

Passport, visa & entry requirements

- This tour visits the United Arab Emirates (plus Oman 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.
- There is no visa required for U.S. or Canadian citizens to enter the United Arab Emirates.
- U.S. and Canadian citizens must obtain a visa prior to entering Oman (on the tour extension). Travelers can choose to obtain an e-visa at evisa.rop.gov.om by clicking "Apply for Tourist Visit Visa" under "Services" on the main page. Please note the visa is only valid for 30 days after approval. Travelers can also purchase the visa by using a visa provider, such as our partner VisaCentral.
- 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 UAE.

Tour pacing & mobility

- You will walk for about 2 hours daily across moderately uneven terrain, including unpaved roads and desert paths, 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 luggage at times, as well as getting in and out of boats and small vehicles.
- 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.

Transportation & arrival information

- Round-trip flights booked through Go Ahead Tours arrive in and depart from Dubai (or Muscat, Oman for 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.
- 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

- While Dubai and Abu Dhabi are considered

to be more liberal than some neighboring cities, local customs concerning dress are strict and should be respected. Bare shoulders and knees are considered inappropriate in public places, though swimwear at beaches and pools is acceptable.

- Loose-fitting, breathable clothing can help keep you cooler in desert heat. Cotton, linen, or a quick-dry material is best for hot days outside, though a light scarf or extra layer may be needed for chillier evenings and early mornings.
- You may want supportive walking sandals to keep cool on city sightseeing. Comfortable closed-toes shoes, such as sneakers or lightweight hiking boots, are best for activities in the desert.
- Sun protection is very important. Bring sunscreen, sunglasses and a broad-brimmed hat to protect your face and the back of your neck from the sun.
- 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 mosques or other religious sites with bare legs and shoulders (and entrance may be denied on this basis). In addition, we recommend women bring a light scarf as they may have to cover their heads and hair to order to enter mosques.

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.
- Temperatures in this region often exceed 100 degrees Fahrenheit (30 degrees Celsius), especially during the summer months. Drinking plenty of water, limiting your alcohol intake and using proper sun protection is extremely important in order to prevent the effects of dehydration and heat stroke.
- Be sure to take proper care for sun exposure

United Arab Emirates: Dubai & Abu Dhabi

Pre-departure information for your tour



by regularly applying sunscreen or covering up with long, loose-fitting layers.

- There are inherent risks associated with water activities, particularly for those with preexisting medical conditions. Discuss your planned activities with your doctor or healthcare provider for the best advice on participation.
- 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 UAE.

Local laws

- The United Arab Emirates (and Oman on the tour extension) is an Islamic country that follows Sharia law. While both Dubai and Abu Dhabi are considered more liberal than some neighboring cities, it's important to note that very conservative laws governing public behavior are strictly enforced.
- Among these laws are prohibitions against public displays of affection. Hand-holding is permissible, but kissing and other affectionate displays are expressly forbidden, even between married couples.
- Obscenity laws are also upheld throughout the country. Offenses for using foul language and making indecent gestures are punishable by jail time.

Cuisine

- The United Arab Emirates reflects its diverse history in its cuisine. Asian, Moroccan, and Levantine influences feature heavily, as do spices brought through the country by trade routes. Saffron, cardamom, and turmeric flavor many meals.
- One-pot dishes like *fareeth*, a stew made with vegetables and bread, and *al harees*, a porridge of barley and meat, are popular recipes. Seafood is a staple—if you're feeling adventurous, you might try *jisheed*, a soup

made with shark meat.

- In Oman (on the tour extension), you'll find African and Indian cuisine reflected in many traditional recipes. Coconut, berries, and nutmeg are ingredients not often found in Middle Eastern dishes, but which play a big role in Omani kitchens. Don't miss *madrouba*, a slow-cooked dish made with rice, chicken, and dried Persian limes.
- At very traditional meals, diners eat with their hands, sometimes using pieces of flatbread to scoop up portions of food. Don't be afraid to dig in!
- Consumption of alcohol is strictly regulated throughout the country. Alcoholic beverages may only be served to non-Muslim visitors at certain licensed hotels and restaurants.

Electricity & air conditioning

- The United Arab Emirates operates on the European standard 220–240 volts and uses a Type G plug with three pins.
- Oman (on the tour extension) operates on the European standard 220–240 volts and uses a Type C or G plug with two or three pins, respectively.
- 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.
- Air conditioning in Emirati hotels may be much cooler than 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

- The United Arab Emirates is four hours ahead of Greenwich Mean Time (GMT) and

eight hours ahead of Eastern Time (ET).

- When it's noon in New York City, it's 8pm on tour.

Currency

- You will use the United Arab Emirates dirham in Dubai and Abu Dhabi (plus the Omani rial in Oman 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. 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 tour.
- Your Tour Director will only accept cash (in USD only), Visa, or MasterCard as payment for excursions.

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Pre-departure information for your tour



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- 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.