

Food & Wine: France through Bordeaux & the Loire Valley

Pre-departure information for your tour



Passport, visa & entry requirements

- In order to enter France, 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.
- There is no visa required for U.S. or Canadian citizens.
- If you are not a U.S. or Canadian citizen, you must contact your 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 and searching the code TBL.

Tour pacing & mobility

- You will walk for about 2 hours daily across moderately uneven terrain, including cobblestone streets and unpaved paths, with some steep stairs and hills.
- 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 Toulouse and depart from Paris. 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 other 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](https://www.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 TBL.

Cuisine

- For a picnic with French flair, stop at a small grocery store for cheeses, pâtés, cured meats, fresh-baked bread, and fruit. In the cities, sidewalk vendors are known for their steaming crepes, while mouthwatering pastries and hot café au lait beckon from cafes. In restaurants, the prix fixe option is a popular way to enjoy a set three- or four-course menu for a good price.
- Although lunch is generally served from noon until 2pm, dinner is served from 7:30pm onward. Those wishing to eat earlier can stop at a cafe, where light entrées and sandwiches are available throughout the afternoon and evening.
- The town market plays an important role in daily French life. Peruse the stalls to find freshly baked breads, locally grown produce, handmade cheeses, cured meats and more.
- Some of the must-try local foods on this tour include cassoulet, oysters, foie gras, goat cheese, Tarte Tatin, wild game, and truffles (when in season).
- France's wine regions offer some of the most famous varietals in the world, from robust reds in Bordeaux to crisp whites in the Loire Valley. The Dordogne Valley is known for its sweet whites and the famous brandy produced in the Cognac region is a must try.

Electricity & air conditioning

- France operates on the European standard 220-240 volts and uses Types C, E, 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

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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

- France is one hour ahead of Greenwich Mean Time (GMT) and six hours ahead of Eastern Time (ET).
- When it's noon in New York, it's 6pm in Paris.

Currency

- You will use the euro in France.
- 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 optional 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.