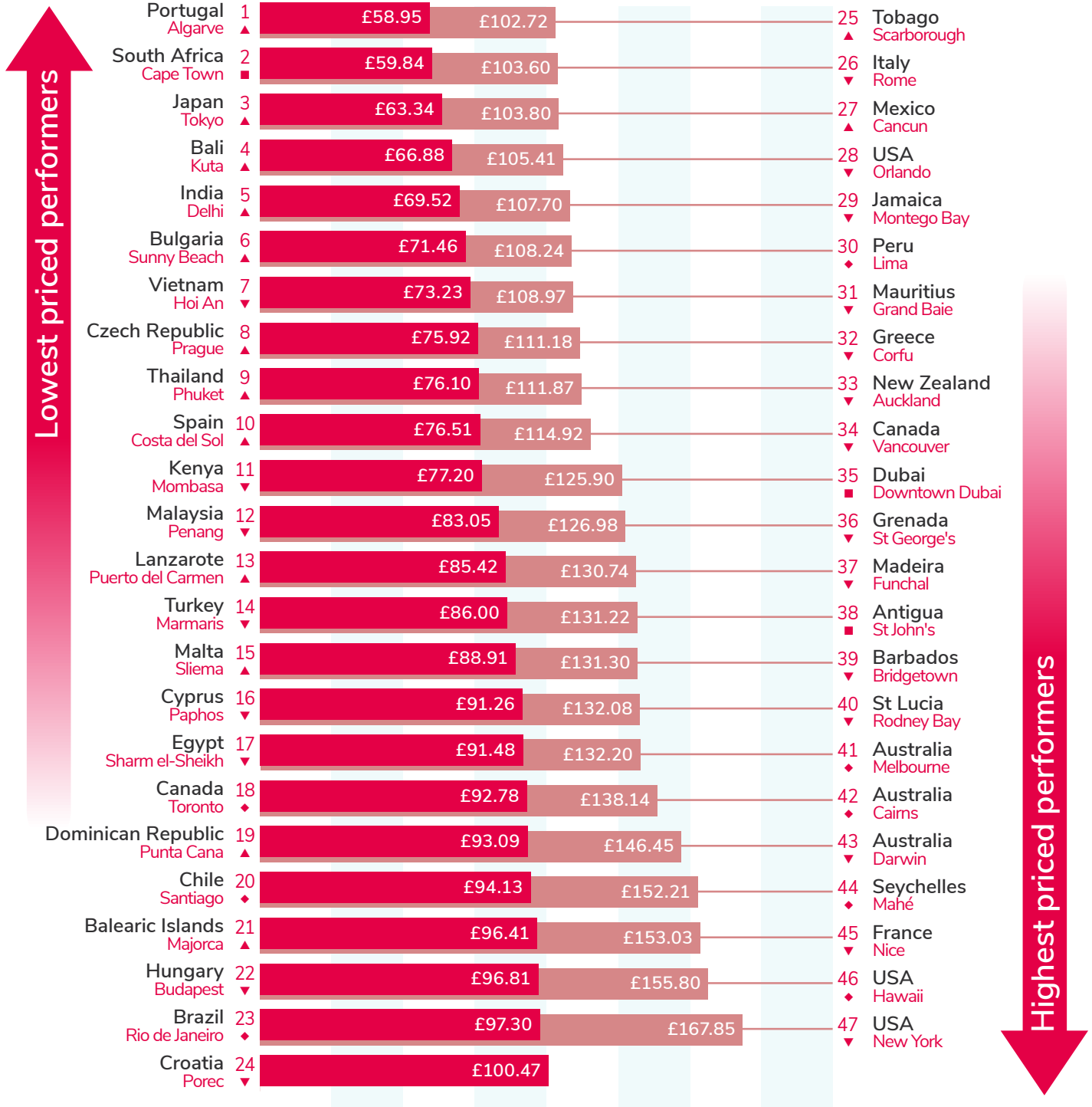
Figure 9 Cheapest and most expensive destinations for individual items:

	Cheapest		Most expensive	
Coffee	Algarve, Portugal	£1.27	Mahé, Seychelles	£4.48
Beer	Hoi An, Vietnam	£1.53	Downtown Dubai, Dubai	£7.92
Cola	Toronto, Canada	£1.12	Nice, France	£5.09
Wine	Cape Town, South Africa	£2.07	New York, USA	£11.08
Water	Sharm el-Sheikh, Egypt	£0.17	Bridgetown, Barbados	£2.34
Suncream	Delhi, India	£4.44	Grand Baie, Mauritius	£23.94
Insect repellent	Delhi, India	£0.66	Funchal, Madeira	£10.19
Three-course meal	Algarve, Portugal	£40.33	New York, USA	£128.27

Worldwide Holiday Costs Barometer

Figure 10: Post Office Travel Money Worldwide Holiday Costs Barometer

Survey of eight tourist items, including drinks and meals



Data relates to exchange rates on 02 March 2025 ▲ Higher / lower position compared with last year ◆ New entry □ No change

47 destinations were surveyed for the *Worldwide Holiday Costs Barometer* with the help of national and local tourist boards (Marmaris Info for Marmaris, Turkey). Eight items – a three course meal for two with wine, cup of coffee, bottle of local beer, can of cola, glass of wine, bottle of still water, suncream and insect repellent – were selected as representative of the purchases UK tourists are most likely to make and prices were cross checked by Post Office researchers.

... Worldwide Holiday Costs Barometer

The biggest barometer price rises and falls



Mombasa Kenya (11th, £77.20, +44.2 per cent), Marmaris, Turkey (14th, £86, +26.4 per cent) and Sharm el-Sheikh, Egypt (17th, £91.48, +49.1 per cent) lost their top 10 places after registering the biggest barometer price rises alongside Vietnam and Madeira (37th, £130.74, +35.3 per cent) (figure 11). A surge in the value of the

Kenyan shilling accounts for higher prices in Mombasa's beach resorts. Rising local charges by restaurants and bars to accommodate the collapse of the Turkish lira and Egyptian pound are to blame for the higher prices likely to be faced by Britons visiting Marmaris and Sharm el-Sheikh this year.

The biggest price fall is in the Dominican Republic (19th), the only Caribbean Island of seven surveyed to make the top 20 in this year's barometer. At £93.09, prices in Punta Cana have fallen by over 26 per cent. Prices are also down by 22.6 per cent in Tobago (25th, £102.72).

Figure 11 Biggest year-on-year prices rises and falls

	% gain/loss year-on-year
Biggest rises	
Sharm el-Sheikh	+49.1%
Mombasa, Kenya	+44.2%
Hoi An, Vietnam	+41.3%
Funchal, Madeira	+35.3%
Nice, France	+27.0%
Biggest falls	
Punta Cana, Dominican Republic	-26.5%
Scarborough, Tobago	-22.6%
Prague, Czech Republic	-20.5%
Cancun, Mexico	-18.8%
Delhi, India	-10.7%

Figure 12 Price breakdown by country and resort area

	1 PORTUGAL Algarve	2 SOUTH AFRICA Cape Town	3 JAPAN Tokyo	4 BALI Kuta	5 INDIA Delhi	6 BULGARIA Sunny Beach	7 VIETNAM Hoi An	8 CZECH REPUBLIC Prague	9 THAILAND Phuket	10 SPAIN Costa del Sol
Cup of filter coffee Café/bar	£1.27	£1.44	£2.44	£1.78	£1.77	£1.87	£1.63	£2.13	£2.47	£1.61
Bottle of local beer/lager (330ml) Café/bar	£2.12	£2.07	£2.94	£2.28	£4.12	£2.47	£1.53	£2.81	£2.22	£2.46
Bottle/can of Coca-Cola/Pepsi (330ml) Café/bar	£2.12	£1.21	£2.38	£1.31	£1.68	£1.57	£1.32	£2.13	£1.48	£2.38
Glass of wine (175ml) Café/bar	£2.80	£2.07	£2.77	£4.93	£5.72	£2.92	£4.70	£3.37	£4.19	£2.33
1.5l bottle of mineral water Supermarket	£0.35	£0.94	£0.69	£0.31	£0.30	£0.67	£0.41	£0.32	£0.41	£0.93
Suncream (200ml SPF15) Supermarket	£5.08	£7.14	£4.60	£14.99	£4.44	£9.44	£6.92	£7.42	£13.79	£13.54
Insect repellent (50ml) Supermarket	£4.88	£3.01	£2.94	£0.77	£0.66	£4.27	£1.03	£2.49	£1.95	£6.79
3 course evening meal for 2 (including bottle of house wine)	£40.33	£41.96	£44.58	£40.51	£50.83	£48.25	£55.69	£55.25	£49.59	£46.47
TOTAL COST	£58.95	£59.84	£63.34	£66.88	£69.52	£71.46	£73.23	£75.92	£76.10	£76.51

... Worldwide Holiday Costs Barometer

Figure 12 (continued)

	11	12	13	14	15	16	17	18	19	20
	KENYA Mombasa	MALAYSIA Penang	CANARY ISLANDS Lanzarote	TURKEY Marmaris	MALTA Sliema	CYPRUS Paphos	EGYPT Sharm el-Sheikh	CANADA Toronto	DOMINICAN REPUBLIC Punta Cana	CHILE Santiago
Cup of filter coffee Café/bar	£1.65	£3.43	£1.60	£1.83	£1.91	£2.55	£1.68	£1.86	£2.08	£2.77
Bottle of local beer/lager (330ml) Café/bar	£2.47	£3.43	£2.40	£3.65	£2.50	£2.55	£4.23	£4.16	£3.46	£3.69
Bottle/can of Coca-Cola/Pepsi (330ml) Café/bar	£1.20	£1.91	£2.55	£2.44	£1.91	£2.12	£1.51	£1.12	£2.08	£2.21
Glass of wine (175ml) Café/bar	£3.69	£7.63	£3.50	£4.87	£4.67	£5.09	£5.76	£5.40	£5.54	£3.87
1.5l bottle of mineral water Supermarket	£0.48	£0.31	£0.47	£0.19	£0.44	£0.68	£0.17	£1.57	£1.04	£0.92
Suncream (200ml SPF15) Supermarket	£16.90	£11.25	£11.46	£17.75	£11.88	£7.60	£17.22	£9.89	£10.38	£7.55
Insect repellent (50ml) Supermarket	£1.01	£3.03	£5.22	£1.70	£5.08	£4.03	£1.63	£5.84	£6.23	£5.99
3 course evening meal for 2 (including bottle of house wine)	£49.80	£52.06	£58.22	£53.57	£60.52	£66.64	£59.28	£62.94	£62.28	£67.13
TOTAL COST	£77.20	£83.05	£85.42	£86.00	£88.91	£91.26	£91.48	£92.78	£93.09	£94.13

	21	22	23	24	25	26	27	28	29
	BALEARIC ISLANDS Majorca	HUNGARY Budapest	BRAZIL Rio	CROATIA Porec	TOBAGO Scarborough	ITALY Rome	MEXICO Cancun	USA Orlando	JAMAICA Montego Bay
Cup of filter coffee Café/bar	£2.25	£2.34	£1.53	£1.70	£2.19	£2.68	£2.48	£2.60	£3.16
Bottle of local beer/lager (330ml) Café/bar	£2.97	£3.76	£2.75	£2.97	£1.93	£4.61	£3.06	£5.71	£3.49
Bottle/can of Coca-Cola/Pepsi (330ml) Café/bar	£2.95	£1.45	£1.53	£2.97	£1.29	£3.18	£2.19	£3.01	£2.47
Glass of wine (175ml) Café/bar	£4.04	£3.76	£5.35	£4.24	£7.07	£5.48	£4.42	£6.52	£3.29
1.5l bottle of mineral water Supermarket	£0.33	£0.40	£0.54	£0.85	£2.06	£0.36	£0.95	£2.11	£1.92
Suncream (200ml SPF15) Supermarket	£9.50	£12.24	£9.17	£13.92	£11.32	£12.66	£10.41	£8.14	£13.72
Insect repellent (50ml) Supermarket	£8.45	£2.45	£9.17	£5.90	£3.54	£3.05	£7.02	£5.18	£9.33
3 course evening meal for 2 (including bottle of house wine)	£65.92	£70.41	£67.26	£67.92	£73.32	£71.58	£73.27	£72.14	£70.32
TOTAL COST	£96.41	£96.81	£97.30	£100.47	£102.72	£103.60	£103.80	£105.41	£107.70

... Worldwide Holiday Costs Barometer

Figure 12 (continued)

	30	31	32	33	34	35	36	37	38
	PERU Lima	MAURITIUS Grand Baie	GREECE Corfu	NEW ZEALAND Auckland	CANADA Vancouver	DUBAI Downtown Dubai	GRENADA St George's	MADEIRA Funchal	ANTIGUA St John's
Cup of filter coffee Café/bar	£1.91	£3.23	£3.40	£2.55	£2.75	£2.72	£1.90	£2.97	£3.17
Bottle of local beer/lager (330ml) Café/bar	£3.34	£2.30	£3.82	£5.78	£4.43	£7.92	£2.22	£3.40	£4.44
Bottle/can of Coca-Cola/Pepsi (330ml) Café/bar	£1.91	£2.30	£3.40	£3.24	£2.95	£2.72	£1.59	£3.82	£2.85
Glass of wine (175ml) Café/bar	£5.24	£6.45	£6.79	£7.29	£6.23	£7.24	£5.23	£4.67	£5.71
1.5l bottle of mineral water Supermarket	£0.52	£0.46	£0.34	£0.92	£0.94	£0.34	£1.59	£2.12	£1.59
Suncream (200ml SPF15) Supermarket	£12.39	£23.94	£15.76	£8.79	£8.40	£10.93	£8.24	£14.43	£18.67
Insect repellent (50ml) Supermarket	£5.48	£9.01	£6.79	£5.65	£7.43	£3.25	£5.39	£10.19	£4.76
3 course evening meal for 2 (including bottle of house wine)	£77.45	£61.28	£70.88	£77.65	£81.79	£90.78	£100.82	£89.14	£90.03
TOTAL COST	£108.24	£108.97	£111.18	£111.87	£114.92	£125.90	£126.98	£130.74	£131.22

	39	40	41	42	43	44	45	46	47
	BARBADOS Bridgetown	ST LUCIA Rodney Bay	AUSTRALIA Melbourne	AUSTRALIA Cairns	AUSTRALIA Darwin	SEYCHELLES Mahé	FRANCE Nice	USA Hawaii	USA New York
Cup of filter coffee Café/bar	£3.63	£2.38	£2.55	£2.30	£2.55	£4.48	£2.55	£3.85	£3.77
Bottle of local beer/lager (330ml) Café/bar	£2.99	£2.54	£5.97	£4.85	£6.13	£4.18	£6.79	£5.97	£7.07
Bottle/can of Coca-Cola/Pepsi (330ml) Café/bar	£2.56	£1.59	£3.06	£2.30	£2.81	£2.69	£5.09	£3.26	£3.18
Glass of wine (175ml) Café/bar	£5.98	£3.80	£7.66	£4.08	£7.15	£5.97	£5.52	£9.78	£11.08
1.5l bottle of mineral water Supermarket	£2.34	£1.05	£0.41	£0.41	£1.53	£0.90	£0.51	£2.05	£1.46
Suncream (200ml SPF15) Supermarket	£11.37	£13.90	£10.97	£11.74	£10.97	£20.01	£16.89	£9.23	£8.14
Insect repellent (50ml) Supermarket	£2.56	£6.96	£4.59	£3.22	£5.56	£3.46	£7.53	£9.18	£4.88
3 course evening meal for 2 (including bottle of house wine)	£99.87	£99.86	£96.99	£109.24	£109.75	£110.52	£108.15	£112.48	£128.27
TOTAL COST	£131.30	£132.08	£132.20	£138.14	£146.45	£152.21	£153.03	£155.80	£167.85

About Post Office Travel Money



Post Office Travel Money is the UK's largest foreign exchange provider and accounts for one-in-four of all UK currency transactions. As part of its market-leading services, Post Office Travel Money offers news briefings on topical currency-related stories and provides informed comment about currency movements and trends, with intelligence from industry-leading experts.

For the past 18 years it has produced a series of travel and currency reports relating to many types of holidays. These will be available again in 2025 and will include price comparison barometers covering family holidays, city breaks, long haul and ski resort costs.

Post Office Travel Money offers over 60 currencies for pre-order at 7,000 Post Office branches or online at www.postoffice.co.uk/travel for next day branch or home delivery. 3,600 larger Post Office branches stock our leading currencies and more than 7,000 offer euros over the counter without pre-order. These can also be ordered online at postoffice.co.uk for same day 'click and collect' at selected branches, for next day collection at any branch or home delivery.

Also available from the Post Office is the multi-currency Travel Money Card, a prepaid Mastercard® card, which is accepted in over 36 million locations worldwide and at over two million ATM locations worldwide. This enables holidaymakers to hold up to 22 currencies on a card and spend in the same way they would use their debit card. The card is Chip & PIN and contactless-enabled and also supports Apple Pay and Google Pay.

The Post Office also provides a range of great value travel services including single trip and annual travel insurance policies, Passport Check & Send and international money transfers.

For more information visit your local Post Office branch, go to www.postoffice.co.uk or call 0345 722 3344.

For further information please contact:

Emma Hancock, Post Office Press Office
T: 07922 844352
E: Emma.Hancock@postoffice.co.uk

Christine Ball, CBPR
T: 07976 285997
E: cball@cballpr.co.uk

Sources:

- Figures 1-5 are among the findings of travel research conducted in January 2025 by Post Office Research and Insights among a nationally representative sample of 2,001 UK adults.
- The Post Office research also found that travel safety and trying new locations are important to most people.

Photography:

- P1 Algarve, Portugal
- P3 Machu Picchu, Peru courtesy of Travelbag
- P4 Vietnam, courtesy of Travelbag
- P5 Tulum, Mexico
- P9 Krabi-Ko Phi Phi, Thailand courtesy of Le-Ao Le, Tourism Thailand



Post Office is a registered trademark and the
Post Office symbol is a trademark of Post Office Ltd.