

## Fitness Levels for Leisure Time Tours

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



### Level 1 – Easy

- Relaxed paced tour
- Be able to participate in small walks at a relaxed pace for 10-15 minutes
- Walk on mostly level ground
- Tackle an occasional flight of stairs
- Occasionally need to stand for up to 15 minutes
- Able to get on and off transportation unaided



### Level 2 – Moderate

- Be able to participate in walks with time to rest at least every 20-30 minutes
- Stand for 30 minutes without needing to sit down
- Tackle a flight of stairs or incline
- Walk confidently on uneven and undulating surfaces
- Able to get on and off transportation unaided



### Level 3 – Active

- Participate in walks for 45-60 minutes at a time without having to rest
- Walk up an incline equal to a flight of stairs without stopping
- Stand for 60 minutes without needing to sit down
- Walk confidently over uneven ground or undulating surfaces
- 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 they are of reasonable health and are considered to be fit to travel, and are not travelling contrary to medical advice. Leisure Time Travel reserves the right to cancel a booking or to remove a passenger from a tour if their health or fitness interferes with any other passengers' 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.

