

GREEN TRAVEL BLOG ([HTTPS://GREEN-TRAVEL- BLOG.COM/](https://green-travel-blog.com/))

== green pearls® - unique places ==

30. April 2024

A NEW TRAVEL TREND: HOBBYDAYS – COMBINING TRAVEL AND A HOBBY IN A SUSTAINABLE WAY



©Annieze | Stock.Adobe.com

A relaxing vacation means “lying on a deck chair and doing nothing,” right? Wrong. Studies show actively pursuing a hobby can help you feel more relaxed, positive, and actually less prone to illness as you age. [Statista's](https://de.statista.com/statistik/suche/?q=hobbys&Suche=&p=1) (<https://de.statista.com/statistik/suche/?q=hobbys&Suche=&p=1>) latest data, published in February 2024, shows the most popular hobbies to pursue during your “hobbydays” (instead of “Holidays”). It looked at the most popular hobbies in 13 countries around the world, and we will tell you more about them.

WHY HOBBIES BOOST HAPPINESS

Having a hobby is linked to long-term happiness in old age. That’s the result of a global [study](https://www.ucl.ac.uk/news/headlines/2023/sep/hobbies-linked-greater-wellbeing-among-older-people-across-cultures) (<https://www.ucl.ac.uk/news/headlines/2023/sep/hobbies-linked-greater-wellbeing-among-older-people-across-cultures>), conducted in 2023. The London-based UCL Institute of Epidemiology & Health Care surveyed 90,000 people in

16 countries (Europe, USA, Japan, China) and found that:

People who have a hobby experience a decrease in depressive symptoms and an increase in life satisfaction and happiness.

According to neuroscientist Ciara McCabe, a professor at the University of Reading, many hobbies also improve our health and prevent disease. Playing a musical instrument improves memory, while reading as well as playing board games helps prevent dementia in later life. So, it's not just the well-known "health hobbies" like fitness, walking or yoga that promote good health, but also crafts and games.

A HOBBY TRAVELER'S HOTEL

Science suggests that the left hemisphere of the brain processes logical and rational thinking, while the right hemisphere processes emotional and creative thinking. "The vast majority of pursuits and hobbies are about getting the left brain to shut up."* British PR guru Matthew Freud is quoted as saying. The producer has recently ventured into the hotel business, opening an experimental luxury hotel for hobby travelers.

At The Bull in Burford, UK, guests are encouraged to take up hobbies. There's a book club, photography workshops, chess, yoga classes, gardening... not participating is like going to a restaurant and not eating.

But the focus of the hotel is on luxury and community, not sustainability. Moreover, if you study lists of the most popular hobbies in different countries, not all of them are environmentally friendly (e.g., motorcycling or recreational flying).

WHAT ARE THE MOST POPULAR HOBBIES AROUND THE WORLD?



©rubu_s | Stock.Adobe.com

We looked at lists from different countries (13 in total) to determine the most popular hobbies. Interesting: In 5 countries (including Switzerland and India), "traveling" is the number one hobby. Also among the top hobbies are:

- **Cooking / Baking** (1st place in France)

- **Reading** (most popular hobby in England, Canada and Turkey)
- **Outdoor activities** (for the Swiss, immediately behind travelling)
- **Sports / Fitness** (2nd place in China)
- **Computers/Technology** (the most popular hobby in Brazil)
- **Meet up with friends** (Top spot for Austrians and Germans)

However, there are several surveys with different results regarding hobbies. For example, according to [Statista](https://de.statista.com/statistik/daten/studie/171168/umfrage/haeufig-betriebene-freizeitaktivitaeten/) (<https://de.statista.com/statistik/daten/studie/171168/umfrage/haeufig-betriebene-freizeitaktivitaeten/>), the “most common leisure activity” of Germans is gardening. Not mentioned anywhere is stamp collecting, which I used to do as a kid (it’s incredible how you can feel so old at the age of 41 😊).

SUSTAINABLE HOBBIES FOR YOUR HOBBYDAYS

What hobbies do you have? Or what hobbies would you like to have? If you want to spend some Hobbydays (we had to bring in that gurky pun again). We have some nice ideas for you.

Just trying a hobby once on holiday can “kickstart our reward system and subsequently our motivation to do the hobby again,” says Professor Ciara McCabe, an Associate Professor of Neuroscience in the Department of Psychology at the University of Reading.

Sustainability depends on how many resources your hobby uses and how it is practiced. Reading is more sustainable if you buy used books, exercise is more sustainable if it is done without electronics or sports facility (e.g. trail running instead of track running). A sustainable cooking class can teach you how to cook without waste, and a craft class can bring items back to life by upcycling them instead of buying new (and usually less sustainable) materials just for a craft idea.

Below you will find a selection of hobbies we covered on the Green Travel Blog, along with the corresponding “Hobbyday” accommodation. In addition, you will find out about sustainability in each article – **just click on the picture!**



(<https://green-travel-blog.com/sustainable-cooking-classes-in-green-pearls-hotels/>)

Many of our Green Pearls® partners offer cooking classes. For example, you can learn how to process a caught fish from “nose to tail” (**Genießerhotel Die Forelle** (<https://www.greenpearls.com/hotels/geniesserhotel-die-forelle/>)) or learn about Thai ingredients and make your own coconut milk in the resort garden at **Keemala** (<https://www.greenpearls.com/hotels/keemala/>) in Phuket. ©Keemala | Canva Design



(<https://green-travel-blog.com/magical-places-in-vacation-libraries/>)

Hotels such as the **HUBERTUS Mountain Refugio Allgäu** (<https://www.greenpearls.com/hotels/hotel-hubertus/>) or **Okelmann's** (<https://www.greenpearls.com/hotels/okelmanns/>) in Lower Saxony offer their guests a small library of books on topics that are important to them (e.g. mindfulness, nutrition, yoga). Some also have a renowned library nearby. Or you

could go on a “blind date with a book” at the **Hotel Wehrerhof** (<https://www.greenpearls.com/hotels/hotel-wehrerhof/>).

©Canva



(<https://green-travel-blog.com/fitness-vacation-sustainable-hotels-with-gym/>)

If you are interested in a hotel with a fitness center and sports facilities (e.g. aqua gym in Gran Canaria at **Casa León Royal Retreat** (<https://www.greenpearls.com/hotels/casa-leon-royal-retreat/>)), we suggest checking out the following article by clicking on the picture. ©Canva



(<https://green-travel-blog.com/say-selfie-instagram-while-traveling-the-perfect-vacation-selfie-and-the-best-photo-spots-from-green-pearls-partners/>)

Do you like to travel to places that are “Insta-worthy”? In this article, we take a look at the sustainability of Instagram images and introduce you to “photo spots.” ©Canva



(<https://green-travel-blog.com/diving-and-sustainability-experience-report-from-the-editorial-team/>)

Sustainable diving is wonderful at **Zeavola** (<https://www.greenpearls.com/hotels/zeavola/>) on Koh Phi Phi in Thailand. The resort is committed to protecting coral reefs and offers certified PADI dive courses. But there are other places worth diving – like the Baltic Sea. ©Canva



(<https://green-travel-blog.com/9-sustainable-yoga-hotels-in-2024/>)

Many sustainable hotels offer daily yoga programs or multi-day yoga retreats where you can really immerse yourself in your hobby. ©LA VIMEA | Canva Design



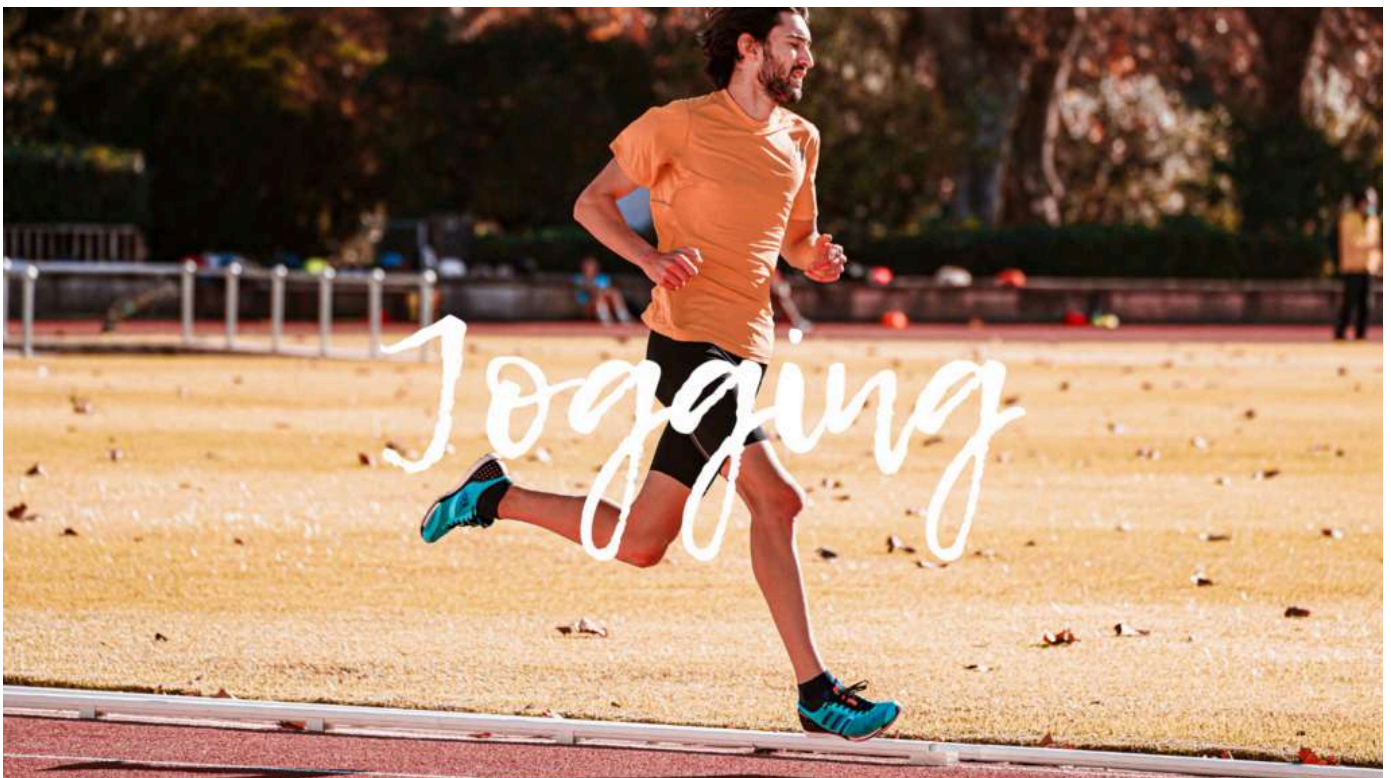
(<https://green-travel-blog.com/bird-watching-holidays-sustainable-destinations-for-birding/>)

Bird watching is particularly popular in the United States. In Europe, the United Kingdom and the Netherlands lead the way, according to market research. Bird watching is especially popular in the Amazon rainforest, where **Inkaterra Reserva Amazonica** (<https://www.greenpearls.com/hotels/inkaterra-reserva-amazonica/>) offers special canopy tours for birdwatchers. ©Canva



(<https://green-travel-blog.com/culinary-journey-through-the-alps-and-seven-sustainable-hotel-restaurants-part-1/>)

Eating out is also frequently listed as a hobby. If that sounds like your idea of a perfect hobby day, we put together a tour of several sustainable restaurants in the Alpine region. It takes you from Bayerisch Gmain, with chef Sascha Förster of the **Klosterhof Alpine Hideaway & Spa** (<https://www.greenpearls.com/hotels/klosterhof-alpine-hideaway-spa/>) in Germany, through Tyrol to the **Waldhotel Fletschhorn** (<https://www.greenpearls.com/hotels/waldhotel-fletschhorn/>) in Saas-Fee in Switzerland – routes for car and train, with stopover tips, are included as well. ©Canva



(<https://green-travel-blog.com/combine-running-and-vacation-marathons-2024-in-southern-europe/>)

Of course, runners don't talk about jogging, they talk about running. But it's what the research teams for the most popular hobbies call it. There are plenty of running trips for runners, and we have also researched some popular (marathon) runs near our partners. ©Canva



(<https://green-travel-blog.com/trailrunning-in-deutschland-tipps-und-trails/>)

If you prefer avoiding paved roads, trail running is a healthy and sustainable way of exploring a vacation destination. We also have some challenging races for you, such as the Matterhorn Ultraks, co-organized by Simon Anthamatten of the **Hotel Bella Vista Zermatt** (<https://www.greenpearls.com/hotels/hotel-bella-vista-zermatt/>). These are various trail runs in the Swiss mountains, ranging from 6.3 to 49 kilometers. ©Canva



(<https://green-travel-blog.com/sustainable-alternatives-to-skiing/>)

When it comes to the various winter sports hobbies, there is always the question of sustainability. In the following article, we present some environmentally friendly alternatives. (For example, snowshoeing in the Hohe Tauern National Park, as offered by the **Naturhotel Outside** (<https://www.greenpearls.com/hotels/hotel-outside1/>)). ©Canva



At **Hotel Luise** (<https://www.greenpearls.com/hotels/hotel-luise/>) or **SCHWARZWALD PANORAMA** (<https://www.greenpearls.com/hotels/schwarzwald-panorama/>) you will find many upcycled objects. Both inside the hotel and in the garden you can experience how old objects are transformed into new ones. Find more inspiration in our article. ©Canva



(<https://green-travel-blog.com/holidays-by-bike/>)

According to our research on the most popular hobbies, mountain biking is the most popular cycling sport. Racing bikes follow further down the list. Interestingly, e-bikes do not appear at all, perhaps because they are considered more of a means of transportation. For sustainable cycling, stay on the trails! ©Okelmann's | Canva Design



(<https://green-travel-blog.com/a-sustainable-horseback-vacation-how-it-works-and-things-you-should-keep-in-mind/>)

In addition to “Ponnyhof” vacations for children, there are now many opportunities for adults to ride on vacation or even travel with their own horse. ©Canva



(<https://green-travel-blog.com/15-tips-for-sustainable-travel-in-2024-from-travelers-sustainability-professionals-and-tourism-experts/>)

Finally, the hobby that, according to recent surveys, many people cite as their first (or favorite?) hobby: Traveling! And of course we're right there with you. However, we firmly believe that the travel market needs to change and that only sustainable travel is fair and future-proof. ©Canva


Did we forget to mention a hobby? Probably! Tell us in the comments about your hobbies and how the perfect Hobbydays would look for you.



Author: [Laura \(https://green-travel-blog.com/author/laura/\)](https://green-travel-blog.com/author/laura/)

Filed Under: [Allgäu \(https://green-travel-blog.com/category/travel-en/germany/allgau/\)](https://green-travel-blog.com/category/travel-en/germany/allgau/), [Austria \(https://green-travel-blog.com/category/travel-en/austria/\)](https://green-travel-blog.com/category/travel-en/austria/), [Bad Herrenalb \(https://green-travel-blog.com/category/bad-herrenalb-2/\)](https://green-travel-blog.com/category/bad-herrenalb-2/), [Bayerischer Wald \(https://green-travel-blog.com/category/bayerischer-wald-2/\)](https://green-travel-blog.com/category/bayerischer-wald-2/), [Black Forest \(https://green-travel-blog.com/category/travel-en/germany/black-forest/\)](https://green-travel-blog.com/category/travel-en/germany/black-forest/), [Carinthia \(https://green-travel-blog.com/category/travel-en/austria/carinthia/\)](https://green-travel-blog.com/category/travel-en/austria/carinthia/), [East Tyrol \(https://green-travel-blog.com/category/travel-en/austria/east-tyrol/\)](https://green-travel-blog.com/category/travel-en/austria/east-tyrol/), [Erlangen \(https://green-travel-blog.com/category/erlangen-2/\)](https://green-travel-blog.com/category/erlangen-2/), [Germany \(https://green-travel-blog.com/category/travel-en/germany/\)](https://green-travel-blog.com/category/travel-en/germany/), [Gran Canaria \(https://green-travel-blog.com/category/gran-canaria-spanien-2/\)](https://green-travel-blog.com/category/gran-canaria-spanien-2/), [Italy \(https://green-travel-blog.com/category/travel-en/italy/\)](https://green-travel-blog.com/category/travel-en/italy/), [Nachhaltig Reisen \(https://green-travel-blog.com/category/nachhaltig-reisen-2/\)](https://green-travel-blog.com/category/nachhaltig-reisen-2/), [Peru \(https://green-travel-blog.com/category/travel-en/south-america/peru-en/\)](https://green-travel-blog.com/category/travel-en/south-america/peru-en/), [Reise-Tipps \(https://green-travel-blog.com/category/reise-tipps-2/\)](https://green-travel-blog.com/category/reise-tipps-2/), [South America \(https://green-travel-blog.com/category/travel-en/south-america/\)](https://green-travel-blog.com/category/travel-en/south-america/), [South Tyrol \(https://green-travel-blog.com/category/travel-en/italy/south-tyrol/\)](https://green-travel-blog.com/category/travel-en/italy/south-tyrol/), [Spain \(https://green-travel-blog.com/category/travel-en/spain/\)](https://green-travel-blog.com/category/travel-en/spain/), [Switzerland \(https://green-travel-blog.com/category/travel-en/switzerland/\)](https://green-travel-blog.com/category/travel-en/switzerland/), [Thailand \(https://green-travel-blog.com/category/travel-en/thailand/\)](https://green-travel-blog.com/category/travel-en/thailand/), [Uncategorized \(https://green-travel-blog.com/category/uncategorized/\)](https://green-travel-blog.com/category/uncategorized/)

Tags: [Casa León Royal Retreat \(https://green-travel-blog.com/tag/casa-leon-royal-retreat-2/\)](https://green-travel-blog.com/tag/casa-leon-royal-retreat-2/), [Genießerhotel Die Forelle \(https://green-travel-blog.com/tag/genieserhotel-die-forelle-2/\)](https://green-travel-blog.com/tag/genieserhotel-die-forelle-2/), [Genießerhotel Die Forelle \(https://green-travel-blog.com/tag/genieserhotel-die-forelle-3/\)](https://green-travel-blog.com/tag/genieserhotel-die-forelle-3/), [Hobby \(https://green-travel-blog.com/tag/hobby-2/\)](https://green-travel-blog.com/tag/hobby-2/), [Hobbydays \(https://green-travel-blog.com/tag/hobbydays-2/\)](https://green-travel-blog.com/tag/hobbydays-2/), [Hotel Bella Vista Zermatt \(https://green-travel-blog.com/tag/hotel-bella-vista-zermatt-2/\)](https://green-travel-blog.com/tag/hotel-bella-vista-zermatt-2/), [Hotel Luise \(https://green-travel-blog.com/tag/hotel-luise-2/\)](https://green-travel-blog.com/tag/hotel-luise-2/), [Hotel Outside \(https://green-travel-blog.com/tag/hotel-outside-2/\)](https://green-travel-blog.com/tag/hotel-outside-2/), [Hotel Outside \(https://green-travel-blog.com/tag/hotel-outside-3/\)](https://green-travel-blog.com/tag/hotel-outside-3/), [Hotel Wehrerhof \(https://green-travel-blog.com/tag/hotel-wehrerhof-2/\)](https://green-travel-blog.com/tag/hotel-wehrerhof-2/), [Hubertus Mountain Refugio Allgäu \(https://green-travel-blog.com/tag/hubertus-mountain-refugio-allgaeu-2/\)](https://green-travel-blog.com/tag/hubertus-mountain-refugio-allgaeu-2/), [Inkaterra Reserva Amazonica \(https://green-travel-blog.com/tag/inkaterra-reserva-amazonica-de-2/\)](https://green-travel-blog.com/tag/inkaterra-reserva-amazonica-de-2/), [Inkaterra Reserva Amazonica \(https://green-travel-blog.com/tag/inkaterra-reserva-amazonica-2/\)](https://green-travel-blog.com/tag/inkaterra-reserva-amazonica-2/), [Keemala \(https://green-travel-blog.com/tag/keemala-2/\)](https://green-travel-blog.com/tag/keemala-2/), [Klosterhof - Alpine Hideaway and Spa \(https://green-travel-blog.com/tag/klosterhof-alpine-hideaway-and-spa-3/\)](https://green-travel-blog.com/tag/klosterhof-alpine-hideaway-and-spa-3/), [Okelmann's \(https://green-travel-blog.com/tag/okelmanns-2/\)](https://green-travel-blog.com/tag/okelmanns-2/), [Okelmann's \(https://green-travel-blog.com/tag/okelmanns-3/\)](https://green-travel-blog.com/tag/okelmanns-3/), [Schwarzwald Panorama \(https://green-travel-blog.com/tag/schwarzwald-panorama-3/\)](https://green-travel-blog.com/tag/schwarzwald-panorama-3/), [Schwarzwald Panorama \(https://green-travel-blog.com/tag/schwarzwald-panorama-2/\)](https://green-travel-blog.com/tag/schwarzwald-panorama-2/), [Waldhotel Fleschhorn \(https://green-travel-blog.com/tag/waldhotel-fleschhorn-2/\)](https://green-travel-blog.com/tag/waldhotel-fleschhorn-2/), [Zeavola \(https://green-travel-blog.com/tag/zeavola-2/\)](https://green-travel-blog.com/tag/zeavola-2/), [Zeavola \(https://green-travel-blog.com/tag/zeavola-3/\)](https://green-travel-blog.com/tag/zeavola-3/)

 (1 votes, average: 5.00 out of 5)

RELATED POSTS 