

SLOW TRAVEL COST SAVER SHEET

Understand how pace directly affects your budget.

FAST TRAVEL (1–3 nights per stop)

- Higher transport costs
- More eating out
- Tourist pricing
- Higher decision fatigue

SLOW TRAVEL (1–4 weeks per stop)

- Monthly accommodation discounts
- Local food shopping
- Fewer transport days
- Better routine stability

COMPARE YOUR NUMBERS

Accommodation per night:

Fast: _____

Slow: _____

Transport per week:

Fast: _____

Slow: _____

Food per day:

Fast: _____

Slow: _____

ENERGY COST

Fast travel drains me:

- Quickly
- Moderately
- Barely

Slow travel supports:

- Work
- Health
- Budget
- Enjoyment

KEY INSIGHT:

Slower is often cheaper — and calmer.