

Iceland: The Golden Circle & Ring Road

Pre-departure information for your tour



Passport, visa & entry requirements

- In order to enter Iceland (and Norway 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.
- 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 IRT.

Tour pacing & mobility

- You will walk for about 2 hours daily across moderately uneven terrain, including wet, slippery gravel and paved paths with some uphill climbs.
- 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 boats, ferries, and trains.
- 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 and depart from Reykjavik (or Bergen 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 Tours. Travelers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.

- Depending on the time of year, some travelers not continuing on the tour extension to Norway may be required to spend an extra night in the U.S. before boarding their connecting flight home. In these cases, Go Ahead Tours will reserve your hotel and you'll arrive home one day after the last day of the main tour.
- A glacier lagoon boat cruise is also included in the price of your tour. (The tour extension to Norway also includes a flight from Reykjavik to Bergen, train rides from Bergen to Voss and Myrdal to Bergen, a fjord cruise from Gudvangen to Flåm, and a railway ride from Flåm to Myrdal.)
- All other included transportation on this tour is by private motor coach.

Baggage allowance

- Airlines have varying weight restrictions on baggage. Some airlines may impose additional charges if you choose to check any baggage; be advised that you are responsible for any such costs.
- Contact your airline for detailed information regarding baggage size and weight restrictions for your flight, but please note that our travelers are restricted to one checked bag per person due to storage limitations on motor coaches and other transfers, which may include train connections or flights.
- One carry-on bag is also permitted, provided that it does not exceed 45 total inches (length + width + height).
- 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 warm jacket or rainwear.
- Please keep in mind that even summer temperatures in Iceland and Norway (on the tour extension) can get very cold, and

warmer layers may be needed.

- 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.

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.
- 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 your 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 IRT.

Cuisine

- Icelandic cuisine relies on traditional, locally sourced ingredients from the Atlantic ocean and the surrounding mountains. Both fresh and dried fish, including herring, cod, and shark, are important culinary staples. Other must-tries include Icelandic lamb, which is considered to be some of the best in the world, as well as *pylsa* (hot dogs), and skyr cheese.
- Norwegian cuisine is varied, offering something for every traveler. Lamb is the most traditional meat, but you'll also find everything from goose to deer being served. Seafood lovers will enjoy the country's array of smoked salmon, shellfish, pickled herring and scrod. Typical meals often incorporate grains, locally-produced cheeses, fresh produce, and wild berries.

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Electricity & air conditioning

- Iceland (and Norway on the tour extension) operates on 230 volts and use Types C 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 some European hotels may not be 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

- Iceland is one hour behind Greenwich Mean Time (GMT) and four hours ahead of Eastern Time (ET).
- Norway (on the tour extension) is one hour ahead of GMT and six hours ahead of EST.
- When it's noon in New York City, it's 4pm in Iceland and 6pm in Norway.
- The amount of daylight in Iceland greatly varies based on the season. Expect as much as ten hours of daylight in the summer and as little as 4.5 hours of daylight in the winter.

Currency

- You will use the Icelandic krona in Iceland (plus the Norwegian krone in Norway on the tour extension).
- 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 \$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.
- 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. International travel is, by its very nature, unpredictable. We must therefore reserve the right to change this itinerary, without advance notice, to meet with local conditions at the time of travel. We appreciate your understanding. Please refer to our website for Terms & Conditions, dates, and prices.