

Northern Lights of Norway: Oslo to Tromsø

Pre-departure information for your tour



Passport, visa & entry requirements

- In order to enter Norway, 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're 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 SNL.

Tour pacing & mobility

- You'll walk for at least two hours daily across moderately uneven terrain—including wet, slippery gravel; snow; ice; 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 Oslo (or depart from 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 from Go Ahead Tours at an additional cost.
- Flights from Oslo to Narvik, and from Tromsø to Oslo, are included in the price of your tour.
- Train rides from Oslo to Myrdal and from Myrdal to Flåm, as well as a fjord day cruise, are included in the price of the tour extension.
- All other transportation included on this tour is by private motor coach.

Baggage allowance

- Airlines have varying weight restrictions on luggage. Some may impose additional charges if you choose to check any bags; be advised that you're responsible for any such costs.
- You may contact your airline for detailed information regarding baggage size and weight restrictions for your flight, but please note: 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 doesn't 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

- Winters in Norway are generally cold. To ensure you're comfortable during outdoor sightseeing and evening northern lights excursions, we recommend packing a warm coat, hat, gloves, and winter socks, as well as rainwear.
- We also suggest packing lightweight, loose-fitting clothing that can easily be layered. Avoid wearing cotton whenever possible—it's an ineffective insulator.
- A warm, sturdy pair of walking shoes or winter boots is strongly recommended for sightseeing. You may also want to consider bringing ice cleats for better traction.
- You may want to pack dressier attire if you plan to visit a high-end restaurant or attend a special performance.

Health

- Check with your doctor or healthcare provider, or visit the Centers for Disease Control and Prevention's website at [cdc.gov](https://www.cdc.gov), at least 60 days prior to departure to review the latest updates and entry requirements.
- 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 you may encounter.
- 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 SNL.

Cuisine

- 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. Seafood lovers will enjoy the country's array of smoked salmon, shellfish, pickled herring, and scrod. Typical meals often incorporate

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grains, locally produced cheeses, fresh produce, and wild berries.

Electricity & air conditioning

- Norway operates on the European standard of 220–240 volts and uses Type 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's 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's no Wi-Fi on any of the motor coaches.
- Please contact your mobile service provider for information on roaming charges.

Time zones

- Norway is one hour ahead of GMT and six ahead of EST.
- The amount of daylight in Norway greatly varies based on the season. Expect as much as 19 hours of daylight in the summer and as little as six in the winter.

Currency

- You will use the Norwegian krone on tour.
- 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 bring debit/bank and credit cards, which can be used to withdraw cash at local banks, as needed.
- You can use most debit and 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 don't already have at least one 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 the local currency. Please keep current exchange rates in mind.
- We recommend that each person tips the equivalent of USD\$8 to USD\$10 per day for your Tour Director, and the equivalent of USD\$3 per day for your driver.
- If applicable, we also recommend the equivalent of USD\$2 per local guide.
- Tips can only be paid in cash.

Purchasing excursions on tour

- Most optional excursions can be purchased while you're 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.