



# Living Well North Tyneside

Supporting Health and Wellbeing

## Domestic Travel is on the Rise

As we move further into 2025, the latest statistics from the British Tourist Authority (BTA) show a clear trend—**79% of UK adults plan to take an overnight domestic trip in the next 12 months**, up five percentage points from the previous year. A significant portion of this rise is being driven by families, who are increasingly recognising the benefits of travelling within the UK.

From exploring the countryside to discovering hidden city gems, more families are opting for holidays closer to home—and not just for convenience. Domestic trips are proving to be more than just a fun getaway. They offer meaningful opportunities for children to grow, learn, and experience the world in ways that can positively shape their future.

## Why Travel is Good for Children's Development

Family holidays go far beyond quality time and memory-making. Travel plays a unique role in a child's development. Whether it's visiting a museum, hiking through a national park, or simply navigating a new city, travel encourages children to:

- Build confidence and independence
- Develop communication and problem-solving skills
- Gain awareness of different cultures, histories, and ways of life
- Strengthen family bonds and social skills
- Learn flexibility, patience, and resilience

Even short trips can foster curiosity and a sense of adventure—characteristics that can stay with children for life.

## North East Adventures: Ideas for Family Travel This Easter

The North East of England is a fantastic region to explore with children, especially during the Easter holidays. Here are a few local ideas to help families make the most of the break:

### 1. Head to the Coast

Northumberland's beaches are some of the best in the UK. Druridge Bay, Bamburgh, and Tynemouth Longsands offer wide-open spaces perfect for kite flying, rock pooling, or just blowing off steam. Many spots also have castles and historic landmarks nearby.

### 2. Visit a Castle or Historic Site

Children love the drama of castles, and there are plenty to choose from. Warkworth Castle, Alnwick Castle, and Tynemouth Priory provide the perfect mix of history and imagination. Some host Easter trails or themed events.

### 3. Explore Local Museums and Attractions

North East museums cater brilliantly for families. Try The Discovery Museum in Newcastle for interactive science fun or Woodhorn Museum in Ashington, where kids can learn about mining history in engaging ways. Many museums have special Easter activities, so check local listings.

### 4. Go Wildlife Spotting

Places like Northumberlandia, Kielder Water & Forest Park, or WWT Washington Wetland Centre offer great opportunities to explore nature. Look out for Easter-themed wildlife walks and family-friendly trails.

### 5. Take a Train Adventure

For younger children, even the journey can be part of the fun. The Stephenson Railway Museum offers vintage train rides, and Aln Valley Railway runs Easter specials.

## Tips for a Smooth Family Getaway

1. **Plan ahead** – Book accommodation and activities early to avoid disappointment during the Easter rush.
2. **Pack snacks, games, and weather-ready clothing** – North East springtime can be unpredictable!
3. **Look for free or low-cost options** – Many attractions have family passes or free events during the holidays.
4. **Get the kids involved** – Letting children help choose activities or navigate can add excitement and ownership.

## Make the Most of Travelling Together

In a fast-paced world, carving out time to explore as a family can bring enormous benefits—not just in the moment, but for children’s development and overall wellbeing. As this new research from the BTA shows, more people are choosing to enjoy the wonders of travel closer to home, and families are leading the way.

Whether it's a day trip to the coast, a weekend in the countryside, or a city break packed with learning opportunities, local adventures offer a valuable chance to slow down and connect.

## Learn More About the Benefits of Travel for Children

For more insight into how travel supports children’s emotional, cognitive, and social growth, read this helpful article: [Understanding the positive developmental impact of travel on kids.](#)

This comprehensive write-up explores the impact of travelling on a child’s growth based on the latest statistics, breaks down early brain formation, and dives into research-backed reasons why travelling as a family is good for kids.

Through this piece, families will understand that these kinds of experiences go beyond relationship building—they can be good for establishing characteristics that will help their children as adults.

## Related Links

- [Understanding the positive developmental impact of travel on kids](#)
- [35 tips & tricks for a stress-free flight from regular flyers, airline stewards and pilots](#)



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