Rural Life in Northern Greece
Fitness Requirements
September 9 – 21, 2005

This is a walking trip, not a mountaineering/rock climbing trip. However, the walks will entail 6-8 hours per day, with a small backpack, on trails that are often quite rocky and steep. One must be sure-footed and have considerable stamina. While alternative activities are offered (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 one 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 hikers 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 two consecutive days.

The level of fitness and endurance needed for this trip requires regular aerobic exercise at least one hour 3-4 times per week, performing moderate intensity hiking, 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.

**GUAGING YOUR FITNESS**
Answer 7 questions about your fitness at the web site for the British tour company ATG-Oxford (www.atg-oxfoord.co.uk/fitness.php). It computes your fitness score, which you can then compare with the rankings of various trips they offer. Their “Paths of the Pindos” trip, which includes some of the same trails we will be walking, requires a fitness score of 40. Our tour will require the same level of fitness.

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