

Tour Physical Fitness Scale

The following fitness levels describe the **minimum necessary fitness** that a guest, or a guest with the assistance of their travel companion, must have in order to participate in a tour with that rating.

Although our primary goal is that all guests will have an enjoyable experience while taking part in the tour, there are also safety, regulatory, and logistical reasons for the fitness rating assigned to a trip. Each tour has been assigned a fitness rating:

Sightseeing tours (Level 2-5), Cruises (Level 3), Sunshine Long-Stay trips (Level 2-3), Active Tours (Level A).

Meeting the minimum specified fitness level will ensure that guests can fully participate in their selected tour.

Level	Description*
A - Active Tours "Ready for Adventure!"	<p>With the physical fitness and endurance required for active walking and hiking:</p> <ul style="list-style-type: none">✓ I can enjoy full days of long walks or hikes without a day off, with the stamina to walk several kilometers on easy trails at a moderate pace (4 - 5 km/h).✓ Walking or hiking 10 km or more, per day, is not a problem✓ My balance and agility enable me to handle steep, rough, or muddy terrain, both ascending and descending.✓ If equipment is needed, I'll bring it, and I'll know how to use it.✓ Level 5 is well in my stride. <p>Within this fitness level, tours may have varying degrees of TECHNICAL difficulty (A1, A2, A3). Although specific walking/hiking routes are rated separately based on terrain, distance and elevation change, <u>the overall tour rating reflects the most challenging element</u> you must complete. Some days may provide both easier and more demanding options, but on other days, an easier option may not be available.</p> <p>A1 - EASY Trails are mostly level but may include gentle hills or a few stairs. Surfaces are generally paved, gravel, or well-maintained dirt paths.</p> <p>A2 - MODERATE Usually follow gravel or dirt trails with some significant hills and occasional steep sections. Wooden pathways or stairs might be encountered, which can be slippery. Trails may have rocky, rooty, wet, or muddy areas. Hiking shoes or boots and hiking poles are optional, but may be helpful to navigate obstacles.</p> <p>A3 - DIFFICULT Trails are often narrow, single-file paths with surfaces that are steep, uneven, slippery, or irregular. Proper hiking boots are strongly recommended, and hiking poles can help with the challenging terrain. Expect to get dirty or sweaty. Technical clothing made from quick-dry, breathable fabrics is recommended, as opposed to regular casual wear.</p>



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5 - "Adventurous Walking"	<p>I enjoy long walks and my physical fitness is such that I can manage several consecutive days that are filled with activity, from first thing in the morning, until dinner time in the evening.</p> <ul style="list-style-type: none"> ✓ My balance is such that I can manage steep climbs or descents on uneven terrain. ✓ On a gravel road, I can walk at a moderate pace (4 km/h), up to 3 km at a time, and up to 10 km in the course of the day, without the use of a mobility aid such as a walker or wheelchair. None of the items in Level 3 pose a challenge. ✓ I'm ready to go exploring!
4 - "Confident Walking"	<p>I enjoy long walks and my physical fitness is such that I can manage a full day of activity without a break:</p> <ul style="list-style-type: none"> ✓ Uneven trails, gentle hills, gravel roads, and cobblestones are taken in stride. ✓ I can walk at a moderate pace up to 10 km. in the course of a day, though, after a day or two like that, I may need a "rest day". ✓ None of the items in Level 3 pose a challenge.
3 - "Competent Walking"	<p>When I go for a walk, gentle hills, uneven terrain, or even cobblestones are quite manageable:</p> <ul style="list-style-type: none"> ✓ I can walk 1-2 km. at a moderate pace without resting, and if there is a need to stand around and wait, I don't mind that there isn't a place to sit. ✓ I can walk several flights of stairs, though I may need to catch my breath at the top. ✓ Trips involving flights do have their challenges, but finding my way through an airport, walking the hallways and staircases to get to the gates, and climbing the stairs to board a small plane are not a problem. ✓ My agility and balance are such that I can get on and off a trolley or carriage or ferry or train unassisted. Hey, that sounds like fun!
2 - "Easy Walking"	<p>Getting around and self-care is not an issue. When it comes to walking:</p> <ul style="list-style-type: none"> ✓ On level ground, I have no problem walking at an easy pace, 500 m. at a time. With my portable walker or the assistance of my travel companion, I can keep up with the best of the group! At the end of such a walk, a place to sit for a brief rest might be in order. ✓ I can manage a flight of stairs with a railing ✓ Getting on/off an escalator or an elevator is not a problem.

* These descriptions refer to the physical fitness of the guest, or the guest with the assistance of their travel companion. It must not be assumed that staff or other guests will provide assistance.



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Level	Description*
1 - "Basic Self-Care for a motor coach tour no problem!"	<p>I can get on and off the coach, and get in and out of the seat on the coach without assistance. Whether during the ride on the coach or at rest areas, attending to personal hygiene is not a problem.</p> <p>I can:</p> <ul style="list-style-type: none">✓ Walk short distances, though I may make use of my portable walker. If I need my folding wheelchair for distance, my travel companion will always be with me if I need additional help.✓ Stand and wait for at least 10 minutes (eg: to enter an attraction).✓ Manage on my own in a hotel room if an overnight stay becomes necessary.
0 - We're sorry, we cannot accommodate your reservation.	<p>I understand that there is an Accessibility Customer Service Plan that is in compliance with the Accessibility for Ontarians with Disabilities Act.</p> <p>At this time my physical fitness is not up to the demands of a motor coach tour.</p>

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