



MARTIN RANDALL TRAVEL

ART • ARCHITECTURE • GASTRONOMY • ARCHAEOLOGY • HISTORY • MUSIC • LITERATURE

Are you fit enough to enjoy the tour?

Ours are active holidays. Walking, stair-climbing and standing around for lengthy periods are unavoidable on every tour.

The tours should not present problems for anyone of normal fitness but they are not suitable for those who are slow, need support or are low on stamina.

On many tours there is a lot of walking on streets that may be steep or poorly paved. On others you may need to scramble over fallen masonry and very uneven ground. More usually it is just a case of getting from one place to another, and getting on and off coaches several times a day.

The tours are also group events. The presence of even one person who is not fit enough to cope can spoil the experience for everyone else. Likewise if one person is unwell and contagious, it can spoil others' enjoyment if the illness spreads.

We therefore ask that people wishing to join a tour take some quick and simple self-assessment tests to ascertain whether they

have an adequate level of fitness. These are described below. Acceptance of this forms part of our Booking Conditions.

If during the tour it transpires you are not adequately fit, or unwell, you may be asked to opt out of certain visits, or invited to leave the tour altogether. This would be at your own expense.

Tours do vary. Please refer to the *How strenuous?* paragraph in the Practicalities section of the tour description.

Tours which are billed as walking tours, with hikes over hills (usually) of up to three hours, require a different scale of fitness and agility. Please attend to the descriptions of these tours carefully.

Another indication of the fitness required, though we are not asking you to measure this, is that you should be able to walk unaided at a pace of three miles per hour for at least half an hour at a time, and to stand unsupported for at least fifteen minutes.

Self-assessment fitness tests

1. Chair stands.

Sit in a dining chair, with arms folded and hands on opposite shoulders. Stand up and sit down at least eight times in thirty seconds.

2. Step test

Mark a wall at a height that is halfway between your knee and your hip bone. Raise each knee in turn to the mark at least sixty times in two minutes.

3. Agility test

Place an object three yards from the edge of a chair, sit, and record the time it takes to stand up, walk to the object and sit back down. You should be able to do this in under seven seconds.