



Choice, activity, and pace

On all of our land journeys, small ship cruises, and river cruises, you'll find built-in opportunities for choice. Every itinerary includes a range of experiences and activities that let you engage with each destination in the way that feels right for you. Some options take you farther afield or into more active terrain, while others offer quieter, more relaxed ways to explore. These choices are designed to suit different interests, comfort levels, and travel styles, giving you the flexibility to shape select days while still enjoying the ease of a fully guided travel experience.

Because no two travelers share the exact same travel style, we've created two simple ratings to help guide your choices. These provide a clear, at-a-glance reference as you plan, making it easy to match your interests with the experience you want.

Activity Level

Each journey includes a scale of 1 to 5 for how much walking, standing, and physical effort is involved daily

LEVEL	LABEL	WHAT TO EXPECT
1	Light (Tauck Baseline)	Walking approximately 1-2 miles per day (~2,000-4,000 steps), often on flat or paved surfaces. Includes standing for 30-60 minutes during guided experiences. Guests should be comfortable navigating stairs, cobblestones, and gangways.
2	Moderate (Some Days)	On some days, walking extends to 2-3.5 miles (~4,000-7,000 steps), with occasional stairs, hills, or uneven surfaces. Standing periods may last up to 90 minutes, but this level still includes breaks and lower-effort days.
3	Moderate (Most Days)	Most days involve walking in the 2-3.5-mile range (~4,000-7,000 steps), with frequent stairs, cobblestones, and standing for 90+ minutes. Activity is consistent across consecutive days, requiring stamina and balance.
4	Active	Most days require – or offer the option to engage in – longer or more strenuous walking (often 4+ miles or 8,000+ steps), extended standing, or varied terrain such as hills, sand, or cobblestones. Guests should be comfortable crouching to climb into and out of more rugged vehicles or small planes frequently. Some days may also include active excursions like biking, kayaking, horseback riding, or water sports.
5	Highly Active	Strenuous activity is built into the core experience. Expect frequent high-effort excursions and limited opportunity to opt out. Tours at this level often include prolonged time in challenging environments such as altitude or wilderness terrain. Activities may involve hiking, biking, rafting, snowshoeing, kayaking, horseback riding, or snorkeling/swimming, sometimes over consecutive days.

Pace of the Tour

Journey pace indicates how full your days are, how often you change locations, and the rhythm of your journey

LEVEL	LABEL	WHAT TO EXPECT
1	Relaxed (Tauck Baseline)	Two guided experiences on most days, but with a calm rhythm and regular downtime. Includes multi-night hotel stays or continuous nights on a river or ocean cruise. Early starts before 9:00 AM are rare.
2	Balanced (Typical Tauck Pace)	A steady daily tempo with 2-3 guided activities. Most days include early departures balanced with rest periods or scenic downtime. Transitions between cities occur every 2-3 days.
3	Full but Flexible	Full days with little downtime. Select days may offer opt-out opportunities or lighter alternatives. Ideal for travelers who want to stay engaged, but with some room to pace themselves.
4	Full & Structured	Full days with multiple guided activities. Early mornings are common, and participation in most experiences is expected. Includes a mix of one- and two-night stays.
5	Fast-Paced	Dense itineraries with long drives, internal flights, and back-to-back excursions. Early mornings are frequent, and several consecutive one-night stays are possible. Designed for immersive, efficient travel with a faster rhythm and minimal rest time.

Know before you go – what to expect on every Tauck journey

Our journeys are designed to connect you to the real world – not just look at it through a window. That means walking through city centers, navigating local terrain, and experiencing life as it's lived in each destination.

MOBILITY EXPECTATIONS: A TAUCK-WIDE BASELINE

To fully enjoy a Tauck tour, you should be able to:

- Walk ½ mile to 1 mile at a time (sometimes over cobblestones or uneven ground)
- Navigate stairs without handrails, mild inclines, or historic sites with uneven stairs
- Stand for 30–60 minutes during guided visits
- Climb on and off coaches, boats, and small aircraft independently
- Be outdoors in heat, humidity, or rain depending on season and region
- Sit comfortably for extended periods of time during motor coach rides, scenic rail journeys, or other modes of transportation (often 1–3 hours at a stretch, sometimes longer)

CRUISING CONSIDERATIONS

To fully enjoy a Tauck tour, you should be able to:

- Walk up and down gangways (which can be steep depending on water level)
- Navigate uneven or sloped docks
- Walk through other riverboats with additional gangways and stairs (known as double-docking)
- Board a tender, a smaller boat used to transport passengers to and from the shore on some small ship cruises
- Reach pedestrian-only town centers (up to 1 mile from dock)
- Walk up and down stairs, as not all decks are accessible via elevator and not all ships have elevators

REGIONAL CONSIDERATIONS

(These will vary by tour, please contact our Reservations team or your Travel Advisor for more details)

- **Europe:** Historic cities often have pedestrian-only centers. This may require walking from the coach drop-off point (up to 1 mile), and exploring on foot over cobblestones and uneven pavement.
- **Africa/Asia:** Some regions feature bumpy or unpaved roads, walks over sandy terrain, and experiences that may involve caves, tunnels, or uneven pathways. Guests may also travel by safari vehicles, tuk-tuks, small boats, or other local transport options that require crouching, flexibility and sure footing to get in and out of.
- **Climate:** Summer heat and lack of air conditioning in older buildings can intensify physical strain, even on leisurely tours. In winter climates, slippery or icy conditions may occur, especially in mountainous or northern regions.
- **Altitude:** Select destinations – particularly in the Andes, Alps, national parks or parts of Africa – may involve time at elevations above 6,000 feet. Guests with respiratory, circulatory, or mobility concerns should consult with a doctor before traveling.

Still unsure? Contact your Travel Advisor to help you choose the journey that best matches your interests and comfort level.

Active journeys across the globe



MOUNTAIN GORILLA SAFARI: KENYA, TANZANIA & RWANDA

**16 DAYS | JUN – OCT
ACTIVITY 4 / PACE 4**

Early morning and evening game drives, hot air ballooning, and trekking deep into Volcanoes National Park to encounter mountain gorillas in the wild.



BOTSWANA, SOUTH AFRICA & ZAMBIA

**12 DAYS | MAY – SEP
ACTIVITY 4 / PACE 4**

Rhino walking safaris, helicopter flights over the Okavango Delta, ATV rides across salt pans, and a Great White Shark cruise showcase southern Africa's untamed wilderness.



NORTHERN INDIA & NEPAL

**18 DAYS | JAN – MAR, OCT – DEC
ACTIVITY 4 / PACE 4**

Exploring temples, the Taj Mahal, and city streets pairs with Mt. Everest flightseeing and thrilling jungle and river safaris across India and Nepal for a journey of nonstop discovery.



WESTERN HORIZONS: MESA VERDE TO MOAB

**9 DAYS | MAY – JUN, AUG – OCT
ACTIVITY 3 / PACE 3**

Horseback riding, Colorado River whitewater rafting, climbing to the cliff dwellings at Mesa Verde, 4x4 rides in Monument Valley, and three national park visits bring the Wild West to life.



PATAGONIA

**11 DAYS | JAN – MAR, OCT – DEC
ACTIVITY 3 / PACE 4**

Hike fossil canyons and Serrano Glacier, ride horseback across sweeping plains, cruise through fjords, and explore the rugged wilderness of Torres del Paine and Los Glaciares National Parks.



ENGLAND, & THE WEST COUNTRY

**11 DAYS | MAR – OCT
ACTIVITY 4 / PACE 4**

A journey through the heart of the English countryside. Walk cobbled lanes in Bath, Wells, and Cornwall, explore castles, try traditional sports, and climb to St. Michael's Mount.



HIDDEN GALÁPAGOS & PERU

**16 DAYS | APR – MAY, SEP – OCT
ACTIVITY 3 / PACE 3**

Active sightseeing in Peru includes Lima, Machu Picchu's citadel, and Cusco before a 7-night Galápagos cruise with snorkeling, Zodiac rides, kayaking, and island hikes.



NEW ZEALAND: A NORTH & SOUTH ISLAND ADVENTURE

**14 DAYS | JAN – MAR, OCT – NOV
ACTIVITY 3 / PACE 3**

An adrenaline-filled exploration across New Zealand. Helicopter flights, jetboat rides, 4WD adventures, cave explorations, zip lines, and more reveal North and South Island scenery.



KINGDOMS & DRAGONS: SINGAPORE TO BALI

**14 DAYS | MAY – OCT
ACTIVITY 4 / PACE 3**

From city to island, an active adventure across Singapore and Indonesia. Walk monkey forests, hike rice fields, cruise Komodo National Park, snorkel reefs, and visit villages and temples.



YELLOWSTONE & THE TETONS: AMERICAN SAFARI

**9 DAYS | JUN – SEP
ACTIVITY 4 / PACE 3**

Raft whitewater, bike through Grand Teton National Park, trek through Yellowstone National Park, and join wildlife safaris. The American West comes alive on this safari.



BORDEAUX, THE DORDOGNE & BIARRITZ

**10 DAYS | APR – JUN, SEP – OCT
ACTIVITY 3 / PACE 4**

Endless sightseeing includes Paris landmarks, castles, and Lascaux IV Caves, plus wine tasting in Bordeaux. This journey blends cultural treasures with activity-filled exploration.



TUSCANY, CINQUE TERRE & THE PORTOFINO COAST

**8 DAYS | APR – JUN, SEP – OCT
ACTIVITY 4 / PACE 3**

Walking tours in Florence, Siena, Pienza, and Vernazza, biking medieval Lucca, a Tuscan cooking class, exploring Cinque Terre's villages, and climbing to a castle in Portofino.