

## Solivita Travel Club Activity Levels

**It is the responsibility of all travelers to review the trip itinerary and the stated activity level and decide if they are able to meet the requirements for the trip. The following guidelines have been developed to assist travelers with decisions. Any questions about what activities will be included in a specific trip or whether assistive mobility devices can be used should be addressed to the Trip Coordinator. Optional excursions and extensions are not considered when assessing Travel Club activity levels. Travelers should individually assess the mobility levels and requirements of optional excursions and trip extensions before booking. NOTE: AS LEVELS INCREASE IN DIFFICULTY, ALL ACTIVITIES IN THE PREVIOUS ACTIVITY LEVELS ARE APPLICABLE AS WELL.**

### **LEVEL 1: Day Trips requiring minimal physical activity**

- Travelers must be able to board a motor coach unassisted or with assistance from a fully ambulatory traveling companion, climb some stairs and walk to and from the bus drop off and pick up area to the venue or restaurant.
- Trip Coordinators and bus drivers are not responsible for ambulatory assistance.
- There may be occasional standing in a venue or line to gain entrance to the venue.
- **Example:** Day trip that includes lunch or dinner and a show.

### **LEVEL 2: Day Trips requiring moderate physical activity or having multiple stops**

- Travelers should be able to board a motor coach or other transportation multiple times, climb at least one flight of stairs and walk moderate distances, possibly over uneven ground.
- **Example:** Day trip that includes docent led tour or has multiple stops with activities or attractions both before and after lunch.

### **LEVEL 3: Day and Overnight Trips, Multi-day Trips & Cruises**

- These trips generally require a more than average level of physical activity such as extended periods of standing, walking or hiking, including hills, inclines, multiple flights of stairs, uneven surfaces that are not paved or with obstacles like rocks, tree roots, water, or ice.
- May entail bus trips or airline flights expected to be up to approximately 4 hours or somewhat longer non-stop airline flights.
- May involve multiple hotel changes, handling luggage and/or traversing time zones.
- **Example:** A day trip that includes botanical gardens and/or festivals.
- **Example:** A multi-day trip to a venue in southern Florida.

### **LEVEL 4: Extended Bus Trips, Land Tours & Cruises; Some Trips involving Foreign Countries**

- These trips require extensive physical activity such as longer walking tours, climbing multiple levels of stairs or elevations that may not include handrails and longer periods of standing.
- May entail high elevations or high heat, possible airline flights expected to be over 4 hours and up to approximately 8 hours in duration, changing planes, or navigating foreign airports.
- **Example:** Land tour of national parks in Southwestern United States.

### **LEVEL 5: Strenuous travel including most Foreign Countries.**

- These trips require participants to be physically fit to fully enjoy all the experiences.
- Itineraries generally have strenuous activities which may include things such as flights or bus tours expected to be over approximately 8 hours, multiple flights or plane changes, strenuous walking tours or non-voluntary excursions.

- Trip may also require climbing over uneven or rough terrain, and multiple transfers to or between water and land vehicles.
- **Example:** Land trip to Africa, China or the Middle East.

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