



Australia: A Day Hiking & Cultural Walkabout

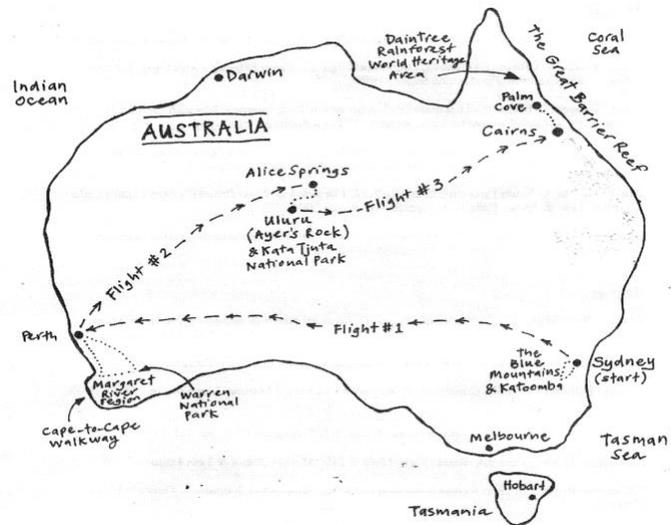
Trip No. 2308, January 22-February 9, 2023

Leaders: Janis Stahlhut, Merri Fox

A 19-day romp through Australia's Cities, Parks, Forests, Beaches, Reefs, and the Outback

Diverse, vast, sometimes cosmopolitan, sometimes so remote you'll wonder if there's anyone else on the continent!

Australia is one of the world's most dreamed-of destinations. Let Janis and Merri show it to you in comfort, with moderate "bush" walks and 3-4 star accommodations! This once-in-a-lifetime, authentic Australian experience takes us from the Tasman Sea to the Indian Ocean, the Coral Sea, and the Great Barrier Reef, with a stop at Australia's Aboriginal culture center: Uluru (Ayers Rock), the heart of a vast and remote region known simply and famously as, **THE OUTBACK.**



Our incredible journey takes us to wide variety of iconic Australian landscapes, including:

- ❖ Sydney, one of the most beautiful cities in the world, home to Sydney Harbour National Park, famous surf beaches, colorful neighborhoods and perhaps the southern hemisphere's most recognizable structure, the Sydney Opera House.
- ❖ Blue Mountains World Heritage Area: scenic trails through deep canyons, panoramic views from cliff-top lookouts, unique flora and fauna.
- ❖ Perth, the world's most remote city and the nearby Margaret River and Southern Forests region: small farms and vineyards, long stretches of sparsely-populated coastline, National Parks and picturesque country towns.
- ❖ Alice Springs, Uluru and the surrounding Outback: unique geological features, ancient rock-art sites and the heartland of Australia's indigenous culture.
- ❖ Cairns and the tropical north: Daintree Rainforest World Heritage Area; Cape Tribulation; the islands, lagoons and undersea life of the Great Barrier Reef.
- ❖ Many days of the tour you can choose to join either a short or long group hike.

There is also an option of not hiking on any day, and instead taking time to enjoy the brilliant locations we'll be staying in – each of them especially chosen for their character and quality. In addition to all the activities, accommodation and travel outlined in the following itinerary, our adventure will include opportunities for optional excursions such as scenic flights, camel-riding, bike-riding, sea-kayaking, snorkeling, theatre events, a cooking demonstration, and chances to view and learn about Australia's unique flora, fauna, marine, and cultural life.

This is a once-in-a-lifetime, authentic Australian experience for those who want a diverse experience that includes both day hiking and sightseeing, as well as cultural explorations and immersions, and optional excursion add-ons. It is literally a coast-to-coast journey from the Tasman Sea to the Indian Ocean, to the Coral Sea and the Great Barrier Reef, with a stop in the heart of the Outback, plus visits to Sydney, Perth, the Blue Mountains and the Southern Forests. Three domestic flights with Qantas Airlines together with local trains, ferries and private vehicles will take us more than 5000 miles across this vast continent to see and



Photo by Dan Freeman on Unsplash



Photo by PhotoLogic on Unsplash



Photo by Eugene Kuznetsov on Unsplash

experience the diverse Australian wilderness, the people and places that make it unique, and the flora and fauna that define it.

Daily Itinerary

When you travel to Australia you will be crossing the International Date Line. You must depart the US at least 2 calendar days prior to Jan. 22, i.e., no later than Jan. 20 to arrive in Sydney by Jan. 22, 2023. Please consult leaders prior to booking your flight.

Jan. 22, Day 1: (D) There will be a single morning pickup at Sydney airport. The time will be determined once we see the flight schedules of the group. After picking up some lunch, the group will rendezvous at 1:00pm in the foyer of our hotel for introductions and an overall trip briefing with our tour operator, Tamarillo Active Travel. We will then have a short transfer across the iconic Harbour Bridge to Sydney's Headland Park for a "shake your legs out" hike through Sydney Harbour National Park. After a scenic ferry ride across Darling Harbour and past another icon of this beautiful city, the Sydney Opera House, the hike will continue through Sydney's oldest neighborhood, *The Rocks*, before arriving back at the accommodation for a special 'Welcome to Australia' dinner. Overnight Sydney



Photo by Christopher Burns on Unsplash

Day 2: (B) You have a free morning to sleep in and sleep off the jet-lag, or to shop, stroll, visit art galleries, museums, Sydney zoo and aquarium. After lunch, the group will head by private vehicle to the start-points to the start of a hike through Sydney Harbour National Park to Manly Beach, followed by a ferry ride to Sydney Opera House. You may wish to book an Opera House tour (optional) as from here it is only a 10 minute walk back to the hotel. You have a free evening to choose from the numerous dining options in the area. You may wish to take advantage of this time to see a show at the Sydney Opera House. Overnight Sydney



Featherdale Zoo, Sydney. Photo by Kenzie Broad on Unsplash

Day 3: (B, D) After breakfast at the hotel, we will transfer by private bus (2 hours) to the town of Katoomba in Blue Mountains World Heritage area. After lunch we will enjoy afternoon hikes to views of this beautiful range. Dinner is at the historic Carrington Hotel (est. 1882) in Katoomba.

Day 4: (B) We will enjoy a short historic train ride to reach our hiking options in the Blue Mountains. Free evening to choose from the many dining options within a few minutes' walk of the hotel. Overnight Katoomba.

Day 5: (B) Join an optional sunrise hike along the Prince Henry Cliff walkway. Afterward we will return to Sydney a private bus transfer to Sydney's Coogee beach, for a swim and lunch. After lunch, enjoy a short or long hike along the Tasman Sea coastal walk from Coogee to Bondi beach. Your evening is again open to choose your dining location or take another opportunity to see a show at the Sydney Opera House. Overnight Sydney.



Photo by Arjun Komath on Unsplash

Day 6: (no meals – we will be staying the next 2 nights in apartments with cooking facilities; cook-in or visit one of the nearby restaurants) Today we hop a jet at Sydney Airport to cross the vast Australian continent to Perth, the world's most remote city. From Perth Airport we will transfer to the Margaret River region in the south-west corner of Australia, stopping in Dunsborough to purchase breakfast, lunch and dinner supplies for the next two days. Overnight Smiths Beach.

Day 7: (no meals- cook-in or visit a neighborhood restaurant) Today we will enjoy the day hiking along the Cape-to-Cape walkway in Leeuwin-Naturaliste National Park. There are numerous varieties of wild kangaroos present in this region – even on the lawns surrounding our accommodation in Smiths Beach!

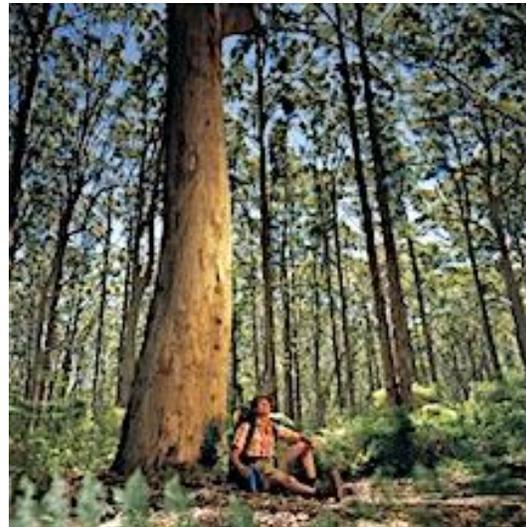


Photo from Leeuwin-Naturaliste National Park

Day 8: (no meals- cook-in or visit a neighborhood restaurant) After a short drive, we will reach beachside Prevelly and the start of another day of hikes along the beautiful Cape-to-Cape Walkway. In the evening you can choose to prepare your own dinner at your accommodation or dine at the local pub, Caves House Hotel. Overnight Smiths Beach.

Day 9: (D) We will travel to the small country town of Nannup in the Southern Forests region of West Australia. Along the way we will stop to walk and swim at Barrabup forest and natural pool. There will be free time to stroll around Nannup and find lunch. In the afternoon we will have hikes along the Bibbulmun Track (Warren National Park) amongst the stately, sequoia-like Karri trees. www.bibbulmuntrack.org.au. After this full day, we

head to our next stop: Pemberton to check in and enjoy a group dinner at the Karri Valley Resort, where we will also be staying for two nights.

Day 10: (B) Take time in the early morning to stroll through the surround forest and listen to the birds' dawn-chorus and see kangaroos in the wild. After breakfast we will take hikes along the Bibbulmun Track through Warren National Park, finishing at Pemberton's historic country pub, where you might enjoy a pint and even an authentic pub dinner before taking a laid back stroll around town. Overnight Pemberton.



Photo by Rene Riegel on Unsplash

Day 11: (B) A last opportunity to stroll around the lake and forest and enjoy the birds' dawn-chorus and wild kangaroos. At 9am we will take the 4 hour journey back to Perth. There will be time for a walk (or bike ride) along the Swan River walkway/bike-path to Kings Park botanical gardens. Your evening is free evening to choose among numerous nearby dining options. You may wish to see a show at Perth Concert Hall, a minutes' walk from the hotel. Overnight Perth.

Day 12: (no meals- prepare a takeaway breakfast from your leftover groceries) We will take an early flight from Perth Airport by way of Adelaide to Alice Springs in the heart of Australia's outback. We arrive in the afternoon and will transfer to our hotel. Take time to enjoy one of the world's most remote towns. There are lunch and dining opportunities in the town. Overnight Alice Springs.



Day 13: (no meals - stops along the way for breakfast and lunch) Our private bus transfer departs in late

morning and takes us to Australia's most iconic sight in the heart of the continent, Uluru (Ayers Rock). There are hiking options nearby. Our resort has options to dine out or self-cater. There is a well-stocked grocery store nearby if you prefer to eat in. Pick up some groceries for tomorrow's breakfast as we have a very early departure. Overnight Uluru/Ayers Rock

Day 14: (no meals- prepare a take-away breakfast and thermos of coffee or tea from your groceries) At 6am we begin our drive to Kata Tjuta sunrise viewing platform, then on to Kata Tjuta's Valley of the Winds for short and long walk options. We will return to our accommodation for lunch, and an opportunity to see more of the resort.

After lunch take advantage of short and long walk options around the base of Uluru, with the chance to complete a walk around the entire monolith before

heading to Talinguru Nyakunytyaku wilderness and viewing area for a 360° view of Uluru and Kata Tjuta in the sunset. Return to accommodation for a free evening. Overnight Uluru/Ayers Rock.

Day 15: (no meals- pack a picnic breakfast and a flask of coffee or tea) Another pre-dawn departure to catch the best views of this mystical area – this time on the Dune Walk viewing area to see Uluru silhouetted in the sunrise, or to Talinguru Nyakunytyaku for the ‘sunny-side’ view. Then enjoy an Uluru guided interpretive walk, led by a National Park ranger. Return to our resort for lunch and checkout. Our evening flight from Ayers Rock Airport will take us back to the east coast, to world renowned Cairns in tropical north Queensland. Our new home is Palm Cove, where we have apartments with full kitchens. You are free to choose between any of the several restaurants, or pick up some groceries at a nearby store and cook-in. Overnight Palm Cove.

Day 16: (L) We now have the Great Barrier Reef World Heritage Area in our back yard! You can choose one of these options to begin your exploration:

- Frankland Island National Park – beginning with a river-cruise, followed by a reef and uninhabited island experience, snorkeling with a marine biologist-guide, a semi-submersible boat trip, hiking and free-time on the beach.
- Dedicated snorkeling trip: boat-travel to three different snorkeling sites along the Great Barrier Reef.

You can choose your dinner option from local eateries or prepare a home cooked meal in your apartment’s kitchen. Overnight Palm Cove.

Day 17: (no meals included) Today we will visit the Daintree Rainforest World Heritage Area beginning with a road-trip through Australia’s tropical far north to Cape Tribulation. Along the way we’ll stop for short hikes, swims, views, wildlife encounters and a walk through Mossman Gorge, home to the oldest rainforest on earth. Choose your own dinner option. Overnight Palm Cove.

Day 18: (D) Travel by historic railway to the small town of Kuranda for short and long hike options, café’s, wildlife parks, souvenir-shopping and a leisurely last day of our epic Australia tour. We will return to Palm Cove on the Skyrail Rainforest Cableway, with spectacular views of the rainforest and out to the Great Barrier Reef.

And then, with sad hearts, we celebrate the end of our amazing Australian walkabout with a final meal together in a restaurant a short walk from the resort. Overnight Palm Cove.



Photo by David Clode on Unsplash



Day 19: Check-out time is 10am. Use your remaining groceries to prepare your breakfast before leaving for home or onward travel. Transfers will be available throughout the day to Cairns International Airport, a mere 15 minutes from our apartments. Our trip ends here.

Please review the Leaders' Right to Change Itinerary in the Terms and Conditions stated at the end of this document.

Fitness Level and Equipment: This trip is designed for ease and comfort, though those with a need for a bit more strenuous adventure will be happy that we are able to offer different activity levels on many days. The activities and day hikes are rated as easy-moderate (3-4 hours of daily activity, 6-8 miles, no more than 1,000 feet elevation gain) except on hikes that may be added for those who enjoy a more rigorous day on occasion. Such hikes could be 4-6 hours, 10+ miles and 2000 feet elevation gain. We will walk and hike on mostly well trod, maintained and marked trails. Participants should be comfortable and fit enough for the distances and terrains described in the Itinerary. Leaders may, at their sole discretion, dissuade or prohibit a participant from any activity deemed to be outside their range of safe participation. Where possible, alternatives will be made available.

Some rocky or uneven terrain may be encountered. You will need sturdy hiking boots or shoes (not sneakers) with gaiters (good to protect your ankles and lower legs from brambles and earth-hugging critters), appropriate for hiking on varied, sometimes uneven terrain, and a daypack suitable for carrying lunch, water, rain gear, warm layers, and a small first aid kit. You may also wish to bring light sneakers or hiking sandals for the lighter days and beach/dune/city walking. Hiking poles are optional, though recommended – even if you don't generally use them for hiking, some of our bush walks might encounter harmful, even threatening wildlife. A hiking pole can be useful to ward them off! The concessionaire at Cairns will provide snorkeling gear. Please note that this trip will use domestic flights and van rides of up to 4 hours on some days, as well as a boat for snorkeling excursions. If you have problems with motion sickness please discuss this with the leaders before applying. There are several natural or prescriptive preventatives you may wish to consider. A packing/equipment list will be sent to participants at a later date.

Please review Leaders' Expectations of Participants in the Terms and Conditions stated at the end of this document.

Accommodations: We will stay in 3-4 star inns, hotels and apartments along the way. Meals will be in local restaurants or self-prepared from groceries purchased on days we are staying in apartments with kitchens. Though it is difficult to book a group this size into one restaurant, every attempt will be made to keep each other's company during mealtimes. WiFi may not be available at all locations, or might come with an additional charge.

TRIP PRICE: AMC members US\$6,995, non-members US\$7,095.

To join the AMC click [here](http://www.outdoors.com/get-involved/join) (our paste this URL into your browser: www.outdoors.com/get-involved/join).

THE TRIP PRICE INCLUDES:

- All necessary vehicle, train, and ferry travel, from (group) pick-up at Sydney International Airport on Day 1 until drop-off at Cairns International Airport on Day 19.
 - 18 nights' accommodation, as follows: *
 - 7 nights in double-/twin-rooms with private bathrooms.
 - 11 nights in 2-bedroom/1-bathroom or 3-bedroom/2-bathroom apartments.
- * Please note: Most of the accommodations offer a range of individually styled rooms, with some rooms unavoidably better than others – more space, more bathrooms, nicer views, etc. Great care will be taken to ensure the best rooms are shared around equally among all group members over the course of the trip. Trip price is for double occupancy rooming. Some accommodations are vacation apartments and may require the sharing of bathrooms with your flat mates.*
- Breakfast on days 2, 3, 4, 5, 10 and 11; lunch on day 16; dinner on days 1, 3, 9 and 18.
 - Driver and Tour Manager traveling with the group throughout, local nature guides at significant nature and cultural locations, guides and boat operators, including snorkeling equipment, during boating or snorkeling excursions on Day 16.
 - 3-day pass allowing unlimited access to Uluru - Kata Tjuta National Park (Ayers Rock area) and cultural center.
 - A choice of one of the listed Great Barrier Reef/Daintree Rainforest World Heritage Area day-trips on Day 17.
 - A combined ticket for the Kuranda historic railway and Skyrail Rainforest Cableway on Day 18.
 - Experienced AMC-AT leaders certified for CPR and Wilderness First Aid, medical evacuation insurance, 24x7 emergency worldwide assistance, 24x7 AMC-AT emergency telephone access.

PRICE DOES NOT INCLUDE:

- International airfare, which will be purchased independently by participants.
- 3 domestic flights (Sydney-Perth, Perth-Alice Springs, and Uluru-Cairns), also purchased independently by participants. (Schedule information will be supplied when available. For economy class seats on these flights participants should budget US\$1150 per person.)
- Single room occupancy. A single supplement is available for US\$1000 for the entirety of the trip. Where apartments are used, the single supplement will include a private bedroom with a bathroom shared by 1-3 others, depending on the makeup of the group. Every attempt will be made to honor individual requests, however, *same-gender bathrooms cannot be guaranteed in the shared apartments.*
- Meals not listed on daily itinerary.
- Any entrance fees to museums, gardens, wildlife parks, Sydney zoo and aquarium, etc. not specified on the Daily Itinerary.
- Optional excursions such as scenic flights, camel riding, bike riding, sea-kayaking, scuba diving (conditions apply, please inquire in advance) and additional snorkeling.
- Personal expenses such as laundry, snacks, phone and Internet charges, tips, special order beverages with included meals, etc,

APPLICATION AND PAYMENTS: To apply for this trip, you will submit a Participant Application, Confidential Health Questionnaire, and Acknowledgement and Assumption of Risk and Release form, with a **registration deposit of \$2,000 (\$2,100 if you are not an AMC member at the time of applying)**. A **second payment of \$2,500 is due when the trip is declared a go**. **Final payment of \$2,495 is due October 1, 2022**. Please make payments by check payable to the "Appalachian Mountain Club" and mail to the address shown on the Participant Application. Until the trip is declared a 'go' by meeting its minimum requirement of 10 and when greenlighted by the AMC Covid Review Team, your deposit is fully refundable, less a \$100 administrative fee, which may be waived at the leaders' discretion. Your application will be

subject to a full screening, including contacting your references and conducting a brief phone interview. A spot on the roster is not assured until this process has been completed and you have been notified. Once your roster spot is confirmed, your check will be deposited and become subject to the full cancellation, unless otherwise stated by the Leaders.

Please review the Cancellation Policy in the Terms & Conditions at the end of this document.

Your AMC Leaders



Janis Stahlhut, a lifelong outdoors enthusiast, has been an AMC-AT leader since 2009 and is a Connecticut Chapter hike and bike leader. She has led hiking and biking trips to Cape Cod, New Hampshire, Massachusetts, Alaska, Sicily, Spain, France, Italy, Finland, Norway, Fiji, South America and New Zealand. Something of a “career-hopper,” Janis has worked in public art space administration, telecommunications public policy and marketing, and fitness training and instruction. Janis now enjoys being

retired, writing, golfing, and leading adventure travel trips. To read some of her posts, visit her website at www.jasjourneys.wordpress.com.



Merri Fox retired from Pratt & Whitney after 35 years, where she worked as a Digital Technology project manager and Financial business systems analyst. Because she loves sharing her favorite outdoor destinations, over the past 22 years she has led hiking, snorkeling and cultural excursions in Belize, Paris, Hawaii, Arizona, the Tetons, Switzerland, California, Utah, New Zealand, and the Virgin Islands. Merri leads AMC hikes in CT, weekend trips, and is a volunteer manager at AMC Fire Is camp. She lives with husband Rance in NW Connecticut, where she

enjoys gardening, cooking, and entertaining guests.

For more information or an application package, please contact Janis Stahlhut, jestahlhut@me.com, 203-820-9275 or Merri Fox, fmerri99@gmail.com, 860-485-1697.

If telephoning please call between the hours of 9am and 9pm.





AMC ADVENTURE TRAVEL

Terms & Conditions

AMC Adventure Travel offers domestic and international trips throughout the year. Experienced volunteer leaders create, plan, and lead each excursion, fostering a dynamic and active group environment. Though each trip is unique, all strive to fulfill AMC's mission of promoting stewardship and appreciation of the natural world.

By booking a trip with us, you agree with the following terms and conditions:

Cancellation Policy

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to the other participants or to the leaders. After notification that the trip will run as scheduled, the minimum cancellation fee specified in the prospectus will apply. The prospectus in some cases may also specify a schedule of cancellation fees in relation to the date of cancellation. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. The cancellation fee will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip, including nonrefundable air tickets, visa fees, gear, and medical expenses.

Leaders' Right to Change Itinerary

While the itinerary in the prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of group ability, safety, transportation or lodging availability, and unforeseeable circumstances such as weather considerations, natural disasters in the areas to be visited, or recommendations of governmental agencies. The leaders reserve the right to make such changes as necessary, both before and during the trip.

Leaders' Expectations of Participants

When you participate in this activity, you should be in proper condition for the challenges outlined in the prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety.

Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experiences with the leader. The leader may also request references to confirm your fitness level and suitability for participating in trip activities.

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it is of the group or of the individual. Examples of conditions that might result in an individual being unable to participate in one or more activities of the trip include illness, injury, lack of proper gear, or fitness. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational, and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles, and local regulations and customs.

This trip is designed so that everyone may experience adventure through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their

cooperative efforts, and expectations are that all participants will be considerate of others sharing this experience.

You should enjoy traveling and be comfortable traveling in areas, which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time.

Trip Price

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. Trip participants will share any savings we achieve, as well as any cost increases we incur. Refunds, if any, are issued after the trip's accounting is complete.

AMC Adventure Travel trips are run on a nonprofit basis. Leaders are not compensated except for their travel and administrative expenses associated with the trip. A program fee is assessed toward AMC Adventure Travel programs and administrative expenses. The price for a non-member to join a trip is \$100 over the member trip price. See the membership page on outdoors.org for current information on membership fees and how to join the AMC.

The trip fee includes limited emergency medical and evacuation insurance coverage, which is required by the AMC. Participants must have their own primary medical insurance. The fee **does not** include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, is available on our website's trip resources page.

While participant airfare is generally not included in the trip price, leaders may assist participants in making suitable reservations. At a minimum, participants will be told when and where they must join the group for the official start of the trip's planned activities. Once your air tickets are purchased, they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders.

Travel Documents

Domestic flights may only accept REAL-ID driver's licenses and identification cards for TSA airport security checkpoints. International travel requires a passport that is valid for up to several months after the completion of your trip; check with your host country's travel website for current requirements. If your international destination requires a health certificate, visa, or visa-waiver, you are responsible for obtaining these documents prior to departure.

Safety

Participant safety is a high priority for all AMC-sponsored events. Procedures, and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware there are risks associated with outdoor adventure activities, including but not limited to, adverse weather and environmental conditions, delayed medical care in remote locations, and transportation in vehicles, on foot, by boat, or on a bike. There may be participant and leader drivers on domestic trips and their state DMV driving record will be verified prior to the trip. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity agreement and call the leader if you have any questions.

AMC Activity Rating System

AMC activities are rated using a scale of six levels described below. Consult with the trip leader or trip above prospectus for details including the intended group pace and equipment requirements.

1. **Accessible:** Suitable for stroller, wheelchair, or other wheel assisted travel. Paved, hardened gravel, or ADA listed terrain or approach. The distance travelled and anticipated timing of the activity are detailed in the activity description. This rating is employed across activities and is not

broken out in each of the tables below. Please direct any inquiries for reasonable accommodation to the trip leader in advance of the trip.

2. **Relaxed:** Suitable for most active participants with full mobility and participants new to the activity described. Expect to be actively on the move for about 3 hours/day. You may be on the trail, slopes or water for a longer time, but there will be plenty of rest breaks.
3. **Easy:** Reasonable fitness for the expected activity is needed, but the trip is designed for those new to the activity. Expect to be active up to 4 hours/day. A bit more active time than the relaxed rating, but with generous breaks.
4. **Moderate:** Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day. Reasonable breaks in the action.
5. **Vigorous:** Suitable for those with recent similar experience and/or demonstrated proficiency, such as being active in sports or often (regular) engagement in vigorous physical activity. Ability to perform at the expected level for back-to-back days for multi- day trips. Expect to be active up to 5-6 hours per day, with brief breaks.
6. **Strenuous:** Most physically demanding. Fitness for the specific activity is required with direct experience in the activity highly recommended and potentially mandatory (see the activity description). Expect to be active 6+ hours per day for back-to-back days if it is a multi-day trip. Breaks will be shorter/fewer than for other levels of trips.