

DAVID WHYTE TOURS
HEALTH & FITNESS QUESTIONNAIRE
WEST OF IRELAND

NAME _____

BEST WAY TO REACH YOU IF WE HAVE QUESTIONS: _____

This is a walking and hiking tour, and the time we spend outdoors together is a large part of the group experience. We hike two to five hours on a given day, often over very rugged terrain. We are not trying to set speed records, and we take plenty of breaks, but it is important that you are comfortable with sustained walking, both from a cardio-vascular standpoint and without knee, hip or balance limitations. Please make your answers as detailed as possible - you will be happiest if you do not end up paying money for a trip you cannot fully enjoy.

1. Please describe how much you walk each week. Let us know the approximate distance as well as the length of time and the terrain - i.e. half an hour on flat pavement, incline, rugged trail, etc.

2. Do you have any pain in your knees, hips or legs when walking or hiking?

3. Do you have any limitations with regard to balance?

4. Have you ever experienced vertigo?