



Long Haul Holiday Report 2023

ITEMS	1 Hoi An (1) VIETNAM	2 Mombasa (3) KENYA	3 Cape Town (2) SOUTH AFRICA	4 Bali (5) INDONESIA	5 Tokyo (4) JAPAN
Cup of filter coffee - café/bar	£1.36	£1.37	£1.33	£1.96	£2.44
Bottle of local lager - café/bar	£1.60	£1.97	£1.78	£2.30	£3.34
Bottle/can of Coca-Cola - café/bar	£0.98	£0.78	£1.11	£1.27	£2.53
Glass of wine - café/bar	£2.85	£2.45	£2.67	£4.15	£2.59
Cocktail - café/bar	£4.73	£4.48	£4.00	£5.76	£4.03
Small chocolate bar (58g Mars/Snickers or similar)	£0.70	£0.72	£1.11	£1.44	£0.69
Bottle of still mineral water (1.5 litre) - supermarket	£0.41	£0.45	£0.71	£0.46	£0.63
Suncream (SPF15 Nivea or similar) - supermarket	£4.33	£7.77	£11.07	£12.67	£4.49
Insect repellent (small bottle/tube) - supermarket	£1.67	£0.72	£3.56	£0.86	£3.45
3 course evening meal for two adults incl. bottle of house wine	£34.03	£38.86	£34.24	£41.52	£49.35
TOTAL COSTS	£52.66	£59.57	£61.58	£72.39	£73.54

ITEMS	6 Delhi (-) INDIA	7 Phuket (6) THAILAND	8 Sharm el-Sheikh (-) EGYPT	9 Penang (10) MALAYSIA	10 Colombo (-) SRI LANKA
Cup of filter coffee - café/bar	£2.04	£1.68	£1.64	£2.30	£1.66
Bottle of local lager - café/bar	£4.24	£2.40	£4.85	£5.52	£1.94
Bottle/can of Coca-Cola - café/bar	£1.24	£1.44	£1.51	£1.66	£1.52
Glass of wine - café/bar	£5.64	£5.52	£6.81	£4.05	£4.98
Cocktail - café/bar	£4.89	£5.99	£9.84	£6.08	£3.32
Small chocolate bar (58g Mars/Snickers or similar)	£0.54	£1.08	£0.64	£0.92	£1.80
Bottle of still mineral water (1.5 litre) - supermarket	£0.21	£0.48	£0.45	£0.55	£0.61
Suncream (SPF15 Nivea or similar) - supermarket	£8.81	£7.19	£9.80	£11.41	£7.61
Insect repellent (small bottle/tube) - supermarket	£1.61	£1.20	£6.96	£3.31	£3.32
3 course evening meal for two adults incl. bottle of house wine	£50.31	£61.38	£47.06	£54.31	£65.82
TOTAL COSTS	£79.53	£88.36	£89.56	£90.11	£92.58



Long Haul Holiday Report 2023

ITEMS	11 Orlando (9) USA	12 Montego Bay (8) JAMAICA	13 Rio de Janeiro (7) BRAZIL	14 Santiago (25) CHILE	15 Lima (14) PERU
Cup of filter coffee - café/bar	£2.46	£3.30	£1.83	£2.63	£1.93
Bottle of local lager - café/bar	£4.13	£2.94	£3.30	£3.49	£3.85
Bottle/can of Coca-Cola - café/bar	£2.63	£1.70	£1.83	£2.39	£1.69
Glass of wine - café/bar	£6.61	£5.76	£5.86	£3.65	£5.06
Cocktail - café/bar	£7.43	£6.35	£5.86	£5.88	£7.94
Small chocolate bar (58g Mars/Snickers or similar)	£1.15	£0.75	£0.73	£1.99	£1.44
Bottle of still mineral water (1.5 litre) - supermarket	£2.30	£1.08	£0.55	£1.02	£1.44
Suncream (SPF15 Nivea or similar) - supermarket	£6.61	£5.30	£8.24	£8.17	£12.04
Insect repellent (small bottle/tube) - supermarket	£4.13	£4.77	£10.08	£6.48	£6.02
3 course evening meal for two adults incl. bottle of house wine	£59.91	£69.01	£64.67	£68.37	£70.29
TOTAL COSTS	£97.36	£100.96	£102.95	£104.07	£111.70

ITEMS	16 St. John (26) ANTIGUA	17 Rodney Bay (17) SAINT LUCIA	18 Grand Baie (13) MAURITIUS	19 Scarborough (23) TOBAGO	20 Cancun (11) MEXICO
Cup of filter coffee - café/bar	£2.72	£2.24	£2.93	£2.35	£2.48
Bottle of local lager - café/bar	£2.08	£2.40	£4.39	£2.61	£2.88
Bottle/can of Coca-Cola - café/bar	£1.76	£1.60	£2.34	£1.17	£2.24
Glass of wine - café/bar	£3.84	£4.80	£3.90	£5.21	£7.45
Cocktail - café/bar	£9.57	£5.76	£6.34	£6.51	£6.71
Small chocolate bar (58g Mars/Snickers or similar)	£1.60	£0.91	£0.60	£1.56	£1.09
Bottle of still mineral water (1.5 litre) - supermarket	£1.92	£0.80	£0.53	£1.04	£1.09
Suncream (SPF15 Nivea or similar) - supermarket	£14.40	£11.20	£15.61	£10.29	£10.93
Insect repellent (small bottle/tube) - supermarket	£5.76	£3.28	£4.88	£5.21	£7.45
3 course evening meal for two adults incl. bottle of house wine	£68.73	£83.83	£77.05	£89.77	£83.46
TOTAL COSTS	£112.38	£116.82	£118.57	£125.72	£125.78

Long Haul Holiday Report 2023



ITEMS	21 St Georges (15) GRENADA	22 Jumeirah (16) DUBAI	23 Auckland (19) NEW ZEALAND	24 Vancouver (20) CANADA	25 Darwin (21) AUSTRALIA
Cup of filter coffee - café/bar	£1.60	£2.75	£2.47	£2.65	£2.67
Bottle of local lager - café/bar	£2.24	£8.26	£5.43	£4.62	£5.07
Bottle/can of Coca-Cola - café/bar	£1.60	£1.61	£1.97	£3.08	£2.13
Glass of wine - café/bar	£4.80	£8.71	£6.91	£6.78	£5.60
Cocktail - café/bar	£4.16	£9.86	£7.89	£9.24	£9.60
Small chocolate bar (58g Mars/Snickers or similar)	£1.49	£0.52	£0.99	£1.53	£1.33
Bottle of still mineral water (1.5 litre) - supermarket	£1.44	£0.34	£0.74	£1.35	£1.33
Suncream (SPF15 Nivea or similar) - supermarket	£8.00	£7.68	£8.39	£8.01	£8.00
Insect repellent (small bottle/tube) - supermarket	£5.60	£8.83	£5.92	£6.65	£4.80
3 course evening meal for two adults incl. bottle of house wine	£95.02	£77.51	£86.32	£86.89	£91.72
TOTAL COSTS	£125.95	£126.07	£127.03	£130.80	£132.25

ITEMS	26 Punta Cana (12) DOMINICAN REP.	27 Tamarindo (18) COSTA RICA	28 Ras al-Khaimah (-) UAE	29 New York (22) USA	30 St. James (27) BARBADOS
Cup of filter coffee - café/bar	£2.26	£2.21	£4.59	£3.39	£3.11
Bottle of local lager - café/bar	£4.44	£4.75	£8.48	£5.78	£2.81
Bottle/can of Coca-Cola - café/bar	£1.46	£1.88	£1.38	£3.06	£1.73
Glass of wine - café/bar	£6.53	£7.33	£8.26	£9.91	£5.62
Cocktail - café/bar	£6.92	£7.80	£13.30	£11.56	£6.92
Small chocolate bar (58g Mars/Snickers or similar)	£2.60	£1.27	£0.92	£1.07	£1.73
Bottle of still mineral water (1.5 litre) - supermarket	£0.62	£2.22	£1.38	£2.22	£2.55
Suncream (SPF15 Nivea or similar) - supermarket	£8.44	£22.62	£8.03	£7.43	£9.38
Insect repellent (small bottle/tube) - supermarket	£7.80	£8.30	£8.03	£4.78	£8.21
3 course evening meal for two adults incl. bottle of house wine	£92.16	£84.66	£92.64	£103.21	£127.11
TOTAL COSTS	£133.23	£143.04	£147.01	£152.41	£169.17

The Post Office Long Haul Holiday Report barometer table is compiled from a combination of data supplied by the long haul specialist Travelbag cross-referenced with prices provided by national or regional tourist offices of participating countries. Resorts featured are chosen as representative of the prices that UK holidaymakers will generally find in the country/destination. Online checks were made to authenticate these prices. Exchange rates used are Post Office internet rates for exchange of £500-£999 in mid-September 2023.