

Long Haul Holiday Report 2017

Prices may be a bit higher in some long haul resorts and cities this year but the 10th annual Long Haul Holiday Report from Post Office Travel Money brings welcome news. Local price cuts in restaurants, bars and shops mean the cost to UK holidaymakers will actually be lower in 40 per cent of the 30 destinations surveyed by long haul holiday specialist [Travelbag](#) for the report.



Y.Shimizu and Japanese National Tourist Office.

Key findings include:

- Tokyo has overtaken Cape Town and eclipsed all its competitors to emerge as the cheapest long haul destination for the first time. Prices in the Japanese capital are 23 per cent lower than a year ago and less than a third those in Rio, this year's most expensive destination
- There are four new resort entrants to the best value top 10 – all of which have registered price falls over the past year. They are Vietnam (Hoi An), Costa Rica (Tamarindo), Malaysia (Penang) and the Dominican Republic (Punta Cana)
- The biggest price falls over the past 12 months have been in Antigua (Jolly Beach), St Lucia (Rodney Bay) and Jamaica (Montego Bay) – which means that prices for UK visitors are likely to be between 23 and 27 per cent cheaper than a year ago

	1 Tokyo (3) JAPAN	2 Cape Town (1) SOUTH AFRICA	3 Mombasa (4) KENYA	4 Colombo (5) SRI LANKA	5 Hoi An (11) VIETNAM
Cup of filter coffee - <i>café/bar</i>	£1.49	£1.24	£1.37	£1.12	£1.88
Bottle of local lager - <i>café/bar</i>	£0.74	£1.56	£2.10	£2.79	£2.64
Bottle/can of Coca-Cola - <i>café/bar</i>	£0.60	£0.93	£1.29	£0.95	£1.88
Glass of wine - <i>café/bar</i>	£0.74	£3.11	£3.30	£4.75	£5.27
Cocktail - <i>café/bar</i>	£2.23	£3.73	£4.11	£5.03	£5.46
Small chocolate bar (58g Mars/Snickers)	£0.58	£0.62	£0.56	£1.23	£1.81
Bottle of still mineral water (1.5 litre) - <i>supermarket</i>	£1.04	£0.75	£0.52	£0.73	£0.56
Suncream (SPF15 Nivea) - <i>supermarket</i>	£4.24	£7.46	£8.87	£5.59	£4.52
Insect repellent (small bottle/tube) - <i>supermarket</i>	£2.22	£4.98	£0.69	£4.47	£1.88
3 course evening meal for two adults incl. bottle of house wine	£35.02	£40.12	£45.78	£49.17	£50.84
TOTAL COSTS	£48.90	£64.50	£68.59	£75.83	£76.74

	6 Bali (2) INDONESIA	7 Tamarindo (12) COSTA RICA	8 Orlando (9) USA	9 Penang (13) MALAYSIA	10 Punta Cana (15) DOMINICAN REP.
Cup of filter coffee - <i>café/bar</i>	£2.21	£1.51	£1.57	£2.66	£1.33
Bottle of local lager - <i>café/bar</i>	£1.45	£1.97	£3.92	£5.22	£2.65
Bottle/can of Coca-Cola - <i>café/bar</i>	£0.54	£1.50	£2.35	£1.35	£1.15
Glass of wine - <i>café/bar</i>	£4.74	£3.78	£5.48	£5.80	£3.54
Cocktail - <i>café/bar</i>	£6.01	£5.29	£5.48	£5.41	£4.42
Small chocolate bar (58g Mars/Snickers)	£0.73	£0.88	£0.70	£0.72	£0.88
Bottle of still mineral water (1.5 litre) - <i>supermarket</i>	£0.38	£1.66	£1.57	£0.58	£0.18
Suncream (SPF15 Nivea) - <i>supermarket</i>	£10.88	£8.46	£6.27	£11.35	£6.19
Insect repellent (small bottle/tube) - <i>supermarket</i>	£0.68	£6.95	£3.92	£2.30	£3.10
3 course evening meal for two adults incl. bottle of house wine	£49.33	£47.94	£49.34	£46.38	£61.90
TOTAL COSTS	£76.95	£79.94	£80.60	£81.77	£85.34

	11 Phuket (7) THAILAND	12 Cancun (6) MEXICO	13 Rodney Bay (28) SAINT LUCIA	14 Montego Bay (29) JAMAICA	15 Seoul (14) SOUTH KOREA
Cup of filter coffee - <i>café/bar</i>	£1.48	£1.69	£1.92	£2.14	£2.21
Bottle of local lager - <i>café/bar</i>	£1.85	£2.28	£1.85	£3.87	£2.95
Bottle/can of Coca-Cola - <i>café/bar</i>	£0.74	£1.73	£1.08	£1.97	£1.47
Glass of wine - <i>café/bar</i>	£4.44	£3.65	£6.16	£4.32	£5.16
Cocktail - <i>café/bar</i>	£4.44	£4.11	£7.70	£7.74	£5.16
Small chocolate bar (58g Mars/Snickers)	£0.62	£0.68	£1.04	£1.93	£0.88
Bottle of still mineral water (1.5 litre) - <i>supermarket</i>	£0.49	£0.91	£2.22	£1.10	£0.74
Suncream (SPF15 Nivea) - <i>supermarket</i>	£4.44	£8.99	£11.17	£15.80	£7.37
Insect repellent (small bottle/tube) - <i>supermarket</i>	£2.47	£2.97	£4.50	£4.17	£1.47
3 course evening meal for two adults incl. bottle of house wine	£67.87	£69.83	£67.72	£64.46	£81.02
TOTAL COSTS	£88.84	£96.84	£105.36	£107.50	£108.43

	16 New York (16) USA	17 Vancouver (18) CANADA	18 Grand Baie (10) MAURITIUS	19 Jolly Beach (32) ANTIGUA	20 Beijing (22) CHINA
Cup of filter coffee - <i>café/bar</i>	£1.33	£1.71	£2.15	£3.08	£4.44
Bottle of local lager - <i>café/bar</i>	£4.70	£3.88	£3.29	£2.15	£3.17
Bottle/can of Coca-Cola - <i>café/bar</i>	£2.35	£1.68	£1.96	£1.54	£1.90
Glass of wine - <i>café/bar</i>	£7.05	£5.17	£4.56	£3.08	£5.07
Cocktail - <i>café/bar</i>	£10.85	£5.33	£6.46	£3.69	£12.68
Small chocolate bar (58g Mars/Snickers)	£0.59	£0.97	£0.89	£1.15	£2.54
Bottle of still mineral water (1.5 litre) - <i>supermarket</i>	£1.56	£1.35	£0.66	£1.23	£0.38
Suncream (SPF15 Nivea) - <i>supermarket</i>	£9.23	£6.46	£14.56	£10.77	£10.14
Insect repellent (small bottle/tube) - <i>supermarket</i>	£4.30	£5.33	£3.29	£8.00	£3.80
3 course evening meal for two adults incl. bottle of house wine	£71.27	£81.46	£76.49	£80.03	£76.06
TOTAL COSTS	£113.23	£113.34	£114.31	£114.72	£120.18

	21 Lima (8) PERU	22 Scarborough (19) TOBAGO	23 Santiago (17) CHILE	24 Auckland (31) NEW ZEALAND	25 St. James (27) BARBADOS
Cup of filter coffee - <i>café/bar</i>	£3.13	£1.87	£3.67	£2.69	£3.33
Bottle of local lager - <i>café/bar</i>	£2.61	£1.62	£4.08	£5.20	£3.33
Bottle/can of Coca-Cola - <i>café/bar</i>	£1.56	£1.06	£1.63	£2.89	£1.66
Glass of wine - <i>café/bar</i>	£4.17	£4.35	£4.08	£5.78	£6.66
Cocktail - <i>café/bar</i>	£4.95	£6.84	£5.03	£8.66	£6.66
Small chocolate bar (58g Mars/Snickers)	£1.56	£0.87	£1.02	£1.44	£1.02
Bottle of still mineral water (1.5 litre) - <i>supermarket</i>	£1.56	£0.93	£2.43	£1.44	£1.87
Suncream (SPF15 Nivea) - <i>supermarket</i>	£13.03	£9.83	£13.58	£8.66	£11.75
Insect repellent (small bottle/tube) - <i>supermarket</i>	£6.51	£2.86	£18.53	£5.49	£6.34
3 course evening meal for two adults incl. bottle of house wine	£81.54	£94.57	£72.05	£90.11	£91.51
TOTAL COSTS	£120.62	£124.80	£126.10	£132.36	£134.13

	26 Darwin (23) AUSTRALIA	27 Muscat (33) OMAN	28 China Town (26) SINGAPORE	29 Jumeirah Beach (34) DUBAI	30 Rio de Janeiro (21) BRAZIL
Cup of filter coffee - <i>café/bar</i>	£2.85	£3.19	£3.01	£2.63	£1.90
Bottle of local lager - <i>café/bar</i>	£4.75	£6.38	£7.22	£8.55	£4.07
Bottle/can of Coca-Cola - <i>café/bar</i>	£2.53	£2.13	£3.01	£1.53	£2.44
Glass of wine - <i>café/bar</i>	£5.07	£10.64	£9.02	£9.87	£6.79
Cocktail - <i>café/bar</i>	£9.50	£12.77	£11.43	£10.52	£6.79
Small chocolate bar (58g Mars/Snickers)	£1.58	£2.13	£1.08	£0.55	£1.63
Bottle of still mineral water (1.5 litre) - <i>supermarket</i>	£1.30	£0.85	£1.32	£0.38	£1.36
Suncream (SPF15 Nivea) - <i>supermarket</i>	£10.14	£12.77	£9.26	£8.61	£10.87
Insect repellent (small bottle/tube) - <i>supermarket</i>	£3.45	£12.77	£4.75	£5.48	£16.30
3 course evening meal for two adults incl. bottle of house wine	£97.58	£77.66	£102.24	£109.63	£107.85
TOTAL COSTS	£138.75	£141.29	£152.34	£157.75	£160.00

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Long haul holidaymakers can also carry cash on the multi-currency Post Office Travel Money Card, which can hold up to 13 currencies at the same time. These include the Australian dollar, Canadian dollar, New Zealand dollar, South African rand, Thai baht, UAE dirham and US dollar.

Source: Post Office. Data relates to internet rates for exchange of £500-£999 on 6 September 2017.

The Post Office Long Haul Report barometer table is compiled from a combination of data supplied by the long haul specialist [Travelbag](#) and national or regional tourist offices of participating countries, except New York, which was researched online. Resorts featured are chosen as representative of the prices that UK holidaymakers will generally find in the country/destination. Random online checks were made to authenticate these prices.