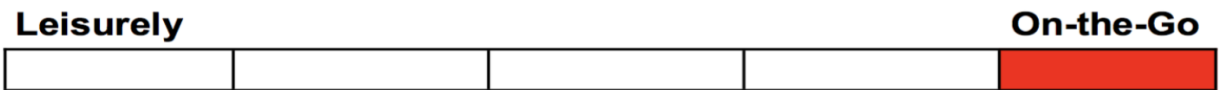


# Tour Pacing Guide

Please read carefully before registering for the CANDLES Auschwitz trip.

The CANDLES staff welcomes people of all abilities and will do everything within our power to accommodate any need. However, due to differences in standards of accessibility outside of the United States, there are limitations as to what we are able to provide and accommodate. We are happy to provide more detail to help you determine your ability to participate in each part of the trip. For more information, please refer to the ADA page.



Please read the following carefully so you are fully informed about the physical expectations of this trip.

## Walking/Terrain:

This tour is considered an “on-the-go” pace, which means there will be a considerable amount of walking every day. **We average 18,000-20,000 steps (6-8 miles) per day.** The city walking terrain consists of cobblestones/marble surfaces that can be uneven at times and slick when wet. The walking terrain in Auschwitz is mainly gravel/dirt or larger stones and can be rough and uneven at times.

## Whole-Day Tours:

A typical day begins with a 6:00/6:30 AM wakeup call and an evening return time of 6:00/6:30 PM (not including evening meals and presentations that take place after the evening return time). The schedule for the entire trip is rigorous, with little rest/recovery time between days.

## Tours:

Both the Krakow city tour and Jewish Quarter tour are two-hour walking tours on uneven cobblestone streets. The historic salt mine tour is also two hours long. Access to the mine is via a historic mine elevator. Most walking surfaces in the mine are smooth and the regular tour has steps that descend to each level of the mine. We will spend three full days and one half day touring the Auschwitz camps. There are only sporadic locations where we can sit to rest (other than on the ground), and there are no regularly spaced benches or paved walking surfaces. Auschwitz-Birkenau is a large area with few trees for shade. *Be prepared to walk in any weather element.* There are no water fountains at the camps. Water must be carried.

**While we do not wish to discourage participation in any way, we want you to have a realistic expectation of physical demands of this trip. Please feel free to contact us with questions you may have. These physical demands are why a release form from your doctor may be necessary.**