



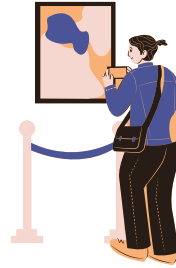
Our Trip Activity Rating Scale!

1 Very Light!

Comfortable, mostly seated, short walks (<15 mins at a time), and frequent rest

***Physical Requirements:** Limited walking and short periods of standing

***Example Trip:** Scenic bus tour, day trip to a theatre, train ride, etc.



2 Light Activity (Casual)

Moderate walking (up to 20 minutes at a time) at a relaxed pace, some standing, and a few stairs possible

***Example Activities:** City sightseeing with walking between attractions, visits to markets or shopping

***Example Trip:** Guided walking tour of a city or historic site, exploring a small town center or estate grounds & gardens

4 High Activity

Regular, sustained walking & standing (touring for 1-2 hours at a time), uneven terrain (cobblestones, dirt paths, etc.), some elevation, flights of stairs, and possible physical exertion (longer standing)

***Physical Requirements:** Extended walking, uphill and downhill terrain & stairs, longer standing periods, and longer days with less rest

***Example Trip:** Many extended international trips, can involve visiting sites without elevators, and optional more physical excursions such as bike rides or hikes may be available

5 Very High Activity

High endurance, walking on uneven, steep terrain, active touring for long stretches (2 hours of walking & standing)

***Example Trip:** Trip may involve continuous, physically demanding activities such as long treks and extended periods of walking on uneven terrain, active excursions such as kayaking, ziplining, etc.

3 Moderate Activity

Longer walking (up to 30 minutes at a time at a moderate pace), standing for longer periods, slight uphill walking or uneven terrain, & some stairs

***Physical Requirements:** Navigating an airport with luggage, 1-2 flights of steps if needed, walking/standing for multiple days in a row.

***Example Trip:** Many extended domestic trips, visits to multiple locations including walking/standing at multiple intervals per day

Need help or have questions?

If you are having trouble deciding which levels are appropriate for you, please contact Randy **before** booking your trip!

We want to make sure that everyone has an amazing, enjoyable, and safe trip!

We'll be able to discuss any mobility/accessibility concerns you may have and help plan accordingly.

Randy can be contacted on 641-530-0460 or via email at randy@randysadventures.com