Domestic Sentiment Tracker: March 2024

Published: 21st March 2024
Fieldwork Period: 1st to 7th March 2024

UK Results
Contents

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Note: * Overnight Business Trip Intentions questions are asked every second month
Introduction

• VisitEngland, VisitScotland and Visit Wales have commissioned a Domestic Sentiment Tracker to understand the impact of major events, such as the cost of living crisis, on the UK public’s intent to take overnight trips, both within the UK and abroad.

• The survey addresses areas, such as: current attitude to travel (incl. concerns around travel and reassurances needed from the tourism sector), intentions of UK residents to travel for day trips, short breaks and holidays, when they plan to book and when they plan to go on their trip, as well as the destination, type of location and accommodation for their intended trip.

• This tracker is based on a UK nationally representative sample of 1,500 adults aged 16+, with additional boosts for Scotland and Wales.

• Fieldwork tends to take place at the start of each month and this wave’s fieldwork was conducted between 1st to 7th March 2024.

• The results (both, reports and data tables) are made publicly available and updated each wave at the following website:

  https://www.visitbritain.org/domestic-sentiment-tracker
Definitions used within this report

In this report, we look at the behaviour and attitudes of a number of separate audiences depending on when they intend to take an overnight domestic trip.

- **April to June 2024 Intenders**: Residents of the UK who claim their next domestic overnight trip will take place between April to June 2024.
- **July to September 2024 Intenders**: Residents of the UK who claim their next domestic overnight trip will take place between July to September 2024.

We also segment respondents by life stage and use the following definitions:

- **Pre-Nesters**: Aged 16-34 without children in household
- **Families**: Aged 16-64 with children in household
- **Older Independents**: Aged 35-64 without children in household
- **Retirement age**: Aged 65+
# March 2024: Scorecard of Key Metrics

<table>
<thead>
<tr>
<th>Key Metrics</th>
<th>March 2024</th>
<th>Change since February 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of UK adults stating ‘WORST IS STILL TO COME’ regarding the cost of living crisis</td>
<td>41%</td>
<td>-4%*</td>
</tr>
<tr>
<td>Proportion intending a UK overnight trip at any point in the next 12 months</td>
<td>76%</td>
<td>-5%*</td>
</tr>
<tr>
<td>Proportion intending an overseas overnight trip at any point in the next 12 months</td>
<td>57%</td>
<td>-8%*</td>
</tr>
<tr>
<td>Preference for UK over overseas in the next 12 months (vs past 12 months)</td>
<td>35%</td>
<td>+3%</td>
</tr>
<tr>
<td>Took a domestic overnight trip in the past 12 months (March 2023 – February 2024)</td>
<td>60%</td>
<td>-5%*</td>
</tr>
<tr>
<td>Net proportion of UK trips in the next 12 months vs the last 12 months [% 'more' minus % ‘fewer’ trips]</td>
<td>-5</td>
<td>-11%*</td>
</tr>
<tr>
<td>Net proportion of overseas trips in the next 12 months vs the last 12 months [% 'more' minus % ‘fewer’ trips]</td>
<td>-22%</td>
<td>-9%*</td>
</tr>
<tr>
<td>Reduce the number of UK overnight trips due to cost of living crisis [NET ‘fewer’, ‘not go’, ‘go day trips instead’]</td>
<td>28%</td>
<td>+1%</td>
</tr>
<tr>
<td>Reduce the number of day trips due to cost of living crisis [NET ‘fewer’, ‘not go on day trips’]</td>
<td>31%</td>
<td>-1%</td>
</tr>
<tr>
<td>Top 3 barriers to taking a UK overnight trip in the next 6 months</td>
<td>1st Rising cost of living; 2nd UK weather 3rd Personal Finances</td>
<td>None</td>
</tr>
</tbody>
</table>

* Represents a statistically significant change on previous wave

N/A – due to new question wording meaning comparison to last wave cannot be done
1. Current General Sentiment
41% think ‘the worst is still to come’ in relation to the cost-of-living crisis, a significant improvement on last month and the lowest figure since we began tracking

Figure 1. Perception of the situation with regards to cost of living crisis, Percentage wave-on-wave, UK

Question: Q7b: And now regarding the ‘cost of living crisis’ in the UK and the way it is going to change in the coming few months, which of the following best describes your opinion? Base: All respondents. March 2024 = 1,775. Monthly CPI data from the Office of National Statistics (ONS), latest available January 2024. Bank Rate historical data from BOE Database.
Due to the cost-of-living crisis, most UK adults (66%) are either ‘cautious and being very careful’ (44%) or have been ‘hit hard and are cutting back’ (22%).

Figure 2. Feelings about situation during the ‘cost of living crisis’, Percentage wave-on-wave, UK

Question: Q17: There has been a lot of talk about how the ‘cost of living crisis has affected people’s financial circumstances. If you had to choose, which ONE of the following statements would best describe your feelings about your own situation, right now? Base: All respondents. Mar 2024 = 1,775.
2. Trip Intentions: UK and Overseas
Overnight domestic trip intentions are above the levels anticipated back in March 2023, 76% are planning a trip in the next 12 months compared to 73% a year earlier.

Figure 5. Proportion anticipating going on any overnight UK trips, Percentage, March 2024, UK

Question: QVB2a. Thinking of your next UK holiday or short break, when are you likely to go on this trip? QVB2b. And when else do you anticipate going on a UK holiday or short break? Base: All respondents. March 2023 = 1,755, March 2024 = 1,775. Note: Multiple choice question. Totals may exceed 100% as some respondents anticipate taking multiple trips across several time periods.
For overnight overseas trips, intentions are also above 2023 levels, 57% are planning an overseas trip in the next 12 months compared to 54% the year before.

Figure 5b. Proportion anticipating going on any overnight overseas trips, Percentage, March 2024, UK

Question: QVB2c. Thinking of your next OVERSEAS holiday or short break, when are you likely to go on this trip? QVB2d. And when else do you anticipate going on an overseas holiday or short break? Base: All respondents. March 2023 = 1,755, March 2024 = 1,775. Note: Multiple choice question. Totals may exceed 100% as some respondents anticipate taking multiple trips across several time periods.
Despite being ahead of levels this time last year, both long term domestic and overseas overnight trip intentions have decreased significantly since last month, and back to levels seen previously during summer 2023.

Figure 6. Proportion anticipating going on any overnight UK and overseas trips in the NEXT 12 MONTHS, Percentage, March 2024, UK

Question: QVB2a. Thinking of your next UK holiday or short break, when are you likely to go on this trip? QVB2b. And when else do you anticipate going on a UK holiday or short break? QVB2c. Thinking of your next OVERSEAS holiday or short break, when are you likely to go on this trip? QVB2d. And when else do you anticipate going on an overseas holiday or short break? Base: All respondents March 2024 = 1,775. Note: Multiple choice question. Totals may exceed 100% as some respondents anticipate taking multiple trips across several time periods.
At a ‘net level’, the number of both intended domestic and overseas trips by UK adults is below those taken in the last 12 months – a significant deterioration from previous waves.

Figure 7. Number of UK overnight trips likely to take in next 12 months compared to last 12 months, Percentage, March 2024, UK

Will take more
- December 2023 data: 25
- January 2024 data: 25
- February 2024 data: 26
- March 2024 data: 22

Will take about the same
- December 2023 data: 40
- January 2024 data: 41
- February 2024 data: 42
- March 2024 data: 35

Will take fewer
- December 2023 data: 21
- January 2024 data: 19
- February 2024 data: 20
- March 2024 data: 27

Don’t know/not sure yet
- December 2023 data: 14
- January 2024 data: 16
- February 2024 data: 12
- March 2024 data: 16

Net (‘more’ minus ‘fewer’)
- December 2023 data: 3
- January 2024 data: 6
- February 2024 data: 12
- March 2024 data: -5

Figure 8. Number of Overseas overnight trips likely to take in next 12 months compared to last 12 months, Percentage, March 2024, UK

Will take more
- December 2023 data: 18
- January 2024 data: 18
- February 2024 data: 17
- March 2024 data: 13

Will take about the same
- December 2023 data: 33
- January 2024 data: 32
- February 2024 data: 35
- March 2024 data: 31

Will take fewer
- December 2023 data: 30
- January 2024 data: 28
- February 2024 data: 30
- March 2024 data: 35

Don’t know/not sure yet
- December 2023 data: 19
- January 2024 data: 22
- February 2024 data: 19
- March 2024 data: 21

Net (‘more’ minus ‘fewer’)
- December 2023 data: 12
- January 2024 data: 18
- February 2024 data: 16
- March 2024 data: 22

Question: VB1a. Thinking about the next 12 months, are you likely to take more, fewer or about the same number of UK and overseas holidays/short breaks than you took in the last 12 months? Base: All respondents. March 2024 = 1,775.
35% of respondents indicated they are more likely to choose a trip in the UK than overseas compared to the last 12 months – the top reason being ‘UK holidays are easier to plan’ (55%)

Figure 9. Difference in short break/holiday choices in the next 6 months compared to last 12 months, Percentage, March 2024, UK

- More likely to choose UK than overseas
- More likely to choose overseas than UK
- Broadly the same as past 12 months
- Don’t know/It depends on the situation

<table>
<thead>
<tr>
<th></th>
<th>More likely to choose UK than overseas</th>
<th>More likely to choose overseas than UK</th>
<th>Broadly the same as past 12 months</th>
<th>Don’t know/It depends on the situation</th>
</tr>
</thead>
<tbody>
<tr>
<td>35%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17%</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**TOP 5 reasons for UK preference**
1. UK holidays are easier to plan (55%)
2. Shorter / quicker travel (51%)
3. UK holidays are cheaper (50%)
4. To avoid long queues at airports/cancelled flights (34%)
5. I want to take holidays in places I am familiar with (31%)

**TOP 5 reasons for Overseas preference**
1. Better weather (47%)
2. I want to visit new places/experience new cultures (38%)
3. Overseas holidays are cheaper (25%)
4. I’m prioritising overseas trips after missing out in the last few years (23%)
5. To visit friends or relatives (18%)

For the full list of reasons, please see the published tables.

Question: VB2j. Thinking of the next 12 months, how different do you think your short break/holiday choices will be compared to the last 12 months? Base: All respondents. March 2024 = 636. VB2k. Why are you more likely to choose a UK trip than an overseas trip? March 2024 = 467 VB2l. Why are you more likely to choose an overseas trip than a UK trip? March 2024 = 1,775.
The top potential barrier to taking overnight UK trips in the next 6 months is the ‘rising cost of living’ (33%), followed by ‘UK weather’ (32%) and ‘personal finances’ (27%).

### Figure 10. Top 10 Barriers to taking an overnight UK trip in next 6 months, Percentage, March 2024, UK

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rising cost of living</td>
<td>33%</td>
</tr>
<tr>
<td>UK weather</td>
<td>32%</td>
</tr>
<tr>
<td>Personal finances</td>
<td>27%</td>
</tr>
<tr>
<td>Rising costs of holidays/leisure</td>
<td>23%</td>
</tr>
<tr>
<td>My general health</td>
<td>18%</td>
</tr>
<tr>
<td>The cost of fuel</td>
<td>16%</td>
</tr>
<tr>
<td>Limited available annual leave</td>
<td>16%</td>
</tr>
<tr>
<td>Prioritising overseas travel after missing out during the pandemic</td>
<td>7%</td>
</tr>
<tr>
<td>Difficulty getting money back if a trip is cancelled</td>
<td>6%</td>
</tr>
<tr>
<td>None/ No barriers</td>
<td>14%</td>
</tr>
</tbody>
</table>

NET: Costs and finances includes ‘rising cost of living’, ‘personal finances’, ‘the cost of fuel’, ‘rising costs of holidays/leisure’ and ‘difficulty getting money back if a trip is cancelled’.

<table>
<thead>
<tr>
<th></th>
<th>December 2023 data</th>
<th>January 2024 data</th>
<th>February 2024 data</th>
<th>March 2024 data</th>
</tr>
</thead>
<tbody>
<tr>
<td>NET: Costs and finances</td>
<td>58%</td>
<td>58%</td>
<td>60%</td>
<td>57%</td>
</tr>
</tbody>
</table>

FOR THE FULL LIST OF BARRIERS, PLEASE SEE THE PUBLISHED TABLES.

Question: VB7b. Which, if any, of the following factors do you see as potential barriers to you taking a UK short break or holiday in the next six months?

Base: All asked each question. March 2024 = 1,775. *NET: Cost and finances includes ‘rising cost of living’, ‘personal finances’, ‘the cost of fuel’, ‘rising costs of holidays/leisure’ and ‘difficulty getting money back if a trip is cancelled’.
The ‘rising cost of living’ is the biggest financial barrier to taking an overnight domestic trip, followed by ‘personal finances’

Figure 10b. Perceived financial barriers to an overnight trip in the UK in next 6 months, Wave-on-wave, Percentage, UK

Question: VB7b. Which, if any, of the following factors do you see as potential barriers to you taking a UK short break or holiday in the next six months?
Base: All asked each question. March 2024 = 1,775.
Focusing on barriers related directly to the cost of a domestic overnight trip, the ‘cost of accommodation’ remains at the top, followed by ‘cost of drinking/eating out’ – the latter increasing for the second consecutive wave.

Figure 12. Individual costs barrier to taking UK holidays and short breaks in next 6 months, Wave-on-wave, Percentage, UK

Question: VB7bii. Which, if any, of these costs are the main financial barriers to you taking a UK short break or holiday in the next six months? Base: March 2024 = 1,775.
UK adults plan to cut their **overnight trip spending mainly on accommodation, eating out and activities.** 28% will cut the number of overnight trips they take.

**Figure 13a. 'Cost of living' impact on UK holidays and short breaks, Percentage, March 2024, UK, Full list**

- Choose cheaper accommodation: 25%
- Spend less on eating out: 24%
- Look for more ‘free things’ to do: 21%
- Cut back on buying gifts/shopping at the destination: 18%
- Take fewer UK short breaks/holidays: 14%
- Do fewer activities: 13%
- Choose self-catering accommodation: 13%
- Visit fewer visitor attractions: 13%
- Travel when it’s cheaper: 12%
- Take shorter UK short breaks/holidays: 12%
- Stay with friends or relatives: 12%
- Take a holiday in the UK instead of overseas: 10%
- Travel less at the destination: 10%
- Not go on UK short breaks/holidays: 9%
- Take day trips instead of UK short breaks/holidays: 9%
- Take UK short breaks/holidays closer to home: 8%

**Figure 13b. NET ‘fewer’, ‘not go’, ‘go day trips instead’**

<table>
<thead>
<tr>
<th>Reduce the number of UK overnight trips</th>
<th>Dec 2023 data</th>
<th>Jan 2024 data</th>
<th>Feb 2024 data</th>
<th>Mar 2024 data</th>
</tr>
</thead>
<tbody>
<tr>
<td>NET ‘fewer’, ‘not go’, ‘go day trips instead’</td>
<td>27%</td>
<td>25%</td>
<td>27%</td>
<td>28%</td>
</tr>
</tbody>
</table>

*Question: VB7c. How, if at all, would you say the 'cost of living crisis' is likely to influence your UK short breaks or holidays in the next six months? Base: March 2024 = 1,030. *Question format changed in March 2024.
In terms of **UK day trips**, 22% of UK adults intend to spend less on eating out. 31% will reduce the number of day trips – in line with previous waves.

**Figure 13b. ‘Cost of living’ impact on day trips, Percentage, March 2024, UK, Full list**

- Spend less on eating out on day trips: 22%
- Look for more ‘free things’ to do on day trips: 21%
- Will take fewer day trips: 20%
- Cut back on buying gifts/shopping on day trips: 16%
- Take day trips closer to home: 15%
- Travel when it’s cheaper: 14%
- Do fewer activities on day trips: 14%
- Visit fewer visitor attractions on day trips: 13%
- Will not go on day trips: 13%

**Question:** VB7Cii. How, if at all, would you say the ‘cost of living crisis’ is likely to influence your day trips in the next few months?

*Question format changed in March 2024.*

**Base:** March 2024 = 945

**Reduce the number of day trips**

<table>
<thead>
<tr>
<th>NET ‘fewer’, ‘not go on day trips’</th>
<th>Dec 2023 data</th>
<th>Jan 2024 data</th>
<th>Feb 2024 data</th>
<th>Mar 2024 data</th>
</tr>
</thead>
<tbody>
<tr>
<td>33%</td>
<td>31%</td>
<td>32%</td>
<td>31%</td>
<td></td>
</tr>
</tbody>
</table>
3. The Next Trip: Overnight and Day Trips
50% of UK adults have already booked their domestic trips for April, while 62% have already booked their overseas trips for the same month.

Figure 15. Planning and booking the next intended UK and overseas overnight trip, Percentage, March 2024, UK

Question: VB2e. Which of the following best describes how close you are to booking your next overnight UK trip in <INSERT MONTH FROM VB2c(III)>? Base: UK trip: April 2024 n = 198, May 2024 n = 189, June 2024 n = 170, July 2024 n = 186. VB2g. Which of the following best describes how close you are to booking your next overnight OVERSEAS trip in <INSERT MONTH FROM VB2c(III)>? Base: Overseas trip: April 2024 n = 78, May 2024 n = 115, June 2024 n = 125, July 2024 n = 130.
Short breaks are more likely between April to July 2024. This trend is different to last year, where longer breaks were relatively more likely.

Figure 17. Length of next UK holiday or short break by time period, Percentage, March 2024, UK

Question: QVB3. Is this next trip to <INSERT DESTINATION FROM VB4A> in <INSERT MONTH FROM VB2A> likely to be a short break (1-3 nights) or a holiday (4+ nights)?

Base: All March 2024 respondents intending to take next holiday or short break in each time period: UK trip 2023-2024: April 2024 n = 198, May 2024 n = 189, June 2024 n = 170, July 2024 n = 186.
The South West is the most preferred UK overnight destination in both April to June 2024 and July to September 2024

Figure 18. Where planning on staying on next UK overnight trip in April to June 2024, Percentage, February 2024 and March 2024, UK

- February / March 2024 data
- February / March 2023 data

Figure 19. Where planning on staying on next UK overnight trip in July to September 2024, Percentage, February 2024 and March 2024, UK

- February / March 2024 data
- February / March 2023 data

Question: QVB4a. Where in the UK are you likely to stay on this next trip in <insert month>?
Base: All February 2024 and March 2024 respondents planning on taking a holiday or short break in the UK April to June 2023 n = 952, July to September 2023 n = 1,014; April to June 2024 n = 1,129, July to September 2024 n = 933. Note: Multiple choice question. Totals may exceed 100% as some respondents anticipate staying in more than one location.
The top type of destination for overnight trips for April to June 2024 is ‘Countryside or village’, while it is ‘Traditional coastal/seaside town’ for the July to September 2024 period.
For both time periods, own car is the most common mode of travel, followed by train.

Figure 22. Top 5 main modes of travel to destination for trip in April to June 2024, Percentage, February 2024 and March 2024, UK

![Bar graph showing modes of travel]

- February / March 2024 data
- February / March 2023 data

Figure 23. Top 5 main modes of travel to destination for overnight trip in July to September 2024, Percentage, February 2024 and March 2024, UK

![Bar graph showing modes of travel]

- February / March 2024 data
- February / March 2023 data

FOR THE FULL LIST OF MODES OF TRANSPORT, PLEASE SEE THE PUBLISHED TABLES.

Question: VB4c. What do you anticipate being the main mode of travel to your next UK holiday or short break in <INSERT DESTINATION FROM VB4A> in <INSERT MONTH FROM VB2a>? Base: All February 2024 and March 2024 respondents planning on taking a holiday or short break in the UK between April to June 2023 n = 952, July to September 2023 n = 1,014; April to June 2024 n = 1,129, July to September 2024 n = 933
For the next overnight trip in both time periods, ‘hotel / motel / inn’ is the leading accommodation type

**Figure 24. Top 10 accommodation types planning on staying in on next UK overnight trip in April to June 2024, Percentage, February 2024 and March 2024, UK**

- Hotel / Motel / Inn: 39%
- Staying in a rented home or similar: 17%
- Friends or relatives home: 16%
- Guest house / Bed and breakfast: 13%
- Static caravan - not owned by you: 11%
- Staying in a rented flat or similar: 9%
- In someone else’s home on a commercial basis – rental of full property: 7%
- In someone else’s home on a commercial basis – rental of room only: 7%
- Serviced apartment: 7%
- Second home/Timeshare: 6%

**Figure 25. Top 10 accommodation types planning on staying in on next UK overnight trip in July to September 2024, Percentage, February 2024 and March 2024, UK**

- Hotel / Motel / Inn: 36%
- Staying in a rented home or similar: 19%
- Guest house / Bed and breakfast: 17%
- Friends or relatives home: 15%
- Static caravan - not owned by you: 14%
- Staying in a rented flat or similar: 12%
- In someone else’s home on a commercial basis – rental of full property: 10%
- In someone else’s home on a commercial basis – rental of room only: 9%
- Serviced apartment: 8%
- Second home/Timeshare: 8%

For the full list of accommodation types, please see the published tables.

Question: VB6a. What type/s of accommodation do you expect to be staying in during your next UK holiday or short break in <INSERT DESTINATION FROM VB4A> in <INSERT MONTH FROM VB2A>? Base: All February 2024 and March 2024 respondents planning on taking a holiday or short break in the UK between April to June 2023 n = 952, July to September 2023 n = 1,014; April to June 2024 n = 1,129, July to September 2024 n = 933
‘Partner’ is the most common companion on a trip during both time periods, followed by ‘child, grandchild or young adult’

Figure 26. Visitor party make-up for trip in April to June 2024, Percentage, February 2024 and March 2024, UK

- Partner
- Child, grandchild, or young adults with parents
- Friends
- Other members of family
- Pets
- Intend to travel on my own
- Other

- February / March 2024 data
- February / March 2023 data

Figure 27. Visitor party make-up for trip in July to September 2024, Percentage, February 2024 and March 2024, UK

- Partner
- Child, grandchild, or young adults with parents
- Friends
- Other members of family
- Pets
- Intend to travel on my own
- Other

- February / March 2024 data
- February / March 2023 data
The top motivation for overnight trips in April to June 2024 is ‘family time or time with my partner’, while in July to September 2024 ‘to get away from it all and have a rest’ is top.

<table>
<thead>
<tr>
<th>Motivation</th>
<th>April to June 2024</th>
<th>July to September 2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family time or time with my partner</td>
<td>39</td>
<td>38</td>
</tr>
<tr>
<td>To get away from it all and have a rest</td>
<td>35</td>
<td>32</td>
</tr>
<tr>
<td>To experience excitement or fun</td>
<td>22</td>
<td>19</td>
</tr>
<tr>
<td>To spend time with friends</td>
<td>22</td>
<td>15</td>
</tr>
<tr>
<td>To connect with nature / be outdoors</td>
<td>20</td>
<td>14</td>
</tr>
<tr>
<td>To travel somewhere new</td>
<td>16</td>
<td>12</td>
</tr>
<tr>
<td>To celebrate a special occasion, such as…</td>
<td>13</td>
<td>11</td>
</tr>
<tr>
<td>To go somewhere where there is great food</td>
<td>11</td>
<td>10</td>
</tr>
<tr>
<td>For adventure or a challenge</td>
<td>11</td>
<td>10</td>
</tr>
<tr>
<td>To learn something new</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>For an active holiday, with exercise or sport</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>Because of a particular interest</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>For a technology detox</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>To go somewhere luxurious where I could…</td>
<td>5</td>
<td>7</td>
</tr>
</tbody>
</table>

Question: VB6fii. Which of the following best describe your motivation/s for this trip?
Base: All March 2024 respondents planning on taking a holiday or short break in the UK between April to June 2024 n = 557, July to September 2024 n = 508.
Note: Multiple choice question. Totals may exceed 100%.
The top activity in both time periods is ‘Trying local food and drink’, followed by ‘Walking, hiking or rambling’

**Figure 30. Activities for UK holidays and short breaks, in April to June 2024, Percentage, March 2024, UK, Full list**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trying local food and drink</td>
<td>39</td>
</tr>
<tr>
<td>Walking, Hiking or Rambling</td>
<td>35</td>
</tr>
<tr>
<td>Visit heritage sites</td>
<td>26</td>
</tr>
<tr>
<td>Explore scenic areas by car</td>
<td>23</td>
</tr>
<tr>
<td>Visit cultural attractions</td>
<td>21</td>
</tr>
<tr>
<td>Nature and wildlife experiences</td>
<td>17</td>
</tr>
<tr>
<td>Visit family attractions</td>
<td>17</td>
</tr>
<tr>
<td>Learn about local history and culture</td>
<td>15</td>
</tr>
<tr>
<td>Experience the nightlife</td>
<td>14</td>
</tr>
<tr>
<td>Speciality shopping</td>
<td>11</td>
</tr>
<tr>
<td>Visit theme parks</td>
<td>9</td>
</tr>
<tr>
<td>Visit locations featured in TV, film or…</td>
<td>9</td>
</tr>
<tr>
<td>Adventure activities</td>
<td>9</td>
</tr>
<tr>
<td>Health or wellbeing experiences</td>
<td>8</td>
</tr>
<tr>
<td>Water sports</td>
<td>7</td>
</tr>
<tr>
<td>Cycling or mountain biking</td>
<td>7</td>
</tr>
<tr>
<td>Creative or artistic pursuits</td>
<td>6</td>
</tr>
<tr>
<td>Conservation or volunteering activities</td>
<td>5</td>
</tr>
<tr>
<td>Golf</td>
<td>4</td>
</tr>
</tbody>
</table>

**Figure 31. Activities for UK holidays and short breaks in July to September 2024, Percentage, March 2024, UK, Full list**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trying local food and drink</td>
<td>35</td>
</tr>
<tr>
<td>Walking, Hiking or Rambling</td>
<td>34</td>
</tr>
<tr>
<td>Visit heritage sites</td>
<td>29</td>
</tr>
<tr>
<td>Explore scenic areas by car</td>
<td>22</td>
</tr>
<tr>
<td>Nature and wildlife experiences</td>
<td>21</td>
</tr>
<tr>
<td>Visit cultural attractions</td>
<td>19</td>
</tr>
<tr>
<td>Visit family attractions</td>
<td>19</td>
</tr>
<tr>
<td>Learn about local history and culture</td>
<td>18</td>
</tr>
<tr>
<td>Experience the nightlife</td>
<td>13</td>
</tr>
<tr>
<td>Speciality shopping</td>
<td>13</td>
</tr>
<tr>
<td>Water sports</td>
<td>12</td>
</tr>
<tr>
<td>Adventure activities</td>
<td>11</td>
</tr>
<tr>
<td>Visit locations featured in TV, film or…</td>
<td>9</td>
</tr>
<tr>
<td>Cycling or mountain biking</td>
<td>7</td>
</tr>
<tr>
<td>Health or wellbeing experiences</td>
<td>7</td>
</tr>
<tr>
<td>Creative or artistic pursuits</td>
<td>6</td>
</tr>
<tr>
<td>Conservation or volunteering activities</td>
<td>4</td>
</tr>
<tr>
<td>Golf</td>
<td>1</td>
</tr>
</tbody>
</table>

Question: VB6fiii. Which, if any, of these activities are you likely to do on your next UK short break or holiday in <INSERT MONTH FROM VB2A>?

Base: All March 2024 respondents planning on taking a holiday or short break in the UK between April to June 2024 n = 557, July to September 2024 n = 508.

Note: Multiple choice question. Totals may exceed 100%. *Visited theme parks was added to the list in March 2024
4. Past UK and Overseas Trips
3 in 5 (60%) have taken a UK overnight trip between March 2023 and February 2024, while 39% have taken an overseas overnight trip during the same time period.

Figure 32. Proportion UK adult population who have taken an overnight UK or overseas trip in below time period, Percentage, March 2024, UK

<table>
<thead>
<tr>
<th>Time Period</th>
<th>% taken UK overnight trip</th>
<th>% taken overseas overnight trip</th>
</tr>
</thead>
<tbody>
<tr>
<td>In March 2023-February 2024</td>
<td>60</td>
<td>39</td>
</tr>
<tr>
<td>In March 2023</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>In April - June 2023</td>
<td>22</td>
<td>14</td>
</tr>
<tr>
<td>In July to September 2023</td>
<td>25</td>
<td>16</td>
</tr>
<tr>
<td>In October - December 2023</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>In January - February 2024</td>
<td>9</td>
<td>3</td>
</tr>
</tbody>
</table>

Question: VB13a/f. Now reflecting on your recent behaviour, have you taken an overnight short break or holiday in the UK/overseas in the last 12 months?

VB13a2/g. In which of these months have you taken an overnight short break or holiday in the UK in the last 12 months?

Base: All respondents March 2024 = 1,775.

Multiple choice question. Totals may exceed 100% as some respondents anticipate taking more than one trip.
15% of respondents went on a domestic overnight trip between December 2023 and February 2024, compared to 24% who had previously intended to do so.

Figure 32b. Incidence of UK short breaks or holidays intended within next 3 month and taken in last 3 months of UK adult population, Percentage, February 2024, UK

VB2a. Thinking of the next UK/overseas holiday or short break you are likely to take, when are you likely to plan, book and go on this trip?

VB13a: Now reflecting on your recent behaviour, have you taken an overnight short break or holiday in the UK in the last 12 months? Base: All UK respondents = 1755. Data shows the proportion intending to take a trip within the next 3 months – this will not account for intentions established less than 3 months ahead of trip date – and trips taken. Actual trips taken is only available from April 2021 up to February 2024.
North West is the most popular destination for domestic trips in the past three months, followed by South West, London and South East.

Figure 33. Destination of overnight trips taken in UK in the past three months, Percentage, March 2024, UK

<table>
<thead>
<tr>
<th>Destination</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>North West</td>
<td>16</td>
</tr>
<tr>
<td>South West</td>
<td>14</td>
</tr>
<tr>
<td>London</td>
<td>14</td>
</tr>
<tr>
<td>South East</td>
<td>14</td>
</tr>
<tr>
<td>Scotland</td>
<td>9</td>
</tr>
<tr>
<td>East of England</td>
<td>9</td>
</tr>
<tr>
<td>Yorkshire &amp; the Humber</td>
<td>6</td>
</tr>
<tr>
<td>Wales</td>
<td>6</td>
</tr>
<tr>
<td>West Midlands</td>
<td>6</td>
</tr>
<tr>
<td>East Midlands</td>
<td>5</td>
</tr>
<tr>
<td>North East</td>
<td>3</td>
</tr>
<tr>
<td>Northern Ireland</td>
<td>3</td>
</tr>
</tbody>
</table>

Question: VB13c. Where in the UK did you stay on your most recent trip in <INSERT MOST RECENT MONTH>? VB13e. And which of the following best describe the purpose/s of your most recent trip in <INSERT MOST RECENT MONTH >?

Base: All March 2024 respondents that took an overnight trips in the last three months n= 263

Note: Multiple choice questions. Totals may exceed 100% as some respondents stayed in more than one location or travelled for more than one purpose.
5. Overnight Business Trip Intentions (March 2024 data)

Note: * Overnight Business Trip Intentions questions are asked every second month
16% of UK adults in employment plan on taking an overnight business trip in the next 3 months. ‘Conference’ is the leading reason (34%), followed by ‘Team Building’ (32%).

Figure 35. Proportion anticipating an overnight business trip in next 3 months, Percentage, March 2024, UK adults in employment

Question: VB14a. Now looking ahead again, are you intending to take any overnight business trips in the UK in the next three months? Please only answer yes if the overnight business trips are not a feature of your job. For example, if you are a long-distance lorry driver, airline crew or delivery service, an overnight stay would be a feature of the job so you would answer ‘no’. Please also answer ‘no’ if your only overnight business trip is a regular trip to your main place of work (e.g. a weekly or monthly trip to your office). Multiple choice question. Totals may exceed 100% as some respondents anticipate more than one business reason.

VB14b: What would be the main reason for this overnight business trip? Base: March 2024 respondents currently in employment n = 1,775. All taking a business trip n=310.

Figure 36. Reasons for taking an overnight business trip in next 3 months, Percentage, March 2024, UK adults in employment planning a trip

80% of UK adults interviewed are in employment
Methodology & Further Data
Methodology

- This report presents findings from the March 2024 wave of the Domestic Sentiment Tracker, with comparisons to previous months where appropriate.
- The survey is conducted online, among a sample of the UK adult population.
- In the first stage, a nationally representative core sample of 1,500 is recruited and interviewed. This sample is then ‘boosted’ for Wales and Scotland to ensure sufficient base sizes for separate nation analysis. The data are then weighted to make the sample representative of the UK overall and within each nation.

PLEASE NOTE:

- The current 6th phase of this project started in April 2023 and will run until March 2024.
- With this newly commissioned phase, the questionnaire was updated to address the cost of living crisis’ impact on trips intentions. It also covers the preference for domestic vs overseas overnight trips.
- Please note that because of the questionnaire updates, some questions are not comparable between this 6th phase and the previous phases / waves.
Master Data Table

- The full data tables are published on the VisitBritain website alongside this report and questions’ data not shown in this report are available to view there: [https://www.visitbritain.org/domestic-sentiment-tracker](https://www.visitbritain.org/domestic-sentiment-tracker)
  
  Extra questions available in the tables are:
  - VB1b. Likely to spend more, less or about the same on holidays in the next 12 months, vs last 12 months
  - VB9a/b. More/Less likely to visit leisure places in the UK in the next 12 months, vs last 12 months
  - VB10a/b. More/Less likely to conduct leisure activities in the UK in the next 12 months, vs last 12 months

- To access a .csv file of the data contained within the charts, please open this report with Adobe Reader. When you have done so, navigate to the left-hand side of the page to the attachments area, symbolised by a paperclip icon, and click on the file to open the attachment.