

Fitness Requirements

Vernal Wanderings in Lesvos

March/April 2010

This is a walking trip, not a mountaineering/rock climbing trip. We will do five day-hikes of about 9-12 miles each, entailing about 4-6 hours per day, carrying a small backpack, on trails that are often quite rocky and occasionally steep. One must be sure-footed and have stamina. While alternative activities can be arranged (for those who are foot-weary or need a day off) on the days when we are walking, you will not experience the full impact of the trip if you do not participate in the three-day walks

ACTIVITY LEVEL

Walking trips like this are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. Participants should be strong, experienced walkers in good physical condition. Because many of the trails are quite rocky, you should have some experience in hiking off-trail. You need to be in good health and physical condition to enjoy this trip, with adequate muscular strength, cardiovascular endurance, and good balance. You must be able to hike for at least six hours without feeling exhausted.

The level of fitness and endurance needed for this trip requires regular aerobic exercise at least 45 minutes 3-4 times per week, such as performing moderate intensity running, walking, cycling, swimming, or other forms of cardiovascular exercise. If you are not optimally conditioned, we recommend that you start a training program at least three months before departure, gradually increasing the intensity and duration.

GAUGING YOUR FITNESS

Answer 7 questions about your fitness at the web site for the British tour company ATG-Oxford (www.atg-oxford.co.uk/fitness.php). It computes your fitness score, which you can then compare with the rankings of various trips they offer. Their "Amalfi Coast" trip, similar in difficulty to our trip, requires a fitness score of 30. Our tour will require the same level of fitness.

If you have any questions, feel free to contact Sam Demas (sdemas@carleton.edu)