

FIT TO TRAVEL

What you need to know

THE TOUR PACE GUIDE

We keep it simple with a scale between 1-5 to grade trips based on the physical demands and pace.

1 - the most leisurely like a relaxing cruise,

5 - the most physically demanding like a challenging walk or hike.

The physical demands vary from trip to trip.

FROM 1 TO 5

Easiest Pace (1)

A leisurely pace, like a cruise or resort package with plenty of free time.

Easy Going (2)

A moderate pace that suits average fitness and above.

Moderate (3)

A moderate to faster pace is set with some days faster paced, with some longer touring days.

Fast (4)

A fast past or active trip such as a walking or hiking tour that requires above average fitness to offer best chance of enjoying your travels.

Challenging (5)

Set at a fast pace such as a more challenging hiking trip. Joining this trips requires very good fitness and fitness preparation in the months leading up to it.

FITNESS LEVELS FOR OUR TRAVEL STYLES

'DISCOVERY' 'COMBO' & 'BARE BASICS'

These guidelines are for our leisure tours:

- Discovery Tours: land based touring
- Combo Tours: a combination of a land based tour & a cruise
- Bare Basics Tours: usually land based touring with either simple accommodations or limited inclusions, or both.

Most of the time the above Travel Styles are a tour pace of 2, or 3 out of 5. In a few instances a Bare Basics tour may be graded a 4 out of 5.

TOUR PACE 2 OUT OF 5

As a minimum you must be able to:

- Walk up to 2 kilometres, and on uneven surfaces without a mobility aid, duress or need to take a break
- Participate in a sightseeing tour on foot with a duration of 2-3 hours
- Stand for extended periods without

About Us

At Encounter Travel we offer holiday groups for solo travellers. Trips are age-matched so there's more chance you'll share your journey with like-minded travellers.

Visiting destinations across Australia and around the globe, choose from short escapes to adventure trips and leisurely touring.



TRAVEL FITNESS

the need to sit

- Climb a few flights of stairs without duress and walk up short steep hills
- Carry your own luggage (up 23kg) and hand luggage without assistance (up to 7kg)

TOUR PACE 3 OUT OF 5

As a minimum you must be able to:

- Walk up to 1km, and on uneven surfaces without a mobility aid, duress or needing to take a break
- Participate in a sightseeing tour on foot with a duration of up to 1-2 hours
- Stand for extended periods without the need to sit? Climb a flight of stairs without duress
- Carry your own luggage (up 23kg) and hand luggage without assistance (up to 7kg)

Some tours have physical demands that exceed these minimum requirements. If you are unsure please check with us prior to booking.

'GET GOING' TOURS

To join our active 'Get Going' tours, we require that all our passengers are independent, with good fitness and mobility.

- Walk up to 15km at a reasonable pace on any given day (breaks included along the way) Have the endurance to walk for a number of consecutive days e.g 3 days or more
- Climb stairs and ascend hills, including on uneven surfaces, with ease
- Carry your own backpack (up to 7kg) for duration of walking distances
- Carry your own luggage (up 23kg) and hand luggage without assistance (up to 7kg)

FIT TO TRAVEL FORMS

'DISCOVERY' 'COMBO' & 'BARE BASICS'

70 Years & Over

Travellers of 70 years & over, joining a Discovery, Combo or Bare Basics tour, must have their medical doctor complete a Fit To Travel form and return it to us at the time of booking.

'GET GOING' TOUR

For all our active tours - our 'Get Going' travel style, traveller must complete and return a Self Complete Fit To Travel form. In the instance of a pre existing medical condition, there may be the requirement to have a Doctor to confirm the traveller's fitness to travel.

65 Years & Over

Travellers of 65 years & over, joining a Get Going tour, must have their medical doctor complete a Fit To Travel form and return it to us at the time of booking.

IMPORTANT ADVICE: if you do not complete the form until after you have made a deposit payment, or paid any monies and your doctor deems that you are not fit to travel on your selected holiday, in some cases we may not be able to refund your monies in full, or part. If you are not sure that you would be fit to travel, we recommend seeking your doctor's advice in advance of making a tour deposit payment. We also recommend that you check with us about the tour availability before visiting your doctor.

NO MATTER WHAT, TOURING IS ACTIVE

No matter which of our tours you select, there are always parts of the trip that require activity.

You can expect our itineraries include sightseeing tours on foot and often longer periods of time standing. As a general guide, our tours cater for travellers who are reasonably fit. They are not just tours 'looking out from a coach window'. You'll be out and about with your guide, walking around and taking a day pack with you or an easy to manage travel shoulder bag.

TOP 5 REASONS TO JOIN US

1. Age-matched holiday groups
2. Travel with like-minded solo travellers
3. Small groups
4. Early bird savings with many tours
5. Roommate matching option

If you are not accustomed to daily walking we encourage you to increase your physical activity in the months leading up to the tour to ensure you can get the most out of your touring experience.

Although most of our trips include a porter service, there are some that do not. And in any case you must be able to manage your own luggage at arrival and departure points for the tour, such as your airport arrival and departure.