

# VOYAGES TO ANTIQUITY

*Small-ship cruising at its best*

## FITNESS TO TRAVEL STATEMENT

The cruises and land programmes featured in our itineraries include extensive sightseeing, which may involve walking on uneven surfaces, up and down multiple stairs, and require a certain level of fitness and mobility. Some ports on the itineraries may require disembarkation of the ship with the ship's or local tenders/boats.

Full tour descriptions with activity levels can be found on [www.voyagestoantiquity.com](http://www.voyagestoantiquity.com) and in our dedicated Cruise Guides. When onboard, the tour staff can provide guidance specific to each guests' needs. The following is the minimum expected level of physical fitness for most cruise-tour programmes. Naturally some tours have more (or less) activity.

**Walking:** 1 to 2 miles within a period of 2-3 hours, sometimes in hot and humid conditions

**Stairs:** Ascend or descend multiple flights of stairs without assistance

**Terrain:** Walk easily and comfortably along rough, slightly hilly, and unstable surfaces

**Boat:** Step down 1' or 2' in to, or out of boats on to floating platforms and piers

Voyages to Antiquity strictly prohibits travel with the following items:

- Motorised scooters
- Motorised wheelchairs
- Portable oxygen concentrators (requiring oxygen tanks)

*NOTE: CPAP machines are allowed and notice must be provided at time of booking. Distilled water can be provided, on request, and at an additional charge.*

Please be advised that guests who require to travel with any medical devices, must notify Voyages to Antiquity at the time of booking, in order to seek authorisation from our Operational Team. The ship cannot accommodate storage of large quantities of medication which require refrigeration.

Any guest that requires the use of a wheelchair must be accompanied by an able-bodied guest that can provide assistance when needed. Wheelchairs must be collapsible, able to be stored in the guests' cabin and have a maximum width of 26". We regret that guests with wheelchairs may not be able to participate in some excursions, particularly those in ports where guests are disembarking by ship's tender and/or other local boats.

We regret that, for guest's comfort and safety, deaf and visually impaired guests are unable to travel without the assistance of an able-bodied companion and therefore are not able to stay in single cabins.

Please ensure you have read and understood the above information and contact Voyages to Antiquity immediately if you have any cause for concern. **Please note that Voyages to Antiquity have the right to refuse or revoke passage to anyone who, in its judgement, is in physical condition that is beyond the care that can be provided or made available.**

It is important that you read our 'Fitness to Travel' section within our Booking Terms & Conditions, which can be viewed on our website, in our brochure and within your confirmation invoice. All pre-existing medical conditions must be declared before travel.

**By booking with Voyages to Antiquity and paying your deposit, you are accepting the terms, and certify that you are fit to travel and not travelling against medical advice.**