### 2018 TRIP ACTIVITY LEVEL GUIDELINES

### DAY AND EXTENDED TRIPS

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### Easy:

###  You must be able to sit for up to 2.5 hours on a motorcoach and/or in the venue

###  Be able to walk short distances to venue accommodations

###  Stairs are not required outside of motorcoach entry/exit

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### Moderate Easy:

###  You must be able to sit for up to 2.5 hours on a motorcoach and/or in the venue

###  Be able to walk moderate distances to venue

###  Participate in walking tour on inside terrain

###  4-10 steps/stairs will be required

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### Moderate:

###  You must be able to sit for up to 2.5 hours on a motorcoach and/or in the venue

###  Be able to walk without assistance to venue

###  Participate in walking tour - both inside and outside terrain is possible

###  Stairs will be required to access some points of venue

###  You will be required to board and exit the motorcoach a couple of times throughout the day

###  Average trip will leave early morning (ex. 7:00 a.m.) and return to Lowell Center in the evening (ex. 6:00 p.m.)

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### Challenging:

###  You must be able to sit for up to 2.5 hour on a motorcoach in-between stops on route

###  Be able to walk without assistance (2 - 5 miles could be walked throughout the day)

###  Participate in events both on inside and outside terrain

###  Stairs will be required

###  You will be required to board and exit the motorcoach multiple times throughout the day

###  Average trip will leave early morning (ex. 7:00 a.m.) and return to Lowell Center late evening (ex. 9:00 p.m.)

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### This is a GUIDELINE only as we cannot be certain of every venue’s ease of access. If you have questions regarding a specific trip please contact a Lowell Center staff member.

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