

# **Tour difficulty**

## **Difficulty / Physical Activity**

### **Difficulty 1 of 5.**

Easy - nothing more than normal walking while sight-seeing.

### **Difficulty 2 of 5.**

Moderately Easy - 1-3 hours physical activity daily.

### **Difficulty 3 of 5.**

Moderate - 3-5 hour of physical activity daily.

### **Difficulty 4 of 5.**

Challenging - 5-7 hours of challenging physical activity daily.

### **Difficulty 5 of 5.**

Extreme - 7+ hours of challenging/extreme physical activity daily.