



Spirited Travel Tours

Activity Guidelines

Tour Activity Levels Chart:

1	2	3	4
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Tour Level 1- This tour requires average physical activity. You should be able to walk reasonable distances, possibly over uneven ground and cobblestoned streets.

Tour Level 2- This tour requires average physical activity. You should be able to climb stairs and walk reasonable distances, possibly over uneven ground and cobblestoned streets.

Tour Level 3- A blend of longer and shorter days on this program with more walking tours mixed with some periods of standing. Expect more of the touring to be over uneven surfaces or involve stairs.

Tour Level 4- To truly experience the program and destination, you need to be able to participate in physical activities, such as longer walking tours, walking over uneven terrain, climbing stairs and periods of standing. Some of the touring days are longer, with select included activities occurring later in the evening.