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Travel thrills me—luxurious or simple, far afield or a state away.

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Washington D.C. Residents Most Likely To Go On Vacation, Chicagoans Least Likely

When it comes to skipping town, residents of our nation's capitol do it best: They are more likely to take a vacation than those in any other major metropolitan area in the U.S., according to the [results](#) of a new survey released by Inspirato.

An average 73% of D.C. residents have taken annual vacations between 2008 and 2012, putting that city at the top of the survey's list. It's followed by San Francisco, where 70% of residents have treated themselves to time off, and Boston, with 68% of its city dwellers taking vacations.



[Most Likely To Go On Vacation](#)

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Urbanites least likely to get away from it all live in Chicago, where only 55% of folks have taken vacations in the past five years.

“There are many reasons why someone might not take their vacation,” says work-life balance expert Jeff Davidson, author of 40 self-help books including *Simpler Living* and founder of the Breathing Space Institute, which aims to help overworked professionals reclaim their lives. That range of reasons, he explains, includes workaholism, insecurity over a position (and thus a reluctance to leave it) and guilt induced by an office culture that insists, “A real trooper doesn't take vacation.”

Though the poll didn't take people's specific jobs into account, it's a safe bet that many in D.C. are federal employees. That could explain its standing in the results, Davidson says. "They're well steeped in the ways of bureaucracy—they know how much time they have and they don't want to lose it," he explains. "Plus D.C. has long been known as having the highest number of professionals who get therapy, which could impact their decision to take time off. Washington is a tough town."

The survey also looked at how much vacation time workers are allotted and how much of it they use. Overall, in each city, the majority of employees get some vacation time—from a low average of 17.6 days a year in New York to a high of 22.1 in Atlanta. But most workers in each city choose to leave vacation days unused—especially in San Francisco, where 69% of workers have unused vacation time. In Boston, by contrast, only 37% of workers leave unused vacation time on the table.

[Full List: Cities With Residents Most \(And Least\) Likely To Go On Vacation](#)

There are, of course, plenty of rational reasons for not wanting to use vacation days, Davidson explains: if a company allows you to accumulate days from year to year, if you can receive monetary credit for unused days, if you are single and don't want to travel alone, or if employers offer paid work-play retreats on company time. "That last one happens much more than you might imagine," he says.