

Tour Activity Levels

Travelers should be in reasonably good health. Please consult your physician for pre-departure health advice.

International Tours: Hotels, transportation providers, sea and river cruises outside of the United States are not required to comply with ADA requirements and therefore may not have ramps, wide entryways or elevators/lifts to accommodate disabled passengers or devices such as wheelchairs, walkers and motorized scooters. Due to physical constraints and space limitations, wheelchairs, walkers and motorized scooters may not be taken aboard motor coaches, river cruises or other forms of transportation.

- 1** This program is a leisurely pace with a minimal activity such as climbing stairs, boarding the motor coach, and walking within the hotels and ships.
- 2** Average physical activity on this program requires the stability to climb stairs and walk reasonable distances, sometimes over uneven surfaces.
- 3** A blend of longer and shorter touring days with walking tours. Expect more of the tour to be over uneven surfaces and involve stairs.
- 4** Longer touring days with more walking tours (up to 10,000 steps per day) mixed with some periods of standing. Expect more of the tour to be over uneven surfaces and involve stairs, varying altitudes and temperatures. This level is not appropriate for travelers who use wheelchairs, walkers, and other mobility assistance devices.
- 5** A more physical touring experience based on the destination. Involves longer walking tours on uneven surfaces, may involve inclines, stair climbing, varying altitudes and temperatures, windy or wet conditions at sites and periods of standing. Expect some of the experiences to occur in the evening. This level is not appropriate for travelers who use wheelchairs, walkers, and other mobility assistance devices.