

THE VALUE OF A STAYCATION

Staycation is a term that means you vacation at home. In the Ottawa Valley, it's easy to have a staycation because within 30 minutes of driving, it can seem like you are in a totally different place. Whether you go from Petawawa to Golden Lake, Arnprior to the Pontiac or Deep River to Burnstown, it's no wonder why local residents are the second largest group of travelers around the region.

By: Jennifer Layman



Here are some ways to judge the value of your staycation:

COST

Obviously, a huge benefit to staying closer to home is the money you save doing so. If you stay home and go day-tripping, you eliminate travel costs. If you spend a few local nights at a campground, cottage or other accommodation option, you save on fuel costs. When budgets are challenging, or when you want to do more with your vacation dollars, a staycation can be a great solution.

TIME

When you fly off somewhere, you usually spend a day getting there and a day coming home. That turns your seven day vacation into five. With a staycation, you have more time to actually spend on vacation! You can even combine vacation and work by commuting from your local staycation accommodations. Another way you save time is in planning the trip. You don't have to be on the lookout for great airfare deals when you're staying close to home.

STRESS

Everyone has had a stressful travel experience at some point in their lives. And while there might be some stress traveling locally, there isn't going to be near as much as juggling reservations and planned activities half way around the world. Another way that staycations help with stress relief is that you can more easily take time off work without feeling guilty about being away, or being overly stressed with what awaits you when you return. Take seven one-day vacations or split your week up into three and four day vacations - you still get away and it won't be nearly as stressful.

EXPLORE YOUR BACKYARD

People come from all over Ontario, Canada and the world to visit the Ottawa Valley. That means there are some neat things to do here. In speaking with locals, many have never been whitewater rafting, gone on a local tour, attended a festival or visited a local attraction. Create a local bucket list and start crossing things off it!

CRAVE SOME CULTURE

Many people go away to see and learn about the culture of another area. Well, there is plenty of culture in our region too. There are Irish festivals, Lebanese restaurants, German delis, Polish villages, Native communities and more. Pick what you want to experience and get a taste of it locally.

PEACE OF MIND

You pretty much know the region when you travel locally, so you tend to have less stress about safety and security when you're in your own backyard. When you're away, the risks can elevate: things missing from a hotel room, ending up on the "wrong side" of town, getting ill or being bitten by some tropical species. In the Valley and the Pontiac, well, most visitors come here because it is safe. It's just a little peace of mind that works well with the need to de-stress on holiday.

Sometimes you just need to get away. It may not mean you have to be far away, but you just need to put yourself into a surrounding that gives you a mental and physical break to recharge your batteries. Sometimes, the easiest way to do that is to travel your backyard.