

# POST OFFICE® LONG HAUL REPORT 2014

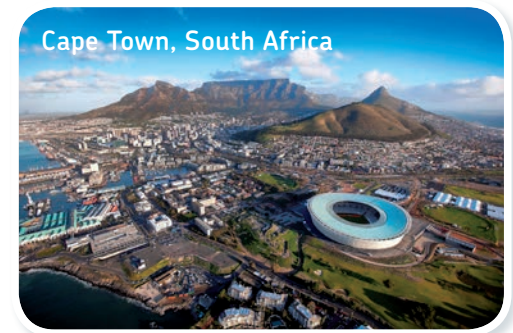
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Holidaymakers planning a long haul trip this winter will find their pounds stretch furthest in Bali, Cape Town and Sri Lanka, according to the new *Long Haul Report* by Post Office Travel Money. Key findings include:

- **The Indonesian island of Bali has retained the top spot for value for the second year running, with Cape Town second cheapest**
- **Sri Lanka has gained ground and moved up to third place after recording a nine per cent barometer basket price fall**
- **There have been barometer price falls in over a third of destinations – but the cost of living has risen sharply in some popular resorts. Among these are Antigua, Hoi An in Vietnam and Dubai, which was the most expensive destination surveyed**

Over 1,600 Post Office branches offer a wide range of long haul currencies on demand. All major currencies can also be pre-ordered at over 11,500 Post Office branches or online at [postoffice.co.uk](http://postoffice.co.uk) for next day branch or home delivery.

With restrictions on importing Sri Lankan rupees, the Post Office recommends carrying cash on the Post Office Travel Money Card, a chip and PIN-enabled MasterCard accepted in over 28 million locations worldwide.



# POST OFFICE® LONG HAUL REPORT BAROMETER 2014



ITEMS	INDONESIA Bali	SOUTH AFRICA Cape Town	SRI LANKA Various	GAMBIA Kololi	THAILAND Phuket	COSTA RICA Tamarindo	KENYA Mombasa	JAPAN Tokyo	MAURITIUS Various	TOBAGO Various	MEXICO Cancun
Cup of filter coffee (Café/bar)	£1.14	£0.97	£1.03	£0.52	£1.02	£1.19	£1.12	£2.15	£1.54	£0.84	£1.73
Bottle of local lager (Café/bar)	£1.06	£1.17	£1.23	£0.69	£1.42	£1.72	£1.87	£3.17	£2.13	£1.05	£1.98
Bottle/can of Coca-Cola (Café/bar)	£0.51	£0.56	£0.70	£0.60	£0.55	£1.25	£1.20	£1.21	£0.85	£0.74	£1.48
Glass of wine (Café/bar)	£2.29	£1.61	£2.93	£2.58	£3.05	£3.04	£2.44	£3.20	£3.09	£2.63	£4.94
Cocktail (Café/bar)	£2.86	£2.20	£4.46	£2.15	£3.05	£4.34	£2.62	£4.62	£5.96	£4.73	£4.45
Small chocolate bar (58g Mars/Snickers)	£0.40	£0.53	£1.03	£0.86	£0.49	£0.87	£0.75	£0.92	£0.62	£0.63	£0.84
Bottle of mineral water (1.5l) (Supermarket)	£0.29	£0.70	£0.51	£0.52	£0.39	£0.95	£1.12	£1.23	£0.53	£1.58	£0.44
Suncream (Supermarket)	£4.00	£6.44	£4.05	£8.53	£2.54	£6.21	£7.50	£2.72	£11.71	£7.88	£6.92
Insect repellent (Supermarket)	£0.57	£4.68	£2.95	£2.15	£1.68	£4.80	£3.11	£4.45	£2.66	£1.68	£2.72
3 course evening meal for 2 including bottle of wine	£26.98	£27.81	£30.79	£32.73	£40.71	£31.82	£43.50	£42.31	£42.57	£49.92	£46.20
<b>TOTAL COSTS</b>	<b>£40.10</b>	<b>£46.67</b>	<b>£49.68</b>	<b>£51.33</b>	<b>£54.90</b>	<b>£56.19</b>	<b>£65.23</b>	<b>£65.98</b>	<b>£71.66</b>	<b>£71.68</b>	<b>£71.70</b>

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ITEMS	USA Austin	VIETNAM Hoi An	SOUTH KOREA Seoul	USA Orlando	USA New York	DOMINICAN REPUBLIC Punta Cana	USA San Francisco	JAMAICA Montego Bay	USA Washington D.C	ST LUCIA Rodney Bay	CANADA Vancouver
Cup of filter coffee (Café/bar)	£1.59	£2.04	£1.94	£1.27	£1.14	£0.99	£1.59	£1.91	£1.20	£1.62	£1.31
Bottle of local lager (Café/bar)	£2.55	£2.43	£2.58	£3.18	£3.18	£1.91	£3.82	£2.21	£3.18	£2.25	£3.92
Bottle/can of Coca-Cola (Café/bar)	£1.27	£1.68	£0.39	£1.91	£1.27	£0.76	£2.23	£1.35	£1.43	£1.00	£1.13
Glass of wine (Café/bar)	£5.10	£3.88	£4.52	£4.46	£5.73	£6.10	£5.10	£4.59	£4.78	£4.25	£4.79
Cocktail (Café/bar)	£5.10	£4.20	£4.52	£3.82	£4.46	£3.81	£7.64	£4.39	£5.73	£5.49	£5.37
Small chocolate bar (58g Mars/Snickers)	£1.27	£1.62	£0.45	£0.64	£0.50	£0.76	£0.57	£0.88	£0.86	£0.81	£0.90
Bottle of mineral water (1.5l) (Supermarket)	£2.55	£0.49	£0.55	£1.27	£0.69	£0.34	£0.82	£0.56	£1.11	£2.06	£1.54
Suncream (Supermarket)	£5.73	£4.85	£3.87	£5.10	£5.09	£6.86	£6.37	£7.95	£5.09	£5.74	£5.22
Insect repellent (Supermarket)	£3.18	£3.23	£0.97	£3.18	£2.86	£4.96	£3.18	£5.86	£3.82	£2.87	£5.02
3 course evening meal for 2 including bottle of wine	£44.59	£49.16	£54.88	£50.96	£50.96	£53.37	£53.82	£55.61	£60.51	£62.44	£67.36
<b>TOTAL COSTS</b>	<b>£72.93</b>	<b>£73.58</b>	<b>£74.67</b>	<b>£75.79</b>	<b>£75.88</b>	<b>£79.86</b>	<b>£85.14</b>	<b>£85.31</b>	<b>£87.71</b>	<b>£88.53</b>	<b>£96.56</b>

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ITEMS	CHINA Beijing	BARBADOS St James	BRAZIL Rio de Janeiro	AUSTRALIA Darwin	USA Miami	MALAYSIA Penang	EGYPT Sharm-el-Sheikh	ANTIGUA English Harbour	OMAN Muscat	NEW ZEALAND Auckland	SINGAPORE China Town	DUBAI Jumeirah
Cup of filter coffee (Café/bar)	£2.97	£2.34	£0.88	£2.45	£1.91	£2.83	£1.23	£2.23	£2.98	£2.23	£3.09	£4.39
Bottle of local lager (Café/bar)	£2.16	£2.01	£1.77	£4.03	£3.82	£9.25	£2.74	£2.11	£5.12	£4.58	£6.44	£7.90
Bottle/can of Coca-Cola (Café/bar)	£1.08	£1.34	£1.47	£2.30	£1.91	£1.23	£0.95	£1.61	£1.02	£2.49	£2.83	£2.63
Glass of wine (Café/bar)	£3.25	£4.68	£5.90	£4.03	£5.73	£6.94	£3.78	£3.85	£8.10	£4.97	£7.47	£8.78
Cocktail (Café/bar)	£9.74	£3.34	£4.42	£8.35	£7.64	£7.30	£5.58	£4.22	£6.82	£8.69	£8.76	£14.04
Small chocolate bar (58g Mars/Snickers)	£2.16	£1.14	£1.18	£1.73	£0.96	£0.98	£1.13	£0.99	£0.85	£1.31	£1.19	£3.51
Bottle of mineral water (1.5l) (Supermarket)	£0.16	£1.84	£0.59	£1.01	£2.55	£0.75	£0.66	£0.99	£0.51	£1.62	£1.47	£2.63
Suncream (Supermarket)	£8.65	£7.52	£8.85	£9.70	£6.37	£12.07	£8.04	£7.32	£8.10	£10.08	£6.18	£8.78
Insect repellent (Supermarket)	£2.16	£4.01	£5.90	£3.31	£3.82	£4.62	£1.23	£4.84	£7.25	£7.12	£4.02	£8.78
3 course evening meal for 2 including bottle of wine	£64.91	£73.54	£73.72	£72.56	£79.62	£69.88	£91.98	£89.37	£85.25	£89.92	£113.89	£99.17
<b>TOTAL COSTS</b>	<b>£97.24</b>	<b>£101.76</b>	<b>£104.68</b>	<b>£109.47</b>	<b>£114.33</b>	<b>£115.85</b>	<b>£117.32</b>	<b>£117.53</b>	<b>£126.00</b>	<b>£133.01</b>	<b>£155.34</b>	<b>£160.61</b>

Source: Post Office. Data relates to exchange rates on 11 September 2014.

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 Gambia supplied by [Serenity Holidays](#) and all six US destinations, supplied by [Brand USA](#)). 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.