

## Passport, Visa & Entry Requirements

- This tour visits Spain, France, and Italy. 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.
- Beginning in 2025, U.S. and Canadian passport holders must register for an [ETIAS](#) travel authorization in order to enter many European countries.
- Passport holders from over 60 visa-exempt countries (including the U.S. and Canada) will need to apply for an ETIAS travel authorization in order to visit 30 European countries. That means that even if you've previously traveled to any of these European countries without a visa, starting in 2025, you'll need to get ETIAS authorization to visit them again. If you're traveling to multiple countries with this requirement, you only need to complete the form once. All Go Ahead travelers are responsible for obtaining their own ETIAS travel authorization before departure. For more details, please visit our [Help Center](#).
- If you're 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](https://goaheadtours.com/entry-requirements) and searching the code SFI.

## Arrival & Departure Information

- Round-trip flights booked through Go Ahead Tours arrive in Barcelona and depart from Florence (or Rome on the tour extension).
- 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 if they are arriving or departing on the standard day.
- When you arrive in Barcelona, a Go Ahead representative will be waiting for you in the

arrivals hall with a Go Ahead sign or a sign with your name(s). If you don't see a representative immediately, please be patient and stay in the arrivals area. They may be assisting another traveler who has also just arrived and will be back shortly.

## Transportation on Tour

- This tour includes various modes of transportation, including train, boat, and private motor coach. Some modes of transportation will have raised platforms or steps and often not provide access to ramps or lifts.
- Train rides and boat rides in Cinque Terre are included in the price of your tour.
- All other included transportation on this tour is by private motor coach.

## Baggage Allowance & Expectations

- 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.
- Some airlines may impose additional charges if you exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.
- Travelers must manage their own luggage throughout tour as porters are not guaranteed. This includes at hotels and airports.

## 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).
- We recommend packing a reusable water bottle to cut down on single use plastic waste.
- 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.
- We recommend packing your Insurance Card (from your primary insurance provider) in your carry on luggage.

## Meals & Cuisine

- This tour includes three dinners. Included meals may be plated set menus, buffet or family style depending on the location. Dinners include one glass of beer, wine, or soft drink and water, coffee and tea.
- Breakfast each morning is also included at the hotel and is typically buffet style with hot and cold options.
- In Spain, breakfast like a local with just a pastry and coffee. Then, tuck into a three-course lunch featuring a Spanish staple like savory seafood paella or grilled meat and fried potatoes. Dinner is less hearty than lunch and is served late, between 9pm and midnight. Snack on small plates called tapas any time of day.
- Catalan cuisine, which can be found in Barcelona, is markedly different from food in other parts of Spain. Nearly every restaurant will offer pa amb tomàquet—toasted bread with tomato and olive oil. Fresh seafood, hearty meat dishes, cheeses, and locally grown vegetables, such as wild mushrooms, are culinary mainstays.
- 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 in France, dinner is served from 7:30pm onward. Those wishing to eat

# Barcelona, Southern France & the Italian Riviera

Pre-departure information for your tour



earlier can stop at a cafe, where light entrées and sandwiches are available throughout the afternoon and evening.

- On the Italian Riviera, a taste of the region's famous basil pesto is a must. Delicious seafood dishes are popular along the shore, but true Ligurians favor simple, traditional recipes like minestrone soup and farinata, an unleavened chickpea pancake.
- Tuscany is world-famous for its wine, oil, sauces, and pasta. Menus favor subtle, lighter pastas and desserts made with nuts, fruit, and honey. Try a dish featuring the region's Chianina beef, perhaps the most prized breed of cattle in all of Italy. For wine, popular Tuscan reds include Chianti, Brunello di Montalcino, and VINO Nobile di Montepulciano, which are primarily made from the Sangiovese grape. Well-known white wines are also made around the San Gimignano region.
- For more authentic meals, try local trattorias, small restaurants set away from the main piazzas. A typical Italian meal includes wines and the occasional beer, followed by a few sips of after-dinner drinks like grappa or limoncello.
- Roman food, on the tour extension, is typically freshly prepared and varies depending on the season. Must-try bites include cacio e pepe (a simple dish of pasta, cheese and pepper) and supplì (a fried rice ball similar to Sicily's arancini).

## Tipping

- At the conclusion of your tour, it is 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 \$10-\$12USD 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.
- If you are traveling to multiple countries with different currencies and the same Tour Director, ask them what currency they prefer for their tip.
- The cost of portage is included in your

tour price, and it is not necessary to tip baggage handlers.

## Currency

- You will use the euro on tour.
- 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.
- 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.
- Plan ahead and bring cash to tip your tour director, local guides, and bus drivers. We also recommend keeping coins in the local currency on hand, as some public bathrooms may charge a fee for use.

## Responsible Travel

- When you travel with EF Go Ahead Tours, you'll make a positive impact on the places you visit, and the people and animals you meet along the way. That's because our three core Responsible Travel commitments—protecting the environment, supporting local communities, and promoting animal welfare—are at the heart of every tour we offer.
- Travel, when done responsibly, can make an enormous socio-economic impact to communities. To maximize your impact, eat at locally owned restaurants and shop at local businesses. Ask your Tour Director to point out restaurants they recommend.
- Prepare for your trip: be aware of the monetary norms such as tipping and negotiating in a market, learn about the destination's forms of etiquette, and take some time to learn a few words in the local language.

- When interacting with locals, make sure to ask people for permission before you take their picture, and approach cultural differences with empathy and an open mind.
- EF Go Ahead Tours encourages our travelers to limit their waste while on the road, especially single use plastics. You can avoid single use plastics by packing your own toiletries, using electronic documents, and bringing a reusable water bottle and shopping bag. If you need to use plastics or paper, please recycle.
- Environment: On this tour, we recommend the use of a reusable water bottle, as the local drinking water is safe for travelers. Your Tour Director can provide additional guidance on local water standards. Make sure to bring a reusable water bottle to cut down on single use plastics.