



## ACTIVITY LEVEL 1

### **Leisurely**

Primarily easy-paced days with minimal physical activity. Guests should be comfortable walking short distances (up to 45 minutes at a time – an example would be a guided museum tour) on mostly level surfaces. Some standing during guided tours and occasional steps when boarding transportation. Suitable for travelers who prefer a more relaxed experience with limited walking.

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## ACTIVITY LEVEL 2

### **Moderate**

A balanced mix of sightseeing and leisure. Guests should be comfortable walking or standing for periods of up to 60 minutes at a time (an example would be a guided walking tour or guided museum tour), which may include some uneven surfaces, gentle slopes, and occasional stairs. Tours may require boarding various modes of transportation, including motor coaches, boats, or trains. Suitable for travelers with an average level of mobility.

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## ACTIVITY LEVEL 3

### **Active**

Days may include extended periods of walking or standing—up to 75 minutes at a time (an example would be a guided walking tour or guided museum tour) —on varied terrain such as uneven surfaces or cobblestones. Expect to navigate stairs and board multiple modes of transportation, including motor coaches or boats. This level is best suited for guests who are comfortable being on their feet and handling a more active pace.