

## Fitness Levels for Leisure Time Tours

To ensure that you select the right tour for you, we've developed a very clear set of fitness recommendations for our tours. These physical ratings clearly explain how much physical exertion is required to participate on each tour.



### Level 1 – Easy

- Relaxed paced tour
- Be able to participate in guided or unguided small walking tours at a relaxed pace.
- Walk on mostly level ground
- Tackle an occasional flight of stairs
- Occasionally need to stand for up to 10 minutes
- Able to get on and off transportation unaided



### Level 2 – Moderate

- Be able to participate in walking tours with time to rest at least every 10 minutes
- Stand for 15 minutes without needing to sit down
- Tackle a flight of stairs or incline
- Able to get on and off transportation unaided
- Walk confidently on bush tracks



### Level 3 – Active

- Participate in walking tours without having to rest for up to 20 minutes
- Walk up an incline equal to a flight of stairs without stopping
- Stand for 30 minutes without needing to sit down
- Walk over uneven ground and walk through soft sand
- Able to get on and off transportation unaided

Passengers should be in good health and able to walk moderate distances to fully appreciate all of the sightseeing opportunities in the itinerary. By paying the deposit passengers acknowledge that you are of reasonable health and are considered to be fit to travel, and are not travelling contrary to medical advice. Leisure Time Tours reserves the right to cancel a booking or to remove a passenger from a tour if their health or fitness interferes with any other passenger's experiences or the day to day running of the tour. Passenger's bringing a quantity of medication with them are advised to carry a doctor's certificate to avoid possible problems with customs officials. Doctor's prescriptions are needed to obtain certain drugs in both Australia and New Zealand.

