

Passport, visa & entry requirements

- This tour visits Poland, Lithuania, Latvia, and Estonia. 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.
- 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 STR.

Tour pacing & mobility

- You will walk for about 2.5 hours daily across moderately uneven terrain, including paved roads and cobblestone streets, with some hills and stairs.
- 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.
- 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 Warsaw and depart from Tallinn. 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.

- All 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 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 of 45 total inches (length + width + height) is also permitted.
- 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).

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

Cuisine

- When in Poland, fill up on favorites like kielbasa and pierogi. Don't miss out on trying the bagels—they were born here.
- When in Lithuania, be sure to try some brightly-colored *borscht*, lingonberry-filled *saltnosiukai* dumplings, and *kibinai*, a savory puff-pastry dish of onions and mutton.
- Latvian staples include sausages, soups, and a variety of smoked foods like herring, eel, and flounder. The country's cuisine is quite heavy, relying on cabbage, eggs, pork, and potatoes, with little seasoning or spice.
- In Estonia, meat and potatoes anchor most meals, but smoked trout and blood sausages are considered specialties. Local liqueurs are quite popular and strong, particularly the sweet Vana Tallinn.

Electricity & air conditioning

- All destinations 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

Highlights of the Baltics

Pre-departure information for your tour



coaches.

- Please contact your mobile service provider for information on roaming charges.

Time zones

- All destinations visited on this tour are two hours ahead of Greenwich Mean Time (GMT) and seven hours ahead of Eastern Time (ET).
- When it's noon in New York, it's 7pm on tour.

Currency

- You will use the Polish zloty in Poland and the euro in Lithuania, Latvia, and Estonia.
- 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 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.
- 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.