

# *Tour Difficulty & Participant Guidelines*



Dear participants,

Our adventures are not just trips – they are an opportunity to connect with nature, challenge your limits, and enjoy every step of the way. Whether you are an experienced mountaineer or just discovering the beauty of active holidays, our tours offer challenges and pleasures suited to different levels of preparedness.

The guide to tour difficulty, presented here, will help you choose the adventure that matches your abilities and prepare you for unforgettable moments in nature.

## **How demanding are our tours?**

### **PHYSICAL FITNESS AND TECHNICAL DIFFICULTY**

The difficulty of the tours is presented in the following table using two scales, from one to seven, for the recommended physical fitness and technical difficulty. These should give participants an idea of which tours are in line with their condition and abilities, and help them choose the right adventure.

Of course, everyone with an adventurous spirit, a love for nature, and a taste for challenges is welcome to test themselves on adventures of different levels.

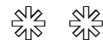
## 1. VERY EASY



**PHYSICAL CONDITION:** These tours are suitable for people of all ages with low physical fitness. No prior experience is required.

**TECHNICAL DIFFICULTY:** Expect short, relaxing walks (up to one and half hour) without climbs or the need for additional equipment.

## 2. EASY



**PHYSICAL CONDITION:** Suitable for people of all ages with low physical fitness. No prior experience is required.

**TECHNICAL DIFFICULTY:** Short walks (up to two hours) with gentle climbs, without the use of additional technical equipment.

## 3. MODERATE



**PHYSICAL CONDITION:** Recommended for those in average to good physical fitness. Prior experience in the activity is required.

**TECHNICAL DIFFICULTY:** Hikes involve climbs (two to four hours of walking). Use of some technical equipment may be required.

## 4. MEDIUM



**PHYSICAL CONDITION:** Designed for people in good physical fitness who are familiar with related activities.

**TECHNICAL DIFFICULTY:** Expect hikes (three to five hours) over steep terrain with climbs. Use of additional technical equipment may be necessary.

## 5. HARD



**PHYSICAL CONDITION:** These tours are intended for people in particularly good physical condition with prior experience in the activities.

**TECHNICAL DIFFICULTY:** Half-day hikes (four to eight hours) with steeper climbs. Additional technical equipment may be required.

## 6. VERY HARD



**PHYSICAL CONDITION:** Excellent physical fitness and prior experience are required for these tours.

**TECHNICAL DIFFICULTY:** Be prepared for full-day hikes (five to ten hours) with steep climbs over difficult terrain. The use of additional technical equipment is mandatory.

## 7. EXTREME



**PHYSICAL CONDITION:** Tours are exclusively for individuals in exceptional physical condition with many years of experience in the activities.

**TECHNICAL DIFFICULTY:** Expect multi-day hikes (five to ten hours per day) over steep terrain, challenging climbs, and significant elevation differences. Use of additional technical equipment is compulsory.

## TIPS FOR ADVENTURE PARTICIPANTS

To make sure we all enjoy the adventure and stay safe, please pay attention to the following information:

### BEFORE DEPARTURE

- Bring your ID card/passport (depending on the destination).
- Complete and sign the adventure registration form and submit it to the organizer.
- Inform us in advance about any health issues, allergies, or special requirements.

### EQUIPMENT AND PERSONAL ITEMS

#### FOR ALL ADVENTURES:

- Hiking boots or sturdy sports shoes.
- Clothing suitable for weather conditions (layered clothing, T-shirts, a light jacket with a hood – preferably waterproof, fleece or sweatshirt, spare pants, several pairs of socks).
- Backpack – depending on the length of the tour and weather conditions: for one-day trips, a 20–30 liter backpack is recommended, while for multi-day tours, a backpack of 40 liters or more is necessary.
- Sunglasses, hat/cap, and sunscreen – sun protection is essential.
- Water – we recommend carrying 1.5–2 liters per day, depending on the difficulty of the tour and water availability.
- Food – practical and lightweight: sandwich, snacks, chocolate bars, and energy bars.
- Personal first-aid kit – a basic set adapted to your personal needs.
- *For multi-day activities:* personal hygiene kit.

#### ADDITIONAL FOR HIKING:

- Trekking poles, if you have them, as they make walking easier and protect your knees.
- Flashlight. We recommend a headlamp, as it keeps your hands free, which is especially important when climbing or descending.
- Spare clothes.

#### ADDITIONAL FOR CANYONING:

- Swimsuit and towel.
- Provided by the organizer: wetsuit and neoprene boots, helmet, harnesses, and other technical equipment.
- *Optional:* Sports shoes that can get wet (the organizer will then provide neoprene socks).

#### ADDITIONAL FOR KAYAKING:

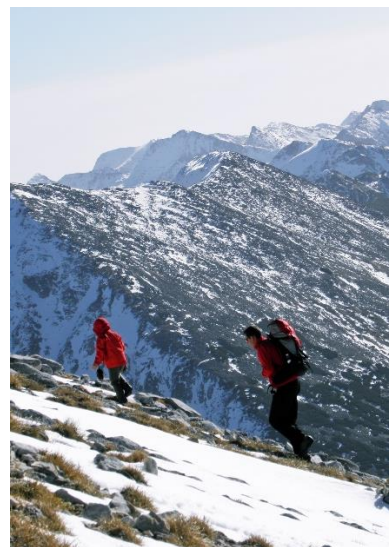
- Active T-shirt/quick-dry shirt.
- Flip-flops, sandals, or water shoes.
- Provided by the organizer: kayaks, paddles, life jackets, and waterproof bags.

#### ADDITIONAL FOR CAMPING:

- Sleeping bag and sleeping pad (if not provided by the organizer).
- Flashlight or headlamp.
- Dishes and cutlery (optional, if meals are not organized collectively).

### SAFETY RULES

- Always follow the guide's instructions and stay with the group.
- Do not leave the marked trail without the guide's permission.
- Respect nature: carry out all your trash, protect plant life, and do not disturb animals.



Since 2012, when **Nature Travel Office** was founded, a team of people inspired by their own travels and united by a passion for nature, shared visions, and goals has been striving to show travelers Serbia and the Balkans from a fresh perspective.

The diversity of destinations and activities – ranging from the cultural and historical heritage of the Balkans, easy hiking tours, and lake cruises, to unexplored caves for the curious, cliff descents, and canyon passages for the bravest – caters to the varied interests of our travelers.

All you need to do is wish, imagine, and choose your destination. Our **Nature Travel Office** team will do everything to turn your dreams into reality.

**NTO Team**

## **Contact:**

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*Join us on the adventure!*

