

PRESS RELEASE
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Embrace the slow travel revolution this spring-summer

Expert guide to mindful staycations for those seeking quality downtime and a truly revitalising break



The modern day juggle is more demanding than ever - busy work schedules, family commitments, managing finances, maintaining a healthy diet and fitness regime, staying informed, keeping up with the latest cultural events, and being ‘always on’ and responsive to message and email comms via multiple channels.

Current geopolitical events are also taking up yet more headspace and are inevitably affecting lifestyle choices this year, so the importance of slowing down and disconnecting from the daily grind has never been greater.

As Brits prepare for the late May bank holiday, half term, and summer breaks, Cheryl Brown, slow travel expert and MD of inland waterway holiday operator, [Le Boat](#), shares her guide to mindful holidays to ensure we are prioritising wellbeing and connection – both with loved ones and with nature.

And with many holidaymakers rethinking their long-haul travel plans this year, she outlines the multiple ways staying closer to home can be just as rewarding and refreshing as a holiday abroad.

“In a world where being constantly connected and reachable is the norm, travellers are increasingly looking for ways to consciously unwind, disconnect and travel in a slower, more mindful way,” says Cheryl. “Whether that’s exploring by rail, on a road trip, on the water, or even on foot or by bike, slow travel can enhance the way we engage with a destination.

“Slow travel removes the pressure that comes with schedules and checklists, instead encouraging travellers to spend quality time in the places they love, discover hidden gems along the way, connect with likeminded travellers or locals, and make the journey part of the holiday. Whether it’s exploring by boat and mooring up in a waterside village, ending a countryside hike with a long pub lunch, or reading a book whilst contemplating a beautiful view, slowing the pace right down will ultimately allow us to return home feeling genuinely refreshed.”

Read on for Cheryl’s guide to making the most of your mindful staycation...

1. Take things slow

Some holidays are all about making it to the destination as quickly as possible, but the slow travel revolution encourages the opposite.

You could walk or hike, fully taking in the sights and sounds of your surroundings, or perhaps cycle, allowing you to cover bigger distances while also elevating your heart rate. Meanwhile, travelling by rail offers a relaxed alternative to flying, and road trips can become truly unforgettable experiences.

If you’re looking to go at an even more leisurely pace, river cruising and boating holidays will give you the opportunity to enjoy nature, wildlife, picturesque landscapes, and engage with a friendly community, while camping and caravanning breaks will ground you, encourage natural rhythms, and gently ease you into simpler routines.

The journey is often treated as an unavoidable necessity, but scenic train routes, countryside walks and overnight pitstops invariably become trip highlights. Plus, making the journey an integral part of the trip means you don’t have to wait to start enjoying your holiday.

2. Forget packed itineraries

Fear of missing out can sometimes lead to an overpacked schedule, which turns a trip into a checklist of landmarks to be photographed and experiences to be ticked off rather than a meaningful experience. When we make plans for every hour of the day, even the most beautiful and calm places can feel rushed.

Leave a few intentional gaps in your itinerary and give yourself some room to breathe. After all, you want to end your trip feeling rested and refreshed, not exhausted and in need of a recovery

break. Just like cruising along a canal- it's not about making it to the next lock as quickly as possible, but about taking the time to notice the reflections in the water, spot the wildlife, greet passersby, and appreciate the unexpected details along the banks.

A lighter schedule will allow your curiosity to take the lead and give you the space to explore your surroundings without rush, maybe spending an extra hour visiting a medieval village, taking a longer hiking trail to make the most of the summer weather, or stopping to watch some swans gently drift along the water.

3. Stay closer to home

Without the need for flights, foreign currency and up-to-date passports, staycations remove many of the stresses associated with travel and guarantee a smoother, more relaxed start to your break.

A staycation is perfect for those who want to explore what is on their doorstep, whether it's Cornwall's beaches, the Scottish Highlands, or charming riverside villages and towns of Surrey and Oxfordshire, the UK has plenty to offer.

Staying closer to home makes it easier to manage the logistics associated with outdoor-focused breaks, especially if you're planning to take your accommodation with you. Those interested in camping and caravanning have plenty of sites located in beautiful locations to choose from, allowing for flexible itineraries and the freedom to make plans as you go.

Meanwhile, boating holidays are perfect for those who want to experience much-loved destinations from a new perspective, following inland waterways through rural countryside and historic towns. Combining transport and accommodation in one means that travellers have everything they need whilst enjoying being on the water, with the freedom to decide where to moor for the night.

4. Ditch the screens

There is no denying that digital devices can be useful during a holiday, but they can sometimes get between us and our surroundings. Constantly reaching for your phone - whether to navigate a map, check restaurant reviews, or upload content to social media - will inevitably get in the way of true relaxation.

Taking a break from screens by going offline completely or making a conscious effort to limit usage time, will give your mind a chance to rest, lowering stress levels, helping you sleep, and enabling a proper holiday reset.

You can help this digital detox by investing in a physical map, for example, or using a disposable camera to take photos during your trip - having one chance to take the perfect photo is guaranteed to slow you down! In terms of entertainment, there's nothing like a good book, or gathering around the table with a classic card or board game, whilst a good old radio will fix your music needs.

5. Reconnect with nature

Spending time outdoors is one of the most powerful ways to make the most of a staycation. Nature invites exploration and connection at a slower pace, allowing you to engage the senses to appreciate sounds, smells and sights such as pretty birdsong, the summer scent of Rockrose, the comforting rhythm of waves, or an awe-inspiring orange sunset.

Being surrounded by nature will also allow you to spend some time looking after your mental and physical wellbeing, providing the perfect setting for breathing exercises, meditation, and activities such as yoga or journalling.

Engaging with the natural world will also give you the opportunity to try new activities such as fishing, foraging, wildlife spotting or birdwatching. Keep an open and curious mind and you may end up coming home with a new lifelong hobby.

6. Enjoy simple pleasures

A staycation is the perfect opportunity to step away from the pressures of everyday life to focus on the small pleasures that are easily missed in the midst of busy routines.

Whether it is waking up to the sound of birds and the subtle movement of water as opposed to an aggressive alarm, having a picnic in a scenic spot, enjoying a hot cup of coffee outdoors in the fresh, dewy, morning air, these simple things can mean much more when they are not rushed.

Something as small as taking a spontaneous detour on a walk or pausing to take in your surroundings can shift the mood of an entire day.

By removing the expectation to fill your day with endless activities you'll give yourself permission to slow down, to drift rather than push ahead, be in the moment and really enjoy the little things that make you happy.

7. Be flexible

Flexibility is at the heart of slow travel. If you are open to changing your plans or making them on the go, you can make the most of opportunities as they come up and your journey will feel more organic for it.

This might mean extending your stay in a particular location or choosing to dine at a place following a local recommendation. Spontaneous decisions often lead to the most memorable experiences.

Equally, a flexible mindset helps alleviate the pressure when things don't go exactly as expected. If bad weather means you have to cancel plans for a hike, a delayed train slows your journey, or a closed lock forces you to moor up somewhere new, there is no need for upset and disappointment, you can just take this as an opportunity to embrace something else.

Improvising and adapting become part of the whole travel experience.

Holidays don't need to be long-haul and fast-paced for them to be fulfilling or meaningful. By staying closer to home and slowing down, we give ourselves the chance to recharge, rediscover, enjoy the small things in life, and return to our routine fully refreshed.

For more information on self-drive boating holidays, visit www.leboat.com/en

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About Le Boat

With over 55 years of experience, leading inland waterways holiday operator, Le Boat, offers self-drive boating holidays that require no license, enabling access to the rivers, lakes and canals of the UK, Ireland, Europe & Canada.

Le Boat makes boating easy and accessible for all, guaranteeing confidence on the water for first timers and seasoned experts alike and offering peace of mind with daily assistance & technical support.

With Le Boat, travellers will discover a different way to holiday - A slow travel option that takes them off the beaten track to explore new places or experience much-loved destinations from a new perspective. Personalised itineraries and the freedom to go at your own pace provide an opportunity to slow down, unwind, (re)connect with loved ones, and create lasting memories.

Combining transport, accommodation, self-catering facilities, and allowing holidaymakers to explore multiple locations and sights in one trip, Le Boat holidays provide excellent value for money, whilst a choice of over 950 vessels, ranging from value to luxury, caters to all budgets.

The Le Boat fleet will grow by 400 boats over the next 10 years, with a focus on premium boats, Liberty & Horizon.

Le Boat holidays are available between March and October and are priced from £194pp (based on a 7-night Thames cruise in April in a Comfort (Caprice) boat, sleeping up to 6 people, priced at £1,169).

For more information or to book your self-drive river cruising holiday, visit www.leboat.com/en

About Cheryl Brown

Cheryl Brown is Managing Director for Le Boat, part of the Marine Division of Travelopia and owned by KKR.

Cheryl began her career in travel at just 16, rising quickly through the ranks to become Retail Trading Director in 2001 and Managing Director of the First Choice Retail Group in 2004.

In 2007 she joined Sunsail as Managing Director and later became COO for TUI Marine, which included The Moorings, Sunsail, Footloose and Le Boat, in Florida.

After four years in the sunshine, Cheryl returned to the UK to lead Le Boat, a role she continues to love and lead in with passion. Today, she also sits on the Board of Travelopia.

A passionate boater herself, Cheryl enjoys life on the Thames from her riverside home with her own dock and dayboat. She loves welcoming new customers and watching them grow in confidence on the water, as well as reconnecting with those who return year after year.

Under Cheryl's leadership, Le Boat has expanded across the Atlantic, opening two bases and launching 32 boats in Ontario, Canada. She also introduced the Horizon fleet in 2016 and most recently unveiled Liberty in 2025, the company's most luxurious boat to date.

Cheryl's vision inspired the new creative platform *We're on Le Boat*, which celebrates the boating community and invites newcomers to discover the freedom of the waterways.

Cheryl is proud to invite everyone to join the Le Boat community and discover the magic of boating.