

## Passport, Visa & Entry Requirements

- In order to enter Ecuador (and Peru on the tour extension), 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 two blank passport pages for entry stamps.
- There is no visa required for U.S. or Canadian citizens.
- Upon arrival in Peru on the tour extension, you will receive an Andean Immigration card that you will need to present when visiting Machu Picchu. In order to secure your entrance to Machu Picchu, travelers are required to confirm their full passport details with Go Ahead Tours no later than 45 days prior to your departure date.
- If you are not a U.S. or Canadian citizen, you must contact each country's consulate for your specific entry requirements.
- On the tour extension, entrance tickets into Machu Picchu require full passport information. Travelers must enter these details via your online account, mobile app, or by giving the Traveler Support Team a call by your Tour Finalization Date or risk being denied entry into Machu Picchu due to scarcity of tickets and daily entrance restrictions.
- 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](https://goaheadtours.com/entry-requirements) and searching the code ECU.

## Arrival & Departure Information

- Round-trip flights booked through Go Ahead Tours arrive in and depart from Quito (or Lima on the tour extension).
- 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 if they are arriving or departing on the standard day.
- When you arrive in Quito, a Go Ahead representative will be waiting for you in the

arrivals hall with a Go Ahead sign or a sign with your name(s). If you don't see a representative immediately, please be patient and stay in the arrivals area. They may be assisting another traveler who has also just arrived and will be back shortly.

## Transportation on Tour

- This tour includes various modes of transportation, including boat and private motor coaches. Some modes of transportation will have raised platforms or steps and often not provide access to ramps or lifts.
- Round-trip flights between Quito and the Galápagos Islands are included in the price of your tour (the tour extension also includes flights from Quito to Lima, Lima to Cuzco and back to Lima).
- A four-night Galápagos Islands cruise and other boat rides are also included in the price of your tour.
- All other included transportation on this tour is by private motor coach.

## Baggage Allowance & Expectations

- 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, trains and included flights.
- A checked bag may not be included in your airline ticket.
- Some airlines may impose additional charges if you choose to exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights. Please note that your included on-tour flights may have more restrictive baggage limits.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.
- Travelers must manage their own luggage throughout tour as porters are not guaranteed. This includes at hotels, airports, and boarding trains.
- On the tour extension, travelers will bring only a carry-on sized bag with them for the

night in Machu Picchu. The main luggage will remain in Cuzco, so a small overnight bag or backpack is recommended.

## Clothing & Packing Tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered. Comfortable, casual clothing, a lightweight jacket, and a sturdy pair of walking shoes are a must for sightseeing.
- Waterproof shoes or sandals, a swimsuit, sunscreen, and insect repellent are recommended for daily activities.
- 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).
- We recommend packing a reusable water bottle to cut down on single use plastic waste.
- Binoculars are handy for a closer look at local wildlife and scenery.
- Travelers who experience motion sickness should take the proper precautions for the days spent on the cruise.
- When visiting Machu Picchu on the tour extension, there are restrictions in place for backpacks, food, umbrellas, and camera tripods.
- We recommend packing a universal adapter, as well as a voltage converter if you plan on using your own hairdryer or other device without a built-in converter.
- We recommend packing your Insurance Card (from your primary insurance provider) in your carry on luggage.

## Meals & Cuisine

- This tour includes five lunches and five dinners. Included meals may be plated set menus, buffet or family style depending on the location. Dinners include one glass of beer, wine, or soft drink and water, coffee and tea. Alcoholic drinks will not be included while on the cruise ship.
- Breakfast each morning is also included at the hotel and is typically buffet style with hot and cold options.
- Ecuadorian cuisine is diverse, reflecting the

availability of ingredients across the country. At higher elevations, meat-based dishes are more popular, while along the coast you'll find seafood in abundance. Traditionally, meals are served with soup and rice, and many feature starches like potatoes and yucca root. Bananas and plantains are also a major Ecuadorian export, appearing in many recipes. You might try patacones, a fritter made with mashed plantains, which is a popular Ecuadorian side.

- On the tour extension, Peruvian cuisine reflects both the country's indigenous cultures as well as European colonial and Pacific Rim influences. Staples include grains such as quinoa, maize, and rice, as well as beans, potatoes, and meat. Ceviche, traditionally raw sea bass marinated with lime and chilies, is a national dish. Adventurous eaters may want to try cuy, or roasted guinea pig that's cooked over an open fire. You can also raise a toast with Peru's famous pisco, the delicious (and sour) white-grape brandy.

## Tipping

- At the conclusion of your tour, it is 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 \$10-\$12USD 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.
- On your cruise, tipping your waiter, busser, and cabin steward at the end of the voyage is customary if you're pleased with the service. We recommend \$15USD to \$20USD per traveler per day, to be divided among the crew on the cruise ship.
- Separate tips are recommended for the naturalist guides. We recommend \$10USD per traveler per day.
- Tips can only be paid in cash.
- The cost of portage is included in your tour price, and it is not necessary to tip baggage handlers.

## Currency

- You will use the U.S. dollar in Ecuador (and the Peruvian sol in Peru on the tour extension).
- Please note that U.S. bills in denominations higher than \$20 may not be accepted in some areas of Ecuador.
- 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.
- 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.
- Plan ahead and bring cash to tip your tour director, local guides, and bus drivers. We also recommend keeping coins in the local currency on hand, as some public bathrooms may charge a fee for use.

## Responsible Travel

- When you travel with EF Go Ahead Tours, you'll make a positive impact on the places you visit, and the people and animals you meet along the way. That's because our three core Responsible Travel commitments—protecting the environment, supporting local communities, and promoting animal welfare—are at the heart of every tour we offer.
- Travel, when done responsibly, can make an enormous socio-economic impact to communities. To maximize your impact, eat at locally owned restaurants and shop at local businesses. Ask your Tour Director to point out restaurants they recommend.
- Prepare for your trip: be aware of the monetary norms such as tipping and negotiating in a market, learn about the destination's forms of etiquette, and take

some time to learn a few words in the local language.

- When interacting with locals, make sure to ask people for permission before you take their picture, and approach cultural differences with empathy and an open mind.
- EF Go Ahead Tours encourages our travelers to limit their waste while on the road, especially single use plastics. You can avoid single use plastics by packing your own toiletries, using electronic documents, and bringing a reusable water bottle and shopping bag. If you need to use plastics or paper, please recycle.
- Environment: On this tour, we recommend the use of a reusable water bottle, as the local drinking water is safe for travelers. Your Tour Director can provide additional guidance on local water standards. Make sure to bring a reusable water bottle to cut down on single use plastics. Environment: When visiting national parks, reserves, or other protected areas, please do not remove anything from the natural environment or leave any litter. Carry out what you carried in.
- Animal Welfare: Take the philosophies of World Animal Protection to heart during included tour activities and your free time. Do not touch, do not feed, and maintain a respectful distance from wild animals. Wild animals encountered on tour should be able to exhibit natural forms of behavior. If you feel we are not meeting these commitments, please share your feedback with us.
- Animal Welfare: Avoid buying any exploitative wildlife products such as tortoise shell or shark fin soup.