

Physical Rating Info

We understand that every traveller has unique preferences and physical abilities. To help you select the perfect holiday, we have divided our tours into **four physical rating categories: Relaxing, Easy, Moderate and Active.**

Relaxing

The relaxing experience is designed for travellers who prefer a journey with minimal physical effort. It offers gentle sightseeing, typically from a coach, with short walks around various attractions. Participants should be comfortable walking short distances on flat terrain and standing for brief periods. The daily routine is structured to allow for late starts and early finishes, providing plenty of opportunities for rest and relaxation throughout the day.

Easy

This experience is ideal for travellers who enjoy leisurely exploration but are comfortable with some walking and standing. It includes walking tours on mostly even surfaces with occasional gentle inclines and visits to various locations, involving short coach rides or internal flights. Participants should be able to walk unaided, stand for extended periods, and navigate gentle steps or slightly uneven paths. The daily routine features moderate start times, with a few longer days included in the itinerary.

Moderate

The moderate level is designed for individuals who are reasonably fit and prepared to navigate varied terrains over extended durations. Participants should expect to walk a moderate distance each day, covering varied terrains such as cobblestone streets, steps, and uneven paths, and visit high-altitude locations with necessary acclimatisation time. The itinerary may include numerous flights, providing convenient travel between destinations throughout the trip, as well as some longer-than-average coach or train rides. Travellers should be comfortable with early starts and occasional late finishes, as well as extended periods of standing and moderate inclines. The programme will include a combination of active and restful days, ensuring a balanced approach to the trip.

Active

This experience is suited for travellers seeking a physically engaging itinerary with challenging activities. It includes walking long distances on varied terrains, including possible steep inclines, and visits to high-altitude destinations with several days of acclimatisation. The programme may also include multiple internal flights and long coach or train journeys. Participants should be prepared for several days of intense physical activity, with some long days and early starts. The daily routine may feature hectic schedules. This tour is perfect for the adventure traveller.

Important: This guide is for reference purposes only. For personalised advice on the suitability of a tour or cruise, please contact our travel experts who are ready to assist you.