

The Galapagos Islands & Ecuador

PRE-DEPARTURE INFORMATION FOR YOUR TOUR

About the cruise ship

- An expedition ship that offers a luxurious sailing experience, the M/V Galápagos Legend brings a bit of elegance to adventure cruising. Onboard experts, trained at the Darwin Center, help you get an intimate yet environmentally safe look at the islands. Download a detailed summary of the ship's amenities and available cabins [\[PDF\]](#).

Passport & visa requirements

- In order to enter Ecuador (and Peru on the tour extension), 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.
- Upon arrival in Peru on the tour extension, you will receive an Andean Immigration card that you will need to present when visiting Machu Picchu.
- 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 hours daily across moderately uneven terrain, including cobblestone streets, unpaved trails and sandy paths, with some hills at high altitudes
- 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 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 arrive in and depart from Quito (or Lima on the tour extension). A Go Ahead representative 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. Travelers who purchase their own flights may request airport transfers with Go Ahead for an additional cost.
- Round-trip flights between Quito and the Galápagos Islands are included in the price of your tour. (The tour extension also includes flights from Quito to Lima, Lima to Cuzco and back to Lima).
- A four-night Galápagos Islands cruise and other boat rides are also included in the price of your tour.
- 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 detailed information regarding baggage size and weight restrictions for your flight, but please note that Go Ahead 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 is also permitted, provided that it does not exceed 45 total inches (length + width + height).
- Make sure you label your baggage and keep valuables, medication and documents in your carry-on bag.
- On the tour extension in Peru, you will need a small overnight bag (such as your carry-on bag) for your stay in Machu Picchu, as most luggage will need to be stored in Cuzco.

Clothing & packing tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered. Comfortable, casual clothing, a lightweight jacket and a sturdy pair of walking shoes are a must for sightseeing.
- Waterproof shoes or sandals, a swimsuit, sunscreen and insect repellent are recommended for daily activities.
- Binoculars are handy for a closer look at local wildlife and scenery.

- 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.
- Please be aware that you will be traveling at altitudes as high as 10,000 feet above sea level. These high altitudes can sometimes cause difficulties for travelers who have heart problems or respiratory ailments. If you suffer from any of these conditions, please speak to your healthcare provider regarding any potential health risks.
- Even healthy travelers may sometimes experience altitude sickness, a temporary condition featuring symptoms of headache, fatigue, nausea and light-headedness. Until your body acclimates to the higher altitudes, we suggest that you stay hydrated and limit your intake of caffeine and alcohol.
- 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.
- Seasickness while on board the cruise ship is uncommon, but medication will be available if needed. If you are particularly prone to seasickness you may want to bring your own medication and take it at least 24 hours before the cruise starts.
- Take proper care with sun exposure, as the sun can be especially strong in some of the regions on this tour.
- Drink bottled water only. Refrain from ingesting tap water, including when brushing your teeth. Ice on board the cruise ship is made with purified water.
- Avoid eating fresh fruits and vegetables unless they're cooked or washed in clean water and peeled.
- If you have medication that you take daily, be sure you have enough for each day of the tour and any possible delays encountered.
- If you have dietary restrictions and/or food allergies please notify Go Ahead at least 30 days prior to your departure by logging in to My Account and updating your traveler info. To update this information closer to your departure date, please call our Customer Experience Team.

The Galapagos Islands & Ecuador

PRE-DEPARTURE INFORMATION FOR YOUR TOUR

Cuisine

- Ecuadorian cuisine is diverse, reflecting the availability of ingredients across the country. At higher elevations, meat-based dishes are more popular, while along the coast you'll find seafood in abundance. Traditionally, meals are served with soup and rice, and many feature starches like potatoes and yucca root. Bananas and plantains are also a major Ecuadorian export, appearing in many recipes. You might try patacones, a fritter made with mashed plantains, which is a popular Ecuadorean side.
- On the tour extension, Peruvian cuisine reflects both the country's indigenous cultures as well as European colonial and Pacific Rim influences. Staples include grains such as quinoa, maize and rice, as well as beans, potatoes and meat. Ceviche, traditionally raw sea bass marinated with lime and chilies, is a national dish. Adventurous eaters may want to try cuy, or roasted guinea pig that's cooked over an open fire. You can also raise a toast with Peru's famous pisco, the delicious (and sour) white-grape brandy.

Electricity & air conditioning

- Ecuador operates on 120 volts and uses Types A or B plugs with two flat pins or two flat pins and one round pin, respectively.
- The cruise ship operates on 110 / 220 volts. Both European and American outlets are available on the vessel. The frequency is 50 Hz.
- On the tour extension, Peru operates on 220 volts and uses Types A or C plugs with two flat pins or two round pins, respectively.
- 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 some hotels in this region may not be 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. In more remote locations, internet access may be limited and is not guaranteed.
- Wi-Fi connection is accessible when anchoring in main ports. Satellite phone service is offered while at sea.
- There is no Wi-Fi on any of the motor coaches
- Please contact your mobile service provider for information on roaming charges.

Time zones

- Mainland Ecuador (and Peru on the tour extension) is five hours behind Greenwich Mean Time (GMT), the same as Eastern Standard Time (EST). Ecuador and Peru do not observe Daylight Saving Time.
- The Galápagos Islands are six hours behind GMT, but your cruise ship will operate on Ecuador's mainland time.
- From March through November, when it's noon in New York City, it's noon in Ecuador and Lima on the tour extension. From April through October, when it's noon in New York City, it's 11am in Ecuador and 11am in Lima.

Currency

- You will use the U.S. dollar in Ecuador (plus the Peruvian sol in Peru on the tour extension).
- Please note that U.S. bills in denominations higher than \$20 may not be accepted in some areas of Ecuador.
- 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.

- On your cruise ship, you may open an account at reception to pay for on-board expenses with a credit card; Visa, Mastercard, American Express and U.S. dollars are accepted. You can select your payment method upon arrival.

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/CAD to \$10USD/CAD per person per day for your Tour Director and the equivalent of \$3USD/CAD per person per day for your driver. These tips can only be paid in cash.
- On your cruise, tipping your waiter, busser and cabin steward at the end of the voyage is customary, if you're pleased with the service. We recommend the equivalent or \$20USD/CAD per traveler per day, to be divided among the crew on the cruise ship.
- Separate tips are recommended for the naturalist guides. We recommend the equivalent or \$8USD/CAD per person per day.
- All gratuities on board the cruise can be handled by cash or by credit card.

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.

Shore excursions

- While on the ship, you'll have the opportunity to follow expert naturalists to discover the unique beauty of the Galápagos Islands. These knowledgeable guides lead excursions ranging from snorkeling to bird-watching, giving you the chance to get closer to the incredible animals that make the Galápagos their home.