



## Activity Level Ratings and Mobility Requirements

1. **Easy:** Easy tours are designed for minimal physical exertion, focusing on leisurely activities such as short walks on flat terrain. They are ideal for relaxation and enjoyment without significant physical challenges.

Easy tours can accommodate guests with lower mobility who are able to participate in 3-4 hours of activity per tour day.

2. **Relaxed:** Relaxed tours offer a slower-paced experience with opportunities to explore cultural and scenic highlights. Activities may include leisurely walks on mostly flat terrain, suitable for enjoying sights and taking breaks. Relaxed tours alternate active walking tours and motorcoach rest periods. The tour day is longer and may span 5-7 hours. The day may begin early or end late.

Relaxed tours accommodate guests who are somewhat physically fit and comfortable with longer tour days, including both bus and walking time.

3. **Moderate:** Moderate tours require a reasonable level of fitness and stamina. They involve longer walks on varied terrain with some hills and uneven paths. Multiple flights of stairs are possible. Participants can expect activities like historical explorations or nature walks with moderate physical challenges. Stairs without handrails and cobblestone paths are common in areas of antiquity. Elevators and ramp access are frequently unavailable. The tour day may begin early and end late, lasting a full day.

Moderate tours accommodate guests who are moderately fit, and are comfortable participating in long days of activity. Some physical exertion is expected.

4. **Active:** Active tours are geared towards participants who enjoy physical engagement. They include longer hikes on varied terrain with moderate to steep slopes, requiring good endurance and fitness. Activities may involve exploring remote areas or historical landmarks with moderate physical demands.

Active tours are appropriate for guests who are physically fit, expect a vigorous pace and longer tour days, including walking tours of up to 4 hours without a rest period on the motorcoach.

5. **Energetic:** Energetic tours require a higher level of physical activity. They may include strenuous hikes with significant elevation gains, rugged terrain, and extended periods of walking. These tours demand excellent fitness levels and stamina, offering rewarding experiences in challenging landscapes.

Energetic tours require physically fit travelers who enjoy a vigorous pace, enjoy participating in 5-6 hours of physical activity, and enjoy a physical challenge.

6. **Challenging:** Challenging tours are tailored for experienced adventurers looking for demanding activities. They often include strenuous hikes with steep ascents and descents, exploration of remote and rugged landscapes, or multi-day trekking expeditions in intense conditions. Participants should be in peak physical condition and prepared for intense challenges.

Challenging tours are for guests with a high fitness level, who enjoy participating in 5-8 hours of physical activity per day and pushing themselves to their fitness limits.

## **Additional Information and Mobility Concerns**

**Travel to and from the tour** is not factored into our Activity Level Ratings. You should take into account your stamina when traveling long distances and/or with multiple flight changes. Also, you must be able to handle personal hand luggage independently throughout the itinerary. Guests should be able to move their larger checked bags for short periods of time without assistance.

**Guests with Limitations:** Guests with mobility issues that require assistance devices (canes, walkers, wheelchairs, scooters), low vision, cognitive issues, or other limitations that limit independent travel **must travel with a caregiver**. Tour staff are not permitted to provide personal assistance when visiting restrooms and changing rooms.

## **Determining Fitness Levels**

Guests are responsible for their own assessment of their fitness levels and it is recommended that guests make decisions based on their current fitness level, and not what they hope to be at the time of travel.

**Solo travelers** need to have a higher level of independence. Do not overestimate your fitness level and plan to seek assistance from other guests. If you rely on family or friends at home to assist you in activities of daily living, you should not consider solo travel on a group tour.

These Tour Activity Level descriptions are estimations only and actual physical activity on a tour may be more or less active than described. Itineraries can change (at the guides' discretion) in response to crowd sizes, security, weather and other unexpected challenges. Aliyah Tours is not responsible for changes in the anticipated activity level due to unexpected itinerary alterations. Activity levels are subjective and the tours are rated at the discretion of Aliyah Tours.

[Holy Land Accessibility and Wheelchair Access Information is available at this link.](#)

## **Opting Out**

Guests may choose to opt out of a tour day *only if the tour is not changing hotel locations on that day*. Guests that opt out of a tour stop will not be able to stay on the bus alone, and should plan to wait in a public space with a companion or caregiver. No refunds will be given for any activity in which a passenger does not participate.

## **Before Booking a Tour with Aliyah**

We encourage you to contact us with your questions about the Activity Levels and Mobility Requirements prior to booking one of our tours.

**The Aliyah Team**

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