Portugal Food & Wine: Porto to Lisbon with America's Test Kitchen

Pre-departure information for your tour

GO AHEAD TOURS

Passport, visa & entry requirements

- In order to enter Portugal, U.S. and Canadian citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.
- We recommend having at least one blank passport page for entry stamps.
- Beginning in 2025, U.S. and Canadian passport holders must register for an ETIAS travel authorization in order to enter many European countries.
- Passport holders from over 60 visa-exempt countries (including the U.S. and Canada) will need to apply for an ETIAS travel authorization in order to visit 30 European countries. That means that even if you've previously traveled to any of these European countries without a visa, starting in 2025, you'll need to get ETIAS authorization to visit them again. If you're traveling to multiple countries with this requirement, you only need to complete the form once. All Go Ahead travelers are responsible for obtaining their own ETIAS travel authorization before departure. For more details, please visit our Help Center.
- If you are not a U.S. or Canadian citizen, you must contact your destination country's consulate for your specific entry requirements.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to goaheadtours.com/entry-requirements and searching the code ATP.

Tour pacing & mobility

- You will walk for at least 2 hours daily across moderately uneven terrain, including paved roads and cobblestone streets, with some hills.
- Travelers should be healthy enough to participate in all included walks without assistance. Adding optional excursions may increase the total amount of walking on your tour.
- The terrain in Lisbon is very hilly, with cobblestone streets that are sometimes slippery.
- You should feel comfortable managing your own baggage at times, as well as getting in and out of boats.
- Go Ahead Tours and the Tour Director who accompanies your group are unable to provide special, individual mobility assistance to travelers on tour. The responsibility of the Tour Director is to ensure the group as a whole enjoys a relaxing and informative journey, and he or she cannot be relied upon to provide ongoing, individualized assistance to any one traveler.
- If you have any mobility concerns or physical restrictions, please contact our Customer Experience Team.

Transportation & arrival information

- Round-trip flights booked through Go Ahead Tours arrive in Porto and depart from Lisbon. A representative from Go Ahead Tours will meet you at the airport and take you to your hotel. Please remain in the arrival lounge, as the representative might be escorting one of your fellow travelers to the bus at the time of your arrival.
- Transfers to and from the airport at your destination are included for travelers who have purchased their flights through Go Ahead Tours. Travelers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.
- A boat ride on the Douro River is included in the price of your tour.
- All other included transportation is by private motor coach.

Baggage allowance

- Please note that our travelers are limited to one checked bag and one carry-on bag per person due to storage limitations on motor coaches and other transfers, which may include train connections or flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights, which may include on-tour flights in addition to your round-trip flights to and from tour. Please note that your included on-tour flights may have more restrictive baggage limits.
- Some airlines may impose additional charges if you choose to check any baggage or exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.

Clothing & packing tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered to accommodate varying temperatures, as well as a light jacket or rainwear.
- A sturdy pair of walking shoes or sneakers is recommended for sightseeing.
- You may want to pack dressier attire if you plan to visit a high-end restaurant or attend a special performance.
- It is preferable not to visit churches or other religious sites with bare legs and shoulders (and entrance may be denied on this basis).

Health

- At least 60 days prior to departure, check with your doctor or healthcare provider for the latest updates and entry requirements, or visit the Centers for Disease Control and Prevention website at cdc.gov.
- If you have medication that you take daily, be sure you have enough for each day of the tour as well as any possible delays encountered.
- If you have dietary restrictions and/or food allergies please notify Go Ahead Tours at least 30 days prior to departure by logging in to your account and updating your traveler info. To update this information closer to your departure date, please call our Customer Experience Team.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to goaheadtours.com/entry-requirements and searching the code ATP.

Cuisine

- Portuguese food is fresh, hearty, and delicious. Try seafood stew cooked in a cataplana, a shell-shaped copper pan, or the national dish, bacalhau (salted cod). A

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couvert, or simple plate of bread, butter, and olives, is often served when you sit down to a meal; while it is free in many restaurants, some will add a charge to your bill for it.
- The main notes in Portuguese wines vary greatly based on which region you're visiting, but the flavors remain robust and full-bodied throughout the country. The grapes used in Port are grown in the UNESCO-listed Douro Valley and give the sweet, red dessert wine its signature flavor. You'll find both still and fortified wines in varieties like Touriga Nacional, Franca, Tinta Barroca, Cão, and Tempranillo along with international varieties like Cabernet Sauvignon, Sauvignon Blanc, and Gewürztraminer.

Electricity & air conditioning

- Portugal operates on the European standard 220-240 volts and uses Types C, E, or F plugs with two small, round pins.
- We recommend packing a universal adapter, as well as a voltage converter if you plan on using your own hairdryer or other electrical device without a built-in converter.
- The strength of the air conditioning in European hotels is often not as strong or as cool as what you might be used to in the U.S. or Canada. When air conditioning is available, it is usually regulated seasonally and controlled centrally by the hotel.
- Hotels may provide hairdryers, irons, and other small appliances, but these amenities cannot be guaranteed.

Connectivity

- Wi-Fi is available in most hotels, though some charges may apply.
- There is no Wi-Fi on any of the motor coaches.
- Please contact your mobile service provider for information on roaming charges.

Time zones

- Portugal is on Greenwich Mean Time (GMT) and five hours ahead of Eastern Time (ET).
- When it's noon in New York, it's 5pm on tour.

Currency

- You will use the euro on this tour.
- Better rates of exchange are usually available overseas, although it's worth ordering some currency from your local bank to use when you first arrive.
- We strongly advise that you take debit/bank cards and credit cards, which can be used to withdraw cash at local banks as needed.
- You can use most debit/credit cards at ATMs on the international networks Cirrus and Plus, but make sure to check with your home bank about withdrawal fees.
- Inform your bank and credit card company of your travel plans so that they won't confuse your international purchases for fraudulent charges.
- International banks and businesses primarily accept debit and credit cards that work with the EMV chip system. If you do not already have at least one debit or credit card with a chip in it, we strongly recommend requesting one from your bank prior to your tour.

Tipping

- At the conclusion of your tour, it's customary to offer your Tour Director and driver a gratuity in local currency. Please keep current exchange rates in mind.
- We recommend tipping the equivalent of $8USD to $10USD per person per day for your Tour Director and the equivalent of $3USD per person per day for your driver.
- If applicable, we also recommend the equivalent of $2USD per local guide.
- Tips can only be paid in cash.

Purchasing excursions on tour

- Most optional excursions will be available for purchase while you are on tour.
- Your Tour Director will only accept cash (in USD only), Visa, or MasterCard as payment for excursions.
- Please be advised that if you pay for an excursion by credit card while on tour, it may take up to three months for your card to be charged.
- Some optional excursions may only be purchased in advance. See page four of your tour itinerary for more information.