

Physical Activity Levels for Tours

1. Minimal



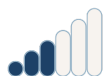
- Description: Suitable for travelers who prefer minimal physical exertion. Activities are mostly sedentary, with only occasional short walks.
- Approx. Walking Distance: Less than 1 mile per day.
- Examples: Bus tours, scenic drives, light sightseeing.

2. Light



- Description: Ideal for travelers who enjoy light physical activities. Involves some walking, but mostly on flat terrain and at a leisurely pace.
- Approx. Walking Distance: 1-2 miles per day.
- Examples: City tours with occasional short walks, museum visits, gentle nature walks.

3. Moderate



- Description: Suitable for travelers who are comfortable with moderate physical activity. Involves regular walking, possibly including some uneven terrain or stairs.
- Approx. Walking Distance: 2-4 miles per day.
- Examples: Walking tours, visits to multiple attractions, short hikes.

4. Active



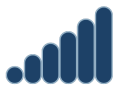
- Description: Perfect for travelers who enjoy being active. Involves a fair amount of walking, including some uphill or uneven terrain.
- Approx. Walking Distance: 4-6 miles per day.
- Examples: City explorations, longer hikes, activities like cycling or kayaking.

5. High Activity



- Description: Designed for travelers who are used to high levels of physical activity. Involves long walks or hikes, often on challenging terrain.
- Approx. Walking Distance: 6-8 miles per day.
- Examples: Extended hiking tours, multi-day trekking, adventure sports.

6. Extreme Adventure



- Description: Best suited for very fit travelers who enjoy rigorous physical challenges. Involves intense physical activities over long distances or difficult terrain.
- Approx. Walking Distance: 8+ miles per day.
- Examples: Intensive trekking, mountaineering, long-distance cycling.