

Passport, visa & entry requirements

- In order to enter Portugal, Spain, and Morocco, 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.
- If you are not a U.S. or Canadian citizen, you must contact each 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 IAF
- You will walk for at least 3.5 hours daily across moderately uneven terrain, including paved roads and cobblestone streets, with some hills and stairs.
- 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.
- You should feel comfortable managing your own baggage at times, as well as getting in and out of trains and ferries.
- 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 Lisbon and depart from

Madrid (or Barcelona on the tour extension). 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. Travelers who purchase their own flights may request airport transfers with Go Ahead for an additional cost.
- A ferry from Tarifa to Tangier and a flight from Marrakech to Madrid are included in the price of your tour. (The tour extension also includes a train ride from Madrid to Barcelona.)
- All other included transportation on this tour 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 to accommodate varying temperatures, as well as a light jacket or rainwear.
- Please note that summer temperatures in Morocco are often very high, and it is advisable to wear breathable clothing.

- 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). Furthermore, in Morocco, modest dress is preferred for women in general; female travelers often feel more comfortable with shoulders and bare knees covered at all times.
- A small bottle of hand sanitizer may be helpful when other facilities are not readily available while on the road.

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 Center for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov).
- While in Morocco, we recommend drinking bottled water and refraining from consuming tap water, even when brushing teeth. Also, avoid eating fresh fruits and vegetables unless they are cooked or washed in clean water and peeled.
- 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.
- Please note that certain medication, both over the counter and prescription, are banned in some foreign countries. The importation of these drugs can carry severe consequences. Please consult your physician 4 weeks prior to departure to ensure that any drugs you may want to bring with you are legal in the countries you visit.
- 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

[entry-requirements](#) and searching the code IAF

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 *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.
- In Spain, breakfast like a local with just a pastry and coffee. Then, tuck into a three-course lunch featuring a Spanish staple like savory seafood *paella* or grilled meat and fried potatoes. Dinner is less hearty than lunch and is served late, between 9pm and midnight. Snack on small plates called *tapas* any time of day.
- Cuisine in Spain's southern Andalusia region is heavily influenced by surrounding countries, and has many Arabic elements. Kebabs are popular, and desserts are often prepared with almonds, honey, and cinnamon. Be sure to try Serrano ham, which is considered a regional delicacy, as well as the famous chilled soup known as *gazpacho*.
- Moroccan cuisine consists of a unique blend of spices, such as saffron, turmeric, cinnamon, and cumin. Popular dishes include delicately spiced stews of meat, most often cooked with vegetables or fruit in a conical clay pot known as a *tagine*. These dishes are often added to couscous.
- Catalan cuisine, which can be found in Barcelona on the tour extension, is markedly different from food in other parts of Spain. Nearly every restaurant will offer *pa amb tomàquet*—toasted bread with tomato and olive oil. Fresh seafood, hearty meat dishes, cheeses, and locally grown vegetables, such as wild mushrooms, are culinary mainstays.

Electricity & air conditioning

- Portugal, Spain, and Morocco operate on the European standard 220-240 volts and use Types C or E 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 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.
- Your hotels may provide hairdryers, irons, and other small appliances. However, 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 and Morocco are on Greenwich Mean Time (GMT) and five hours ahead of Eastern Time (ET).
- Spain is one hour ahead of GMT and six hours ahead of ET.
- When it's noon in New York, it's 5pm in Portugal and Morocco and 6pm in Spain.

Currency

- You will use the euro in Portugal and Spain as well as the Moroccan dirham in Morocco.
- 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.
- The Moroccan dirham is a closed currency. This means North American banks cannot exchange for it and you can only obtain it once you arrive in Morocco.
- You can exchange your dollars for dirhams at a Bureau de Change in the airport, at a bank, and in most hotels.
- Keep your receipt after exchanging your money as you may need it to exchange your dirhams back to dollars upon departure. You can do this at the airport for a good rate.
- 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 \$7USD 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.
- Your guide will partner with a local aide to further assist the group during certain guided sightseings in Morocco. We recommend tipping the equivalent of \$1USD per aide.
- 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.

Tour Director

- In addition to your Tour Director, you will be

Portugal, Spain & Morocco

Pre-departure information for your tour



accompanied by a Morocco National Guide for the duration of your trip in Morocco. Your Morocco National Guide is there to assist with any and all matters, including emergencies, providing a local's perspective, and any issues that may arise.