

It's Holiday Beach Time

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Experts yesterday pinpointed the exact time when sun seeking Brits finally relax and begin to enjoy their holidays.

And the bad news is we have to wait two days, nine hours and 25 minutes into our break before we feel anxiety-free and ready to properly unwind - that's almost a third of the average nine day break wasted.

The stress caused by endless weeks of preparation including booking flights, finding accommodation, kitting out the kids in new clothes and then traveling to our final destination makes for an exhausting first day.

And researchers found that day two is spent recovering from the journey, getting our bearings and unpacking.

Worse still - a quarter of those polled say they NEVER fully relax when they are on holiday due to worries back home - with work and money worries being the main reasons.

More than a third said this means that they never switch off from what is going on back home.

Dave McKenna, marketing manager for European mobile home specialists Keycamp, which carried out the poll, said: 'It shows that we really need to learn how to relax. We work the longest hours in Europe and deserve to chill out on our annual holiday.

'This survey shows people get so carried away with planning and researching our holiday, it seems we forget the reason we're going on a break. We should be relishing the precious time we have away.'

The study also revealed Brits spend more time planning and researching their holiday than they do actually enjoying it.

The average holidaymaker will spend a whopping 18 days choosing their holiday destination - but an average of just nine days away from home.

After choosing a country, we then spend a further six hours picking the resort and hotel, eight hours shopping, washing, ironing and packing, and two hours preening our bodies.

But a depressed 16 per cent of holidaymakers say that when they actually arrive at their destination, they don't actually feel it was worth all of the time they spend planning it.

More than 15 per cent even reckon they don't actually get round to doing any of the activities they spent so long researching.

And, for some Brits, the main reason could be that they simply haven't got time. A staggering 11 per cent of the 3000 Brits polled admit to taking work on holiday with them.

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