### **Connections 2024**

### Travel News

## Pravel...



Be in the presence of wonder!

### Dear Connections Traveler,

We are pleased to present to you the 2024 Travel Brochure! In 2023 we were able to come back after COVID and provide a good year of wonderful trips we were able to take. Now for 2024, we look forward to including a full slate of trips throughout the year with a little something for everyone to experience.

Our Travel Program is one of the top reasons people join Connections. Travel plays an important role in maintaining a healthy life style: physically, emotionally, and spiritually. It can provide a way to stimulate the mind, connect with a wider community, and gives the opportunity to explore new environments and meet new people which can help you stay physically active and socially engaged. Whether you want to travel to experience more of the world, spend time with loved ones, or just take a break from the everyday routine, travel is a great opportunity!

When you look through the brochure you will find information about insurance for our trips. Insurance is optional, but if you are interested in taking insurance, you must pay for the insurance at the time of your initial deposit in order to receive coverage.

A friendly reminder, that to "reserve" a spot for a trip you will need to put a deposit down within **10 days of signing up**. For any **day trips** that you see listed, full payment will be required at time of registration.

I hope you find a trip or two that inspires you to join us as we set out to see the world! We look forward to traveling with you and on behalf of Owensboro Health, we thank you for your support of Connections, where it is our goal to connect you to better health through education, socialization, fitness, and travel.

Sincerely,

### The Connections Team

Melinda Cornell Manager of Volunteers & Guest Services & Connections

Kendra Knott Human Resource Specialist, Connections/Volunteers

Jennifer Howard Human Resource Specialist, Connections/Volunteers







### **Connections General Trip Information**

#### Cost:

Connections trips include all transportation, hotel/motel accommodations, tours, admission fees, tips and gratuities for all meals included in the itinerary and the bellhop gratuities when available.

### **Transportation:**

All trips will depart from Owensboro Health Healthpark.

#### Deposits:

Deposits are due within 10 days after making a reservation. Deposit amounts will vary depending on the cost of the trip. For day trips, payment in full will be required when making a reservation.

#### **Reservations:**

We suggest you make your reservation as soon as you know your travel schedule. Trips are scheduled with pre-arranged seating and many times extra seats for shows, meals, or even motorcoaches are not available. To avoid being disappointed, sign up before the trip is sold out. To register, call Connections @ 270-688-4855.

### **Waiting List:**

Connections will take a waiting list on all tours since we do have cancellations. When a cancellation is known, the vacancy will be filled from the waiting list in the date order in which it was received.

### **Cancellation Policy:**

Connections realizes that due to uncontrollable circumstances, there may be a time you have to cancel a tour; therefore, we offer optional cancellation insurance. In the event a cancellation becomes necessary the following policy occurs:

#### Inside 90 days WITH the purchase of optional cancellation insurance:

Inside 90 days your cancellation insurance becomes effective. You will be protected against cancellation fees for unforeseen circumstances such as illness, death in the family or accidents. Under this program, you will receive a refund of all trip payments less the insurance fee once all the necessary paperwork has been submitted and approved by the carrier. The insurance is optional and is the responsibility of the traveler to purchase travel insurance. This will only be refunded if you meet the covered protections.

#### **Inside 90 days WITHOUT cancellation insurance:**

**You will only receive money that is recoverable.** Please remember many hotels and restaurants require payments be made 60-90 days out from a trip and tickets are often purchased in advance as well. While Connections will try to recover all of your money there is no guarantee as each venue has its own cancellation policy.



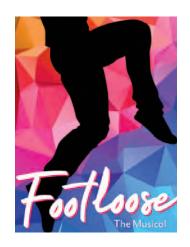
### **Footloose**

### at the Derby Dinner Playhouse

Wednesday, May 15, 2024

\$89 per person Activity Level: 1

When Ren and his mother move from Chicago to a small farming town, he is prepared for the inevitable adjustment period at his new high school. But he's not prepared for the rigorous local edicts, including a ban on dancing instituted by the local preacher, who is determined to exercise control over the town's youth. When the reverend's rebellious daughter sets her sights on Ren, her roughneck boyfriend tries to sabotage



Ren's reputation, with many of the locals eager to believe the worst about the new kid. The heartfelt story that emerges pins a father longing for the son he lost against a young man aching for the father who walked out on him. To the rockin' rhythm of its Oscar and Tony-nominated Top 40 score, augmented with dynamic new songs, Footloose celebrates the wisdom of listening to young people while guiding them with a warm heart and open mind. **Buffet Lunch included. Payment due in full at time of registration.** 

Motorcoach Trip	Protector			
		100% of non-refundable		
Accident/Medica	l (Secondary Insurance	) – up to \$5000 of media	al expense	
MEMBER				
AGE	SINGLE	DOUBLE	TRIPLE	QUAD
(Trip Cost	\$3253.00	\$2633.00	\$2423.00	\$2323.00
Insurance Rates				
50 - 55	\$139.00	\$112,00	\$83.00	\$79.00
56 - 65	\$194.00	\$157.00	\$116.00	\$111.00
66 - 70	\$235.00	\$190,00	\$140.00	\$135.00
71-80	\$293.00	\$237.00	\$175.00	\$168.00
81 - 85	\$379.00*	\$340.00*	\$250.00	\$240.00
86 - 89	\$474.00*	\$470,00*	\$346.00	\$332.00
NON-MEMBER				
AGE	SINGLE	DOUBLE	TRIPLE	QUAD
(Trip Cost	\$3403.00	\$2783.00	\$2573.00	\$2473.00
Insurance Rates				
50 - 55	\$145.00	\$119.00	\$84.00	\$110.00
56-65	\$203.00	\$166.00	\$154.00	\$118.00
66 - 70	\$246.00	\$201.00	\$186.00	\$143.00
71-80	\$307.00	\$251.00	\$232.00	\$178.00
81-85	\$379.00*	\$321.00*	\$321.00*	\$255.00
86-89	\$474.00*	\$411.00*	\$411.00*	\$353.00

### Savannah, Charleston, & Pigeon Forge Spring Getaway

May 23-29, 2024 Activity Level: 1

Per person double occupancy Connections Members \$2633 Non-Connections Members \$2783 Per person single occupancy Connections Members \$3253

Non-Connections Members \$3403

Triple & Quad rates available upon request

Deposit Required: \$500

Payment Due

As we begin our journey in Savannah; hop aboard the Old Town Trolley and step into Savannah's fascinating history by visiting sites such as Reynolds Square, the Gordon Low Historic District, Savannah's city market and a stop to one of Savannah's cemeteries Bonaventure, which has quintessentially captured the imaginations of writers, poets, naturals, photographers, and filmmakers for more than 150 years. You will have a chance to explore the Wormsloe Historic Site, which is home to the oldest standing structure in Savannah. Relax on the way to **Tybee Island** while viewing marshes, river inlets, and tidal creeks. If time permits we will drive by Georgia's oldest and tallest lighthouse that has guided mariners for more than 270 years.

On day four, we travel to the historic town of Charleston. On the way, we will stop at the historic Magnolia Plantation with 66 acres of romantic-style gardens, stroll the bamboo garden, walk the Audubon Swamp and ride the nature train as you explore the beauty around you! Next join us for a horse drawn carriage tour where you can experience 25-30 blocks of Charlestown historic downtown district, houses, gardens, churches and parks. Learn about the buildings, history, architecture, flora, and the people that make up the "Holy City"; learn about everything Charleston has to offer.

While in Charleston, we will make our way to Patriots Point Naval Maritime Museum which serves as a national destination of excellence and includes USS Yorktown, the destroyer USS Laffey; and other 28 historic aircraft. Experience the vietnam exhibit and walk through the Medal of Honor Museum. After the tour, join us for a ferry ride to Fort Sumter, where you will learn about the interesting and historical impact of Fort Sumter and how it affected the Civil War.

Before we head home, we might as well spend a night in Pigeon Forge, TN as we make a stop for the Pirates Voyage & Dinner Show. Be ready to enjoy the adventures of Captain Blackbeard, sword fighting pirate crews, beautiful mermaids, and a four-course feast!

12 meals included: 6 breakfasts, 4 lunches, and 2 dinners.

Tips for the Trolley Tour & Horse Drawn Carriage are not included in the trip cost.







### **New England Adventure**

June 15-June 29, 2024 Activity Level: 2

Per person double occupancy Connections Members \$6819 Non-Connection Members \$7069 Per person single occupancy Connections Members \$8589 Non-Connection Members \$8839

Triple & Quad rates available upon request

Deposit Required: \$1500

This is the northeast trip of the century! Filled with 14 days of fun and adventure, follow us on this journey as we explore what the northeast has to offer!

Our journey starts in the Green Mountains of Vermont where you'll get to explore the quintessential new England town of **Woodstock**, and take in the scenic landscapes of **Billings Farms and Museum** with maybe even a private tasting of their award-winning cheese!

Get a glimpse of Vermont's countryside and enjoy a visit to one of Vermont's family **Maple Sugar Farms** with a maple syrup demonstration as well as the chance to sample syrups! Off to Stowe, where the Hills are alive as we make a special trip to the **Trapp Family Lodge** where you can "do, re, me, fa, so" and later on enjoy an afternoon sweet treat with a trip to **Ben and Jerrys Ice Cream Factory.** 

Next, were off to the majestic white mountains of New Hampshire where you can explore the **Omni Washington Hotel** and enjoy a "once in a lifetime" railing experience on the **Mount Washington Cog Railway**. Join us for a beautiful lunch cruise on **Lake Winnipesaukee** and cruise along the charming village.

As we journey through the northeast, we'll make a stop in Maine to visit the historic **Fort Knox** site and enjoy the **Acadia National Park** setting out on a scenic cruise. While in Maine, join us aboard a **unique lobstering experience** as well as enjoy a traditional **Maine Clambake**!

We're off to see the witches! Trek south to the bewitching capital, where we step back in time to learn about the Salem witch trials and explore the famed **Hawthorne Hotel** and the **House of Seven Gables**.

Next on our adventure, we continue to **Cape Cod** with a fun filled day to venture through **Historic Sandwich** and then enjoy a short cruise to **Martha's Vineyard**, which offers a vacation ambiance unlike any other. Back on the mainland, we'll visit the charming **Cape Cod National Seashore** as well as see the extraordinary **Provincetown Dunes** of the Cape!

As we bid farewell to the northeast, were going to swing that bat all the way to the **National Baseball Hall of Fame and Museum** but not without a stop at the beautiful enchanting **Niagara Falls**!

29 Meals Included: 14 breakfasts, 5 lunches, 10 dinners

\*\*Tips for local step on guide and dune tour not included

Final Payment Due April 30









### New England Adventure Insurance

### June 15 -29, 2024 - OPTIONAL TRAVEL INSURANCE - RATES CAN CHANGE

#### Worldwide Trip Protector Edge - Documented Medical or Emergency Reasons for Cancellation

Trip Cancellation - up to 100% of the non-refundable insured Trip Cost Trip Interruption - up to 100% of the non-refundable insured Trip Cost

Trip Delay - \$300 (up to \$100/day - 12 hours)

Medical Evacuation and Repatriation of Remains - up to \$100,000

Accident & Sickness Medical Expense - up to \$10,000

Baggage & Personal Effects - \$750

MEMBER					
AGE	SINGLE	DOUBLE	TRIPLE	QUAD	
(Trip Cost	\$8589.00	\$6819.00	\$6289.00	\$5993.00	
Insurance Rates.					
50 - 55	\$375.00	\$319.00	\$296.00	\$267.00	
56 - 65	\$493.00	\$399.00	\$370.00	\$334.00	
66 - 70	\$667.00	\$529.00	\$495.00	\$453.00	
71 - 80	\$815.00	\$640.00	\$596.00	\$552.00	
81 - 85	\$1036.00	\$835.00	\$772.00	\$705.00	
86 - 89	\$1185.00	\$930.00	\$865.00	\$802.00	
86 - 89	\$1185.00	\$930.00	\$865.00	\$802.0	
NON-MEMBER					

AGE	SINGLE	DOUBLE	TRIPLE	QUAD	
(Trip Cost	\$8839.00	\$7069.00	\$6812.00	\$6539.00	
Insurance Rates.					
50 - 55	\$375.00	\$346.00	\$319.00	\$319.00	
56 - 65	\$493.00	\$446.00	\$399.00	\$399.00	
66 - 70	\$667.00	\$599.00	\$529.00	\$529.00	
71 - 80	\$815.00	\$727.00	\$640.00	\$640.00	
81 – 85	\$1036.00	\$935.00	\$835.00	\$835.00	

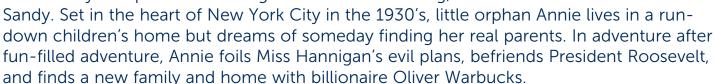
### **Annie**

### at the Derby Dinner Playhouse

Thursday, July 25, 2024

\$99 per person Activity Level: 1

Leapin' Lizards! This classic American musical is the rags-to-riches story of a pint-sized little girl and her lovable dog,





### My Old Kentucky Dinner Train

Thursday, August 22, 2024 \$179 per person **Activity Level: 1** 

Join us for an exciting and memorable lunch journey through the beautiful Kentucky countryside. Travel back to a time of fine dining aboard luxurious rail cars in the heart of Kentucky Bourbon country. Enjoy a gourmet, three course meal while taking in the beautiful scenery with top notch service and memories to last a lifetime! **Cost includes train excursion, meal, and gratuity for service. Payment due in full at time of registration.** \*\*Optional Travel Insurance available per request.





### Shipshewana Amish Tour

September 9-13, 2024 Activity Level: 1

Per person double occupancy Connections Members \$1467 Non-Connection Members \$1567 Per person single occupancy Connections Members \$1787 Non-Connection Members \$1887

Triple rates available upon request

**Deposit Required: \$375** 

Come with Connections as we journey to Shipshewana to experience a one-of-a-kind destination for visitors to enjoy the simplicity of Amish culture as well as the delicious foods and quality products they produce. Smell the aroma of fresh bread baking, hear the gentle rhythm of horses' hooves as the Amish go to market. Touch the fabric, the wood, and the materials of quality goods found in abundance. See how our lives intertwine with the slow pace of the Amish, and taste just how good a home style meal can be. As we head home, you will be able to reminisce. Shipshewana as you enjoy the gifts you received in the beautiful amish countryside. Shipshewana is sure to stimulate all your senses and is something you don't want to miss!

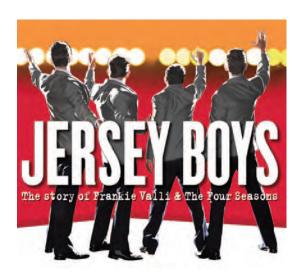


Motorcoach Trip	Protector				
		100% of non-refundable			
Table 10, medic	in (acconduct) manufact	y ap to 23405 of file ale	ar experies		
MEMBER					
AGE	SINGLE	DOUBLE	TRIPLE		
(Trip Cost	\$1787.00	\$1467.00	\$1357.00		
Insurance Rates.					
50 - 55	\$61.00	\$50.00	\$47.00		
56-65	\$86.00	\$70.00	\$65.00	$C_{l}$	,
66 - 70	\$104.00	\$85.00	\$79.00	a Shipsh	ewo
71 - 80	\$129.00	\$106.00	\$98.00		
81 - 85	\$185.00	\$152.00	\$140.00	01	6
86 - 89	\$255.00	\$209.00	\$194.00	Hmish	e ej
NON-MEMBER				Shipsh Amish Insu	•
AGE	SINGLE	DOUBLE	TRIPLE	Pusw	ran
(Trip Cost	\$1887.00	\$1567.00	\$1457.00		
Insurance Rates.					
50 - 55	\$65.00	\$54.00	\$50.00		
56 - 65	\$90.00	\$75.00	\$70.00		
66 - 70	\$109.00	\$91.00	\$85.00		
71 - 80	\$136.00	\$113.00	\$106.00		
81 - 85	\$195.00	\$162.00	\$152.00		
86 - 89	\$269.00	\$224.00	\$209.00		

## Jersey Boys – at the Derby Dinner Playhouse

Thursday, September 19, 2024 \$99 per person **Activity Level: 1** 

With phenomenal music, memorable characters, and great storytelling, JERSEY BOYS follow the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of the Tony Award for Best Musical, JERSEY BOYS take you behind the music of Frankie Valli and the Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Enjoy electrifying performances of chart-topping hits! This Derby Dinner trip will be for the **evening** performance of Jersey boys. Buffet dinner included. **Payment due in full at time of registration.** 



Dare to live the life you've always wanted.

### Huber's Farm & Winery

Friday, October 4, 2024

\$99 per person Activity Level: 1

Enjoy the beautiful fall scenery as we travel to Starlight, IN to relish in Huber's Farm & Winery and Joe Huber's Restaurant. We'll savor a delicious family style lunch with their famous fried biscuits and apple butter. We will find ourselves appreciating Huber's even more as we are guided through the family farm. Then we will journey to Huber's Winery where you will have the opportunity to explore the farm, buy a pumpkin, pick some fresh apples, or pet the animals!

Lunch included. Payment due in full at time of registration.



### 2024 Mystery Tour

### October 19-25, 2024 Activity Level: 2

Per person double occupancy Connections Members \$2817 Non-Connections Members \$2967 Per person single occupancy Connections Members \$3307 Non-Connections Members \$3457

**Deposit Required: \$500** 

Well folks, we believe we have done it again-we have created another great opportunity for a grand Mystery Tour!

New places, new scenery, new activities- where in the world could this be? We can't tell much, but we can tell you this will be an adventure you won't want to miss! It's filled with excitement from start to finish! And it may or may not be a place I have been before!!! Ha!

Final Payment Due July 1

15 meals included: 6 breakfasts, 5 lunches and 4 dinners.

#### October 19 - 25, 2024 - OPTIONAL TRAVEL INSURANCE - RATES CAN CHANGE Worldwide Trip Protector Edge - Documented Medical or Emergency Reasons for Cancellation Trip Cancellation - up to 100% of the non-refundable insured Trip Cost Trip Interruption - up to 100% of the non-refundable insured Trip Cost Trip Delay - \$300 (up to \$100/day - 12 hours) Medical Evacuation and Repatriation of Remains - up to \$100,000 Accident & Sickness Medical Expense - up to \$10,000 Baggage & Personal Effects - \$750 N MEMBER AGE SINGLE DOUBLE Trip Cost \$3307.00 52817.00 Т Insurance Rates. R 50-55 \$148.00 \$135.00 \$182.00 \$153.00 Mystery Tour Ansurance 66 - 70\$253.00 5221.00 \$316.00 \$276.00 71 - 80\$379.00 \$321.00 81 - 8586-89 \$474.00 \$411.00 NON-MEMBER N AGE SINGLE DOUBLE Trip Cost \$3457.00 \$2967.00 Insurance Rates 50-55 \$148.00 \$135.00 56-65 \$182.00 \$153.00 N 66 - 70\$253.00 \$221.00 71 - 80\$316.00 \$276.00 \$321.00 81-85 \$379.00 \$474.00 \$411.00 86 - 89



### Fall Day at the Races

Friday, November 8, 2024 \$109 per person **Activity Level: 1** 



Join us for a fun-filled day at the races. It is horse racing at its finest. We start our adventure with the "Chef's Table of Delight" for lunch. Then we will spend the entire afternoon enjoying the horse races while sitting in the comforts of Millionaires Row! You can step out onto the balcony for the race or watch on the screen right from your dining table! Reserve your seat now, as this trip sells out fast. **Buffet Lunch included. Payment due in full at time of registration.** 

## It's a Wonderful Life – at the Derby Dinner Playhouse



Thursday, December 5, 2024 \$99 per person **Activity Level: 1** 

A Wonderful Life focuses on George Bailey, a good man in a bad part of his life. He's forced to take over his father's company in order to keep it from closing. During this time, his uncle inadvertently loses the company's money, putting George on a path toward financial disaster and possible jail time. Seeing no other alternatives, he resolves to kill himself. Before that happens, Clarence, George's guardian angel, trying to earn his wings, intervenes. What follows is George seeing what would happen if he was not in the world and, eventually, finding the true meaning of life. **Buffet Lunch included. Payment due in full at time of registration.** 

### Shop 'Til You Drop

Saturday, December 7, 2024 \$35 per person **Activity Level: 1** 

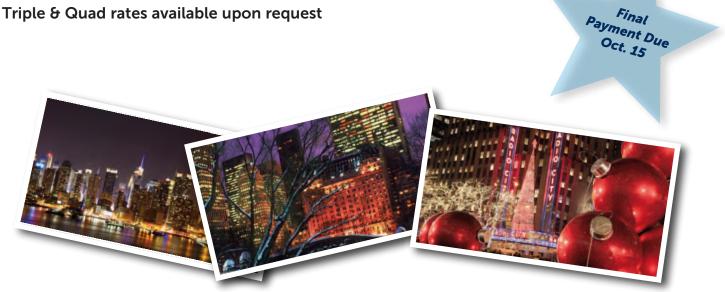


City sidewalks, buys sidewalks, dressed in holiday style. A feeling of Christmas, that's just the feeling you'll have as we spend all day shopping. This year, at your request, we will be spending it at the **Opry Mills** in Nashville. Start making your Christmas list now. Grab your girlfriends, coupons, and purses and enjoy the sales throughout the shops! **Payment due in full at time of registration.** 

### Christmas In New York

### December 10-14, 2024 Activity Level: 3

Per person double occupancy Connections Members \$3116 Non-Connection Members \$3266 Per person single occupancy Connections Members \$4016 Non-Connection Members \$4166



### Deposit Required: \$750

Come fly with us while we experience "the Big Apple" decked out in holiday spirit on this spectacular tour. From Rockefeller Center to Greenwich Village, New York City shines even brighter during the holiday season. Spend four nights in the heart of Midtown close to Central Park's skating rink and Times Square all dressed up for the holidays. Take your seat and watch the curtain rise for an exciting Broadway show. See the Christmas Spectacular at Radio City Music Hall, featuring the world-famous Rockettes! Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park. Visit the poignant 9/11 Museum and 9/11 Memorial. You will have a free day in NYC to enjoy at your leisure. Whether you want to walk around, attend a broadway show, the day is yours. Get ready to "start spreading the news!"

5 Meals Included: 4 Breakfasts, 1 lunch

Airline fees are also included in the cost of the trip.



### Christmas in New York Insurance

### **CONNECTIONS Christmas in NYC 2024**

December 10 -14, 2024 - OPTIONAL TRAVEL INSURANCE - RATES CAN CHANGE

#### Worldwide Trip Protector Edge - Documented Medical or Emergency Reasons for Cancellation

Trip Cancellation - up to 100% of the non-refundable insured Trip Cost Trip Interruption - up to 100% of the non-refundable insured Trip Cost

Trip Delay - \$300 (up to \$100/day - 12 hours)

Medical Evacuation and Repatriation of Remains - up to \$100,000

Accident & Sickness Medical Expense - up to \$10,000

SINGLE

\$253.00

\$321.00

\$409.00

\$506.00

\$602.00

Baggage & Personal Effects - \$750

**MEMBER** 

AGE

56 - 65

66 - 70

71 - 80

81 - 85

86 - 89

Trip Cost	\$4016.00	\$3116.00	\$2816.00	\$2667.00
Insurance Rates				
50 – 55	\$181.00	\$148.00	\$135.00	\$135.00
56 – 65	\$253.00	\$182.00	\$153.00	\$153.00
66 – 70	\$321.00	\$253.00	\$221.00	\$221.00
71 – 80	\$409.00	\$316.00	\$276.00	\$276.00
81 – 85	\$506.00	\$379.00	\$321.00	\$321.00
86 – 89	\$602.00	\$474.00	\$411.00	\$411.00
NON-MEMBER				
AGE	SINGLE	DOUBLE	TRIPLE	QUAD
Trip Cost	\$4166.00	\$3266.00	\$2966.00	\$2817.00
Insurance Rates				
50 – 55	\$181.00	\$148.00	\$135.00	\$135.00

**DOUBLE** 

**TRIPLE** 

\$153.00

\$221.00

\$276.00

\$321.00

\$411.00

\$153.00

\$221.00

\$276.00

\$321.00

\$411.00

QUAD

\$182.00

\$253.00

\$316.00

\$379.00

\$474.00

### Frequently Asked Questions:

#### What does seat reduction date mean?

This is the last date the airlines will hold empty space for our group. If you have not registered by this date there is no guarantee of space. It then becomes first come first served and fees may have to be renegotiated.

#### Why are early deposits required?

Deposits are required to reserve space on the coach or airplane. Also the uniqueness of some of the activities on a trip requires an early deposit to hold space. Many places now require groups to pay in full at least 60-90 days out from the trip.

#### Why are single rooms so much more expensive?

Most hotels set a price for a room. The cost of this room is then divided by the number of people in that room. Persons rooming alone will bear the entire expense.

#### Can there be more than 2 people to a room?

In most situations, accommodations will allow up to 4 people in a room. Pricing available upon request.

#### Can installment payments be made?

Yes, except on trips under \$100 or for our day trips. Overnight trips over \$100 can be paid through monthly installments, as long as the last payment is made by the final payment date.

### **Activity Level**

For each trip you will find an activity level listed. Please refer below, to the activity level to understand what it involves.

### Activity Level 1 - Light & Leisurely

You're a leisurely traveler. You typically take it easy and discover the energy of a new place by people-watching or soaking in the atmosphere at a local café. You can climb at least one flight of stairs, board a coach, and walk unassisted at a relaxed pace for up to 60 minutes without difficulty. You can easily handle altitudes up to 5,000 feet.

#### **Activity Level 2 – Moderate**

You like a balanced approach to travel. Walking two to three miles over the course of a day is no problem for you. You can partake in a two-hour leisurely walking tour, covering up to two miles (with included breaks). You can handle a variety of terrains, from cobblestone streets to moderate hills with relative ease and without assistance. You can climb two flights of stairs with ease. There may be guided walking tours on a trip of this level that cover up to a few miles over and could be on uneven terrain. You can handle altitudes up to 6,000 feet.

### **Activity Level 3 – Active**

You're an on-the-go traveler. You don't want to miss a thing, so walking and standing for longer periods of time (2-3 hours) isn't a big deal. A moderately paced two-and-a-half-hour walking tour, covering several miles, hills, and uneven surfaces, is no problem for you. Walking four miles over the course of a day is very doable, as is climbing into and out of various modes of transportation (tuk-tuk, cable car, zodiac, etc.). You can climb three flights of stairs easily and handle altitudes between 6,000 and 9,000 feet. Expect some longer days balanced with free time to recharge or set out on your own adventure. This level is not a fit for travelers who require mobility assistance devices.

### **Activity Level 4 - Very Active**

You're ready to seize the day, whatever it may bring. You lead an active life at home (walking, biking, and half or full day hikes are things you may enjoy) and 10,000 steps a day is normal for you. You can handle longer walking tours (more than 3 hours covering 3+ miles at a steady clip) and activities that involve traversing uneven terrain, steep slopes, standing for periods of time, and varying altitudes and temperatures. You don't mind being on the go with some early starts, late-nights, and full days. You can handle altitudes of 9,000 feet or higher with little to no issue. This level is not appropriate for travelers who use wheelchairs, walkers, and other mobility assistance devices.

PO Box 20007 Owensboro, KY 42304

RETURN SERVICE REQUESTED

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# Make Connections your travel partner today!

www.owensborohealth.org/travelwithconnections

Connections 1006 Ford Avenue Owensboro, KY 42301 (270) 688-4855