

# 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 accessibility and standards 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.

| Leisurely |  |  |  | On-the-Go |
|-----------|--|--|--|-----------|
|           |  |  |  |           |

**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 of the trip. **We average 18,000-20,000 steps (6-8 miles) per day.** Please consider this when choosing shoes.
- 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 6:00/6:30am wake up call and an evening return time of 6:00/6:30pm (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. Please consider this when registering for the trip.

## Accessibility:

- Unlike the United States, Poland does not require their public locations to be ADA compliant. There are most likely curbs, areas with restricted or no automobile access, and stairs as the only access to upper-floor locations and lower floor/basement bathrooms. There is an elevator in the hotel.
- Participants must be able to board and exit the tour bus independently.
- Most buildings in Auschwitz I require travelers to navigate large steps and are not wheelchair accessible.

## 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 in length. Access to the mine is via one of their historic mine elevators. Most walking surfaces in the mine are smooth, and the regular tour has steps that descend to each level of the mine. ***\*A handicap version of the salt mine tour is available and must be reserved ASAP. Availability is not guaranteed. Those who would like this tour must have proof of need.***
- We will spend two full days touring the Auschwitz camps. There are only sporadic locations where one 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 full sun, rain, or snow, depending on the season in which you are visiting.
- There are no water fountains at Auschwitz I or Auschwitz-Birkenau. Water must be carried.

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