

A GUIDE TO HOLIDAY HAY FEVER HOTSPOTS

Many of the UK plants that trigger hayfever are also found across Europe. The timing and severity of pollen seasons can vary in different countries and even in different regions. The map below offers a hayfever guide for popular European holiday destinations to help sufferers plan the best destination and time of year to go on holiday.

SPAIN

Andalucia and Central Areas

Region has very high Olive pollen counts, as well as high Plane tree counts in cities. Grass counts can be high but the season is over by mid July

Pollen seasons

Grass: April - July
Tree: Feb - June
Weed: April - Sept

Northern Spain and Costa Brava

Grass counts usually low after mid-July.

Pollen seasons

Grass: April - Sept
Tree: Feb - June
Weed: March - Nov

Costa del Sol, Costa Almeria, Costa Dorada

Low to moderate pollen counts across these regions

Pollen seasons

Grass: April - June
Tree: Jan-June and Oct - Nov
Weed: March - Sept

PORTUGAL

Exposed coastal resorts with onshore winds such as the Algarve have low pollen zones

Maderia

Good place for hay fever sufferers as pollen counts are generally low.

Pollen seasons

Grass: March - June
Tree: Jan - May
Weed: Apr - Aug

Algarve

Generally a good place to go as counts are very low near coasts due to westerly winds.

Pollen seasons

Grass: March - Sept
Tree: March - April
Weed: March - Sept

Estremadura and the North-West

Pollen seasons will be later and shorter in the highland areas.

Pollen seasons

Grass: April - Sept
Tree: Feb - June
Weed: April - Sept

CANARY ISLANDS

The islands generally have low pollen counts even during peak pollen seasons. Due to low rainfall and sparse vegetation the tree pollen season is over by end of May and grass and weed pollen seasons are over by end of June

Pollen seasons

Grass: March - May
Tree: Feb - May
Weed: April - June

BALEARIC ISLANDS

Mid July to September is a good time to visit as pollen counts are generally low because of drought.

Pollen seasons

Grass: March - July
Tree: Feb - July
Weed: March - Sept

FRANCE

West coasts are generally low pollen areas, but counts will be high inland. Central Southern France can have severe grass pollen seasons.

South of France/ French Riviera

Abundant and diverse vegetation produces a wide range of pollen and spores.

Pollen season

Grass: April - July
Tree: Jan - July
Weed: March - Oct

Paris basin

Grass pollen is the main allergen although tree pollen may be high locally

Pollen season

Grass: May - Aug
Tree: Feb - June
Weed: May - Sept

West Coast

Generally good conditions near the west coast.

Pollen season

Grass: April - Aug
Tree: Feb - June
Weed: May - Sept

Brittany Normandy

Low pollen counts near the coast but grass pollen can be high inland during peak season.

Pollen season

Grass: May - Aug
Tree: Feb - June
Weed: April - Sept

Corsica

Pollen season
Grass: March - June
Tree: Feb - June
Weed: April - Oct

ITALY

West coasts and the lakes in the North are the best places. There can be problems with some central and eastern Mediterranean coasts such as the Adriatic as the onshore winds can be laden with pollen. The worst places are the Po valley region and Naples area.

Po Valley including Milan

Grass counts can be very high in May to June.

Pollen season

Grass: April - August
Tree: Feb - June
Weed: May - Oct

North West/Tuscany including Pisa

Pollen counts are generally low.

Pollen season

Grass: May - June
Tree: Feb - June
Weed: April - Oct

Adriatic Riviera

Counts are moderate/low generally because of the easterly winds.

Pollen season

Grass: April - August
Tree: Feb - June
Weed: May - Sept

Central areas including Florence and Rome

Seasons can be quite long but peak earlier than in UK

Pollen season

Grass: April - August
Tree: Jan - June
Weed: March - September

Southern areas including Naples

Highest pollen counts occur between May and early June.

Pollen season

Grass: April - July
Tree: Jan - June
Weed: April - October

Sardinia

Pollen season
Grass: April - mid July
Tree: April - June

GREECE

Coastal areas and small islands are the best places. Inland areas, especially large cities such as Athens are best avoided as air pollution can make hay fever symptoms worse

Southern and coastal areas

Pollen counts are lowest near the coasts

Pollen season

Grass: April - June
Tree: Jan - June
Weed: April - Sept

Aegean islands including Crete

Larger islands may have significant pollen counts but generally conditions are good.

Pollen season

Grass: April - June
Tree: Dec - June
Weed: March - August

Ionian islands including Corfu

Seasons are fairly short and pollen counts are generally low.

Pollen season

Grass: April - June
Tree: Jan - June
Weed: April - Aug