

¹ Post Office Autumn Sunshine Report (prices for Marmaris, Madeira, Cyprus, Puglia, Antigua and St Lucia were provided by local tourist offices while prices for the other islands were researched online by the Post Office). Prices are based on Post Office Exchange Rates for transactions worth £500-£999 online on 16 September

ITEMS	PORTUGAL Madeira	CYPRUS Paphos	SPAIN Lanzarote	GREECE Rhodes	SPAIN Tenerife	CYPRUS Limassol
Cup of coffee - café/bar	£0.70	£2.33	£1.63	£2.22	£1.66	£2.70
Bottle of local beer/lager - café/bar	£1.12	£2.80	£2.33	£3.36	£3.26	£2.70
Bottle/can of Coca-Cola - café/bar	£1.12	£1.86	£1.63	£2.42	£2.52	£2.24
Glass of wine - café/bar	£2.33	£3.45	£3.73	£3.73	£3.73	£3.73
1.5 litre bottle of still mineral water - supermarket	£0.33	£0.25	£0.33	£0.65	£0.58	£0.42
Suncream (SPF15, Nivea/ Ambre Solaire) - supermarket	£3.73	£5.86	£7.45	£10.62	£7.27	£12.11
Insect repellent - supermarket	£2.33	£4.84	£5.58	£2.33	£2.32	£3.72
3-course evening meal for 2 with bottle of wine	£53.87	£45.01	£50.56	£52.19	£57.78	£52.10
TOTAL COST	£65.53	£66.40	£73.24	£77.52	£79.12	£79.72
2020 vs 2019 %+/-	NEW	+3.7%	+10.4%	NEW	+2.0%	+7.9%

ITEMS	SPAIN Gran Canaria	ITALY Sicily	GREECE Corfu	ANTIGUA St John's	ST LUCIA Rodney Bay
Cup of coffee - café/bar	£2.10	£1.40	£2.80	£2.49	£2.17
Bottle of local beer/lager - café/bar	£2.48	£2.80	£3.26	£2.49	£1.86
Bottle/can of Coca-Cola - café/bar	£2.10	£2.56	£2.70	£1.55	£0.47
Glass of wine - café/bar	£4.05	£5.59	£3.73	£5.59	£4.66
1.5 litre bottle of still mineral water - supermarket	£0.76	£0.23	£0.43	£1.86	£3.09
Suncream (SPF15, Nivea/Ambre Solaire) - supermarket	£7.88	£12.58	£7.08	£11.81	£14.59
Insect repellent - supermarket	£9.27	£4.19	£6.06	£6.21	£8.94
3-course evening meal for 2 with bottle of wine	£59.18	£64.31	£69.66	£75.80	£75.80
TOTAL COST	£87.82	£93.66	£95.72	£107.80	£111.58
2020 vs 2019 %+/-	N/A	N/A	+11.0%	+41.0%	+9.0%

² <https://www.gov.uk/government/news/islands-policy-introduced-to-travel-corridors>

³ Source: www.holiday-weather.com