

# Scandinavia: The Capitals & the Fjords

Pre-departure information for your tour



## Passport, Visa & Entry Requirements

- This tour visits Norway, Sweden, Denmark, and Finland (plus Iceland on the tour extension). In order to enter these countries, 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.
- 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 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](https://goaheadtours.com/entry-requirements) and searching the code SCA.

## Arrival & Departure Information

- Round-trip flights booked through Go Ahead Tours arrive in Bergen and depart from Helsinki (or Reykjavik 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 Bergen, 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 plane, ferry, train, boat, and private motor coach. Some modes of transportation will have raised platforms or steps and often not provide access to ramps or lifts.
- A flight from Bergen to Oslo, overnight ferries from Oslo to Copenhagen and Stockholm to Helsinki, as well as a flight from Copenhagen to Stockholm are included in the price of your tour (the tour extension also includes a flight from Helsinki to Reykjavik).
- 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 and other transfers, which may include flights.
- 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.
- 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.
- 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 and airports.

- For the overnight ferries, customers will only have access to their carry on luggage, as larger luggage will be stored separately in the ship. An overnight bag or backpack is highly recommended.

## 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).
- We recommend packing a reusable water bottle to cut down on single use plastic waste.
- 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 six 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.
- Breakfast each morning is also included at the hotel and is typically buffet style with hot and cold options.
- 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 in Norway. 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.
- Sweden's famous meatballs are typically served with a brown sauce and tart lingonberry jam. Smoked salmon and pickled

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herring are popular eats, especially atop a crisp bread. Snack on the country's many kinds of pastry and breads during fika, a social coffee hour that occurs mid-morning and mid-afternoon.

- When in Denmark, try the beloved open-faced sandwich called smørrebrød: a slice of rye bread topped with local favorites that could include smoked fish, prawns, mayonnaise, horseradish, or caviar. The country is also known for the popular Carlsberg and Tuborg beers.
- Fish, meat, potatoes, and bread are staples in Finnish cuisine. Some typical Finnish foods include grillimakkara (grilled sausages), ruisleipä (rye bread), leipäjuusto (mild cheese, often served with jam) and korvapuusti (cinnamon buns).
- On the tour extension, 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.
- The included lunch at Friðheimar Farm on the tour extension typically includes the Friðheimar Tomato Soup served on a buffet with sour cream, home baked bread, cucumber salsa, butter and fresh herbs. Beverages include unlimited water and one soft drink.

## 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.
- Tips can only be paid in cash.
- If you are traveling to multiple countries with different currencies and the same Tour Director, ask them what currency they prefer for their tip.

- The cost of portage is included in your tour price, and it is not necessary to tip baggage handlers.

## Currency

- You will use the Norwegian krone in Norway, the Swedish krona in Sweden, the Danish krone in Denmark, and the euro in Finland (and the Icelandic krona in Iceland 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.
- 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.