Passport & visa requirements
- This tour visits the United Kingdom, France, Belgium, and the Netherlands (as well as Germany 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.
- There is no visa required for U.S. or Canadian citizens.
- If you are not a U.S. or Canadian citizen, you must contact each country’s consulate for your specific entry requirements.

Tour pace
- You will walk for about 2.5 hours daily across moderately uneven terrain, including cobblestone streets and paved roads.
- Travellers should be healthy enough to participate in all included walks without assistance.
- You should feel comfortable managing your own baggage at times, as well as getting in and out of 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.

Transportation & arrival information
- Round-trip flights booked through Go Ahead Tours arrive in London and depart from Amsterdam (or Berlin on the tour extension). When you first arrive in London, a driver from a private chauffeur service will be standing at the arrival gate with your name on a message board. If you do not see your driver, please remain in the arrival lounge, as the driver may be escorting one of your fellow travellers to the shuttle at the time of your arrival. For more details, please reference the London transfer information included in your Go-Kit.
- Transfers to and from the airport at your destination are included for travellers who have purchased their flights through Go Ahead Tours. Travellers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.
- A ferry ride from Portsmouth to the Normandy region is included in the price of your tour. (The tour extension also includes a flight from Amsterdam to Berlin).
- 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).

Health
- There are no major health risks associated with travelling to any of the countries on this tour.
- 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 traveller info. To update this information closer to your departure date, please call our Customer Experience Team.

Cuisine
- For traditional English fare at a reasonable price, try a pub meal of fish and chips or bangers and mash. Shilton cheese, steak and kidney pie, and Cumberland sausages are also worth a try.
- Modern-day London boasts an array of diverse international restaurants. Popular options for the adventurous palate include Indian, Thai, Chinese,Indonesian, Greek, and West African cuisines. Sip afternoon tea with delicious finger sandwiches and scones at Harrods for the ultimate in English tradition.
- Cuisine in the Normandy region of France is known for its fresh flavours. Chicken, rabbit, and duck are staples, and you can find fish and shellfish in the coastal towns. The abundance of dairy farms throughout the region means many dishes are accompanied by cheeses and creams. Normandy is also famous for its apples, which are used to create cider and calvados, or apple brandy.
- 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 in France is generally served from noon until 2pm, dinner is served from 7:30pm onward. Those wishing to eat earlier can stop at a café, where light entrées and sandwiches are available throughout the afternoon and evening.
- In Belgium, seafood is of a very high quality, and mussels steamed in white wine are a favourite. Patisseries offer decadent pastries and cakes, and you won’t want to miss indulging in favourites like fries, handmade chocolate, locally brewed Abbey-style beer, and, of course, Belgian waffles. Please note that Belgian beers vary widely in style and flavour and are often much higher in alcohol content than other European beers.
- In the Netherlands, simply prepared meat and fish dishes, substantial soups, and hearty stews are local staples. Snack food traditionally features fish—you might try maaatje, raw green herring served with onions—but pancakes, french fries, doughnuts, and waffles are just as plentiful.
- On the tour extension, German food is hearty and substantial. Among the specialties are dumpling stews, sauerkraut, sausages, smoked cheeses, and dark breads. Bavaria produces some of the world's purest beers, and white German wines are exceptionally good.

Electricity & air conditioning
- The United Kingdom operates on the European standard 220–240 volts and uses a Type G plug with three large, flat pins.
- France, Belgium, and the Netherlands (as well as Germany on the tour extension) operate on the European standard 220-240 volts and use 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 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 in rooms seasonally and controlled centrally by the hotel.

Anniversary of D-Day with York University Alumni
- Tracing Canada's History: Remembering the 75th
• 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 Kingdom operates on Greenwich Mean Time Zone (GMT) and is five hours ahead of Eastern Time (ET).
• France, Belgium, and the Netherlands (as well as Germany on the tour extension) are one hour ahead of GMT and six hours ahead of ET.
• When it’s noon in New York, it’s 5pm in the United Kingdom and 6pm in France, Belgium, and the Netherlands (as well as in Germany on the tour extension).

Currency
• You will use the Pound sterling in the United Kingdom, and the euro in France, Belgium, and the Netherlands (as well as in Germany 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. 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.

Tracing Canada’s History: Remembering the 75th Anniversary of D-Day with York University Alumni
Pre-departure information for your tour
grouptoursite.ca/yorkualumnitravel | 800-742-1731