



## Walking & Activity Level Guide

2026

Tours are categorized into the following activity levels to help you select the travel experience that best matches your comfort level, activity preferences, and mobility.

### Level 1 – Leisurely

Ideal for people seeking a relaxed tour experience with minimal physical activity and who enjoy immersing themselves in local culture through activities such as scenic drives, people-watching, etc.

- Activity Level: Light walking
- Terrain: Mostly flat, paved surfaces with occasional inclines; minimal stairs
- Accessibility: Elevators/lifts typically available; mobility devices welcome
- Recommended Fitness: Ability to board a motorcoach and walk short distances unassisted at a leisurely pace

### Level 2 – Moderate

Ideal for people who are comfortable with a moderate amount of walking and activity; and who enjoy a mix of guided exploration and free time to discover local sights, shops, and culture.

- Activity Level: Moderate walking at a steady but manageable pace (with periods of standing and opportunities for rest)
- Terrain: A mix of flat and uneven surfaces; some stairs and gentle inclines
- Accessibility: Elevators/lifts usually available; mobility devices can be accommodated but may be difficult to use in certain areas
- Recommended Fitness: Ability to walk longer distances and stand for periods of time without assistance

### Level 3 – Active

Ideal for people who are comfortable with full days of sightseeing that include extended walking at a steady pace, guided tours, and more immersive exploration experiences.

- Activity Level: Longer tour days with extended periods of walking and/or standing and limited opportunities for rest
- Terrain: Includes uneven surfaces, stairs, and moderate hills
- Accessibility: Limited elevator access; mobility devices with wheels are not recommended as they may be difficult to accommodate in many locations
- Recommended Fitness: Good physical health with the ability to walk longer distances, manage stairs, and navigate varied terrain without assistance

### Level 4 – Very Active

Ideal for people who thrive on full days filled with extensive walking, longer excursions, and active exploration of cities, historical sites, and natural landscapes through a variety of means.

- Activity Level: Physical activity with extended periods of walking and/or standing; can expect more than 10,000 steps walked over the course of the day
- Terrain: Uneven ground, cobblestones, steep hills, stairs, and limited or no elevator access
- Accessibility: Not suitable for mobility devices; terrain and pace require full mobility
- Recommended Fitness: Good physical health with the stamina to handle full days of walking, stairs, and varying terrain without assistance