Highlights of Scandinavia: Sweden, Norway & Denmark

Pre-departure information for your tour

Passport, visa & entry requirements

- This tour visits Sweden, Norway, and Denmark (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 one blank passport page 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 **and searching the code SFC.

Tour pacing & mobility

- You will walk for at least 2 hours daily across mostly flat terrain, including cobblestone streets, paved roads, and dirt paths.
- 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 boats.
- 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.

Tour Director

- You will have a different Tour Director in Iceland on the tour extension.

Transportation & arrival information

- Round-trip flights booked through Go Ahead Tours arrive in Stockholm and depart from Copenhagen (or Reykjavik 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.
- Flights from Stockholm to Bergen and Bergen to Copenhagen are included in the price of your tour. (The tour extension also includes a flight from Copenhagen to Reykjavik)
- 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.
- It is preferable not to visit churches or other religious sites with bare legs and shoulders (and entrance may be denied on this basis).
- Please note that there are often baggage restrictions during internal transfers including internal flights, and packing light is recommended.

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 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

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on tour by going to goaheadtours.com/entry-requirements and searching the code SFC.

Cuisine

- Sweden's famous meatballs are typically served with a brown sauce and tart lingonberry jam. Smoked salmon and pickled 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.
- 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.
- 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.
- 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.

Electricity & air conditioning

- All destinations visited on this tour operate on the European standard 220-240 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 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

- Sweden, Norway, and Denmark are one hour ahead of Greenwich Mean Time (GMT) and six hours ahead of Eastern Time (ET).
- On the tour extension, Iceland is one hour behind GMT and four hours ahead of ET.
- When it's noon in New York, it's 6pm in Sweden, Norway, and Denmark and 4pm on the tour extension in Iceland.
- 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 Swedish krona in Sweden, the Norwegian krone in Norway, and the Danish krone in Denmark (plus 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.
- 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 or USD. Please keep current exchange rates in mind.
- We recommend tipping the equivalent of $8USD 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.