**Research shows Valentine’s Day camping can help put a spark in relationships!**

With Valentine’s Day now just around the corner, it’s not too late to make a romantic gesture for that special someone.

Rather than the traditional chocolate or flowers, sometimes the best gift can be quality time spent together.

In fact, Caravan Industry Association of Australia’s Real Richness Report has demonstrated that getting into nature and taking caravan and camping trips can be beneficial for relationships.

For couples looking to make the most of time away together, camping trips offer a chance to disconnect from technology and enjoy time with one another in nature, with **85% of campers feeling closer to their spouse or partner compared to 65% of non-campers.**

The research also found:

* 94% of campers believe that camping generates happy memories.
* 75% of campers feel **close to their children** compared to 63% of non-campers.
* 74% of campers said that **camping makes them feel more grounded.**

“The value of camping to me is the exclusivity of the time I have with my partner,” a woman who participated in the research said.

“I am about to retire and intend to spend more time with my wife after an extended time in the Defence Force. It is time to pay some time back to my family,” a male respondent said.

In terms of romantic activities while camping, according to the Caravanning and Camping Consumer Demand Report 2017, campers’ preferred activities include a variety of options such as hiking, stargazing, sitting around the campfire or simply spending a romantic evening together – whatever that may include!

In addition to the positive benefits for relationships and families, Australians who go camping are more satisfied, happy, optimistic and energised than those who do not go camping.

The research was conducted by undertaking two surveys; one through a sample of 750 people who enjoy caravan ad camping trips, and the other with a group of 1000 Australians who had not caravanned or camped in the past 20 years.

For more information on camping holidays or the Real Richness report, contact [jessicab@caravanindustry.com.au](mailto:jessicab@caravanindustry.com.au)