

Highlights of Northern Europe: Amsterdam to Stockholm

PRE-DEPARTURE INFORMATION FOR YOUR TOUR



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Passport & visa requirements

- This tour visits the Netherlands, Germany, Denmark, and Sweden (plus Norway on the 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.
- 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 1.5 hours daily across mostly flat terrain, including paved roads and cobblestone streets, with few 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, as well as getting in and out of trains, ferries and small boats.
- 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 Amsterdam and depart from Stockholm (or Bergen on the tour extension). When you first arrive, 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.
- A ferry (from Lübeck to Copenhagen) and a flight from Copenhagen to Stockholm are included in the

price of your tour. (The tour extension also includes a flight from Stockholm to Bergen.)

- 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.
- Please note that there are often baggage restrictions during internal transfers, including ferry rides and flights, and packing light is recommended.
- 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 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 dresser 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 traveling to 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 traveler info. To update this information closer to your departure date, please call our Customer Experience Team.

Cuisine

- 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 *maatje*, raw green herrings served with onions—but pancakes, french fries, doughnuts, and waffles are just as plentiful.
- 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.
- When in Denmark, try the beloved open-faced sandwich called *smørrebrød*: a slice of rye bread topped with local favorites that could include smoked fish, prawns, mayonnaise, horseradish, or caviar. The country is also known for the popular Carlsberg and Tuborg beers.
- Sweden's famous meatballs are typically served with a brown sauce and tart lingonberry jam. Smoked salmon and pickled herring are popular eats, especially atop a crisp bread. Snack on the country's many kinds of pastry and breads during *fika*, a social coffee hour that occurs mid-morning and mid-afternoon.
- On the tour extension, 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 being served in Norway. Seafood lovers will enjoy the country's array of smoked salmon, shellfish, pickled herring, and scrod. Typical meals often incorporate grains, locally-produced cheeses, fresh produce, and wild berries.

Electricity & air conditioning

- All destinations visited on this tour 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

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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 charges may apply.
- There is no internet access on the motor coach.
- Please contact your mobile service provider for information on roaming charges.

Time zones

- The Netherlands, Germany, Denmark, and Sweden (plus Norway on the extension) are all 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 on tour.

Currency

- You will use the euro in the Netherlands and Germany, the Danish krone in Denmark, and the Swedish krona in Sweden (plus the Norwegian krone in Norway on the 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.
- 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.

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