

# America's National Parks by Train: Rocky Mountains, Arches & Zion

Pre-departure information for your tour



## About the Rocky Mountaineer Train

- Travelers will enjoy a two-day ride aboard the Rocky Mountaineer train from Denver, Colorado to Moab, Utah. SilverLeaf service is included as part of your tour package, but you can choose to upgrade to SilverLeaf Plus service for an additional cost. This upgrade must be purchased at least 90 days prior to departure.
- Here are some of the benefits and reasons we recommend travelers upgrade to SilverLeaf Plus service:
- SilverLeaf Plus includes all the benefits of the exceptional SilverLeaf Service, plus exclusive access to the newly renovated lounge car. Featuring signature cocktails, the lounge car offers additional space indoors to relax and soak in the scenery as it passes you by, as well as a small outdoor viewing area.
- Passengers in SilverLeaf Plus enjoy an elevated dining experience with an additional course during select meals, and premium alcoholic beverages.
- Tips for portage, meals, and other services provided aboard the Rocky Mountaineer are included in the tour price. Travelers are responsible for tipping Tour Directors, bus drivers, and local guides at the end of their tour.

## Passport, visa & entry requirements

- U.S. citizens need valid government-issued identification for air travel within the United States. If you plan to use a state-issued ID or driver's license on or after May 7, 2025, it will need to meet Real ID requirements. Real ID compliant versions of these IDs will have either a yellow or black star, white star inside a yellow or black circle, or a white star inside a bear in the top righthand corner. Please visit [dhs.gov](https://dhs.gov) for more information.
- In order to enter the United States, Canadian citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.
- If you are not a U.S. or Canadian citizen, you must contact each 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](https://goaheadtours.com/entry-requirements) and searching the code RAM.

## Tour pacing & mobility

- You will walk for at least 2 hours daily across mostly flat terrain, including paved trails and dirt paths, with some hills. Some activities will take place at high altitudes.
- 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.
- 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 Denver, Colorado and depart from Las Vegas, Nevada (or Phoenix, Arizona 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.
- A two-day ride on the Rocky Mountaineer

train from Denver, Colorado to Moab, Utah is included in the price of your tour.

- 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 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.

## Health

- Be sure to check with your doctor or healthcare provider for the latest updates and personal travel requirements, or visit the Center for Disease Control and Prevention website at [cdc.gov](https://cdc.gov).
- Please be aware that you will be traveling to altitudes as high as 14,000 feet above sea level. These high altitudes can sometimes cause breathing difficulties for travelers who have heart problems or respiratory ailments. If you suffer from any of these conditions,

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please speak to your doctor regarding any potential health risks.

- During the summer months, take proper care with sun exposure and heat.
- 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](https://goaheadtours.com/entry-requirements) and searching the code RAM.

## Cuisine

- The western region of the United States is known for barbecue, especially in the plains and mountain states like Colorado where the cowboy tradition lives on. Try a bison burger or a steak for a true local dining experience.
- The cuisine of the American southwest combines influences from Spanish colonial settlers, Mexican staples, and Native American tradition. Expect dishes spiced with chile peppers, like enchiladas, tacos, and chili con carne.

## Electricity & air conditioning

- All of North America operates on 110-120 volts and uses Type A or B plugs with two flat pins or two flat pins and one round pin, respectively.
- The majority of the hotels on this tour will have air conditioning.
- Some of the hotels on this tour will provide hairdryers, irons, and other small appliances, but these amenities cannot be guaranteed for hotels in more remote locations.

## 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

- Colorado, Utah, and Nevada (plus Arizona on the tour extension) are on Mountain Time (MT), which is two hours behind Eastern Time (ET).
- When it's noon in New York City, it's 10am on tour.

## Currency

- You will use the U.S. dollar on this tour.
- 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 purchases for fraudulent charges.
- Many banks and businesses now 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 USD.
- We recommend tipping \$8USD to \$10USD per person per day for your Tour Director and \$3USD per person per day for your driver.
- Tips for portage, meals, and other services provided aboard the Rocky Mountaineer are included in the tour price.
- If applicable, we also recommend \$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 your 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.