

# Cuba - Buena Vista Cycling

Trip Code: CUMB

Version: CUMB Cuba - Buena Vista Cycling



CYCLE



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Stunning Vinales, with its palm trees, tobacco fields and limestone 'mogotes'
- Ride the 'skyline route' from San Diego de los Baños to Sorra
- Visit the Che Guevara Mausoleum in Santa Clara
- Sightseeing in the UNESCO listed cities of Havana and Trinidad
- Cycle guide, vehicle support and Trek hybrid bike included in the trip cost

## AT A GLANCE

- 9 days cycling
- 500 kms
- Join at Havana

## ACCOMMODATIONS & MEALS

- 11 Breakfasts
- 9 Lunches
- 2 Dinners
- 7 nights Casa Particular
- 1 nights Hotel
- 3 nights Hotel with swimming pool

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

The largest of the Caribbean islands, Cuba is a uniquely fascinating adventure travel destination that really lends itself to exploration by bike. The island came under communist rule, headed by Fidel Castro, in 1959 and effectively stepped aside from the world of economic development and consumerism. Sixty years later, Cuba is still defined by its classic American cars, crumbling Spanish Colonial architecture, sun-kissed tobacco fields, endless white beaches and the ever-present iconography of Che Guevara.

One of the best ways to experience its special magic is to travel by bicycle between the country's highlights and this new holiday allows you to do just that. A tour by bike of Havana's faded elegance is a great way to start, before we head out to Vinales, home to Cuba's most beautiful landscapes; striking limestone outcrops known as 'mogotes' rising above emerald-green farmland. A mix of superb and never-too-challenging cycle rides on quiet backroads then takes us east to Trinidad where we have a day off the bikes to explore amongst its narrow streets and grand colonial buildings. Cienfuegos is our next stop, with its south coast location and 'malecon' promenade, before we cross the island on our bikes to the beach resort of Playa Jibacoa for the chance of a final swim before returning to Havana. Known for its cigars, baseball, music and dance and for its beautiful people, Cuba is famously laid-back and this taste of the country on 2-wheels is hard to beat.

## Is this holiday for you?

**ADVENTURE CYCLING.** During 9 days of cycling we cover a little over 500 kilometres, almost all of this on quiet backroads which in Cuba can include good road surfaces as well as broken, potholed sections. There are 2 short days with little more than a couple of hours leisurely cycling and there's also a full day off the bikes and the chance to take it easy at Trinidad. On the other 7 cycling days you will cover an average of 65 kilometres per day and you can expect to be cycling for between 4 and 6 hours. The Trek hybrid bikes which we provide as a part of the holiday package are ideal for this holiday. Overall this holiday is not too strenuous, but you should have a reasonable level of fitness to get the most out of it.

# Itinerary

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## DAY 1

**Meet at the group's accommodation in Havana. A group transfer from Havana Airport is provided.**

Your holiday starts at the group accommodation in Havana. A group transfer is provided in the evening from Havana's Jose Marti Airport to our 'casa particular' accommodation in Havana. Casas particulares are simple guesthouses set up in private homes and have become the accommodation of choice for those wanting an insightful and authentic stay in Havana and elsewhere in Cuba. Welcome to Cuba! The largest island in the Caribbean, Hemingway's much-loved abode and one of the last planned economies in the world. You're soon to discover that Cuba is all that and much, much more. If you arrive early enough, there are many excellent restaurants in Havana offering a wide variety of cuisines and styles.



**Accommodation**  
Casa Particular

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## DAY 2

**Pick up the bikes, then Havana city cycling tour, followed by a scenic transfer to Vinales.**

After breakfast we will transfer by bus to the Miramar district of Havana where our bike workshop is located. Here we'll get acquainted with our bikes, make any adjustments and fit your personal pedals or seats if required, before setting off on a panoramic tour of Havana. We'll visit the well-to-do Miramar district, home to the city's foreign diplomats and some of Havana's most striking 20th century architecture. Keep an eye out for the sprawling and quite strange Russian Embassy. We'll then cycle through the enchanting urban forest of Bosque Almendares and on to Nuevo Vedado, before stopping at Plaza de la Revolución, the political heart of Castro's Cuba. From here, we wheel through the young and vibrant district of Vedado towards the famous Hotel Nacional, which has offered shelter to many a celebrity over the years, including Winston Churchill, as well as several prominent members of the American Mafia. Then, it's on through bustling Centro Habana to the famous Capitolio building. With the Capitolio behind us we veer left down the regal Paseo del Prado promenade, a favourite with street artists and skateboarders alike, and turn right to Havana's old train station (now an indoor market) and the ruins of the old city walls, before ending up in the Old Town. After lunch in a nearby 'paladar' restaurant, we'll board our transport for the 3-hour drive to Vinales in the beautiful western province of Pinar del Rio. Our home for the next 2 nights will be a casa particular in the town.

Meals: **B L**

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	<b>Accommodation</b> Casa Particular		<b>Ascent</b> 165M		<b>Descent</b> 170M		<b>Time</b> 2 hrs cycling		<b>Distance</b> 24KM
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### DAY 3

## An undulating loop ride from Vinales through farmland and forest and via the town of La Palma.

The small town of Vinales is nestled in the valley of the same name and surrounded by dramatic, steep-sided limestone outcrops known as 'mogotes'. Between these forest-covered crags there is rich agricultural land where the local 'campesinos' grow a variety of food crops as well as lots of high quality tobacco. On today's circuit ride we'll leave the hustle bustle of the town behind us and head east at a slow pace through rural Cuban countryside, seeing local folk go about their daily routines and no doubt an assortment of animals along the roadside. Road surfaces will be typical of rural Cuba; paved roads with sporadic potholes and rough sections making up the majority, plus some unpaved road with loose gravel. We will stop off in a suitably scenic spot to enjoy a packed lunch. Looping around through the town of La Palma, we cycle back to Vinales through some of the loveliest of Cuban landscape; forest, farmland and isolated palm trees. Returning to the town in the early afternoon, we'll have some time at leisure before regrouping and going out for dinner at an organic farm overlooking the town.

Meals: **B L D**

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	<b>Accommodation</b> Casa Particular		<b>Ascent</b> 635M		<b>Descent</b> 635M		<b>Time</b> 4 - 5 hrs cycling		<b>Distance</b> 62KM
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### DAY 4

## Transfer to San Diego de los Banos and cycle the 'Skyline Route' to Soroa.

We are now heading back towards the east and after breakfast with our hosts we board our transport for the approximately 1-hour transfer to San Diego de los Banos where the day's cycling will commence. This is one of the most challenging day-rides of the trip, but it starts out easily enough on the old Carretera Central, a level and now quiet road which takes us from Pinar del Rio into the province of Artemisa. After around 25 kilometres, however, we turn north and make a loop up into the mountains of the Sierra de Rosario Biosphere Reserve. With plenty of ups and downs, curves and viewpoints, this road runs through a mix of tropical semi-deciduous forest, passing abandoned coffee plantations, lakes, rivers and waterfalls. It is known locally as the 'Skyline Route' and finally brings us back down to pleasant hotel above the small town of Soroa. Arriving mid-afternoon, we check in at our hotel and have a couple of hours to rest and relax before dinner. Within a few hundred metres of the hotel is a botanical garden which specialises in orchids, as well as the 20 metre-high waterfall - El Salto de Soroa, where it is possible to take a dip in clear river pools.

Meals: **B L**

**Accommodation**

Hotel with swimming pool

**Ascent**

1345M

**Descent**

1200M

**Time**

6 hrs cycling

**Distance**

71KM

**DAY 5****Ride to Las Terrazas Biosphere Reserve, then 4-hour transfer to Santa Clara.**

After our pleasant 3-day visit to the western provinces, today we will head east into the central part of the island. But, firstly, we will take to our bikes once more and cycle back up into the hills and then onwards to the Las Terrazas Biosphere Reserve. The ride is only 20 kilometres, but the first half of that is gradually uphill, gaining 300 metres, and is sure to get those leg muscles pumping. Turning towards the east, we descend and then enjoy an undulating ride through forest to Las Terrazas. Here, we'll load up the bikes, change into some non-cycling clothes and jump on the bus ahead of a 4-hour eastward transfer. We will make a stop for lunch on the outskirts of Havana, then continue on Cuba's main highway to Santa Clara, a city best known for being the site of the last battle of the Cuban revolution. In December 1958 Che Guevara and his troops ambushed an armoured train carrying arms to Santiago de Cuba and this was a major turning point in the revolution. After checking in at our hotel in Santa Clara, we'll have the chance to visit the Che Guevara Mausoleum which houses his remains. The museum attached to the mausoleum has many of his belongings and is a fascinating insight into one of the 20th Century's most revered icons.

Meals: **B L****Accommodation**

Hotel with swimming pool

**Ascent**

415M

**Descent**

335M

**Time**

2 hrs cycling

**Distance**

20KM






**DAY 6****Ride south via Manicaragua to Hanabanilla in the Sierra del Escambray.**

Cycling directly from our hotel on the western side of the city, we'll ride around the ring road in an anti-clockwise direction before turning off and heading due south. Our route takes us down through a landscape that is a mix of uncultivated savannah and farmed land, with coffee, tobacco and grassland predominating. After 35 kilometres we reach the town of Manicaragua where we turn abruptly back towards the west and enter the more mountainous and forested terrain of the Sierra del Escambray. The final stage of the day's ride involves a difficult 300 metre climb up to our final destination on the shores of Lake Hanabanilla. Our hotel tonight is something of a Soviet era giant. Although it may look a bit out of place in these luscious surroundings, it does have a wonderful swimming pool and great views from the rooms!



Meals: **B L**

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	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 710M		<b>Descent</b> 455M		<b>Time</b> 4 - 5 hrs cycling
	<b>Distance</b> 56KM						

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## DAY 7

### Cycle back to Manicaragua, then south to the UNESCO Heritage Site of Trinidad.

We have an easy start to the day; freewheeling the first 10 kilometres and then continuing to retrace our route of yesterday as far as Manicaragua. From Manicaragua, we cycle in a south easterly direction down a pleasant open valley with the forested slopes of the Escambray hills on our right hand side. When we reach the small 'pueblito' of General Lino Perez we take a very minor road which heads due south into a sleepy backwaters and further in to the Escambray range. We have a couple of significant climbs to make as we cross into the province of Sancti Spiritus on a road that cuts through this forested upland area to eventually arrive in a region previously well-known for its sugar mills. Turning onto the 'Circuito Sur' (southern coast road), we cycle the last 10 kilometres or so back towards the west and into the UNESCO-listed town of Trinidad where we check in for a 2-night stay. Dinner tonight will be on the beautifully relaxing patio at Casa Alberto y Osmar.

Meals: **B L D**

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	<b>Accommodation</b> Casa Particular		<b>Ascent</b> 1015M		<b>Descent</b> 1330M		<b>Time</b> 6 - 7 hrs cycling		<b>Distance</b> 83KM
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## DAY 8

### We spend a day off the bikes, with a short, guided orientation tour of Trinidad. Then free time.

After a week, cycling every day, this is a good opportunity to take a break from the bikes and do some exploring in one of Cuba's most special towns. The guide will take the group on a short orientation tour and then the rest of the day is at leisure for you to do as much or as little as you please. Trinidad's main square provides a snapshot of Spanish Colonial architecture with its cobbled streets and pretty, pastel-coloured houses with their wrought-iron grilles. Amongst the stand-out buildings on the Plaza Mayor are the Santisima Trinidad Cathedral and the San Francisco Convent. For anyone who wants to cycle today, there is the option of a circular route to and from the nearby beach at Playa Ancon. Trinidad is a hot spot for music and there are plenty of live music and dance venues to visit in the evening.

Meals: **B**



**Accommodation**  
Casa Particular

## DAY 9

### A coastal ride from Trinidad to Cienfuegos, between the hills of the Topes de Collantes and the Caribbean.

After breakfast we'll leave Trinidad, heading west with the Caribbean Sea on our left hand side and the green tree-clad mountains of the Topes de Collantes National Park on our right. We'll stop in La Vega community for a short visit and to pick up our packed lunches. After around 40 kilometres, we'll leave the coast and head inland on an undulating road that leads through farmland and via several small hamlets to the Botanical Garden of Cienfuegos where we'll stop for refreshments before cycling down towards the city. We'll stop at a strategic point just outside the city and drive the final stretch in order to avoid cycling in busy traffic. We'll be staying once more in a casa particular tonight. The city of Cienfuegos has a delightfully restored central plaza, and also boasts an iconic 'malecon' coastal road where many locals gather in the evenings to fish, chat, and share a rum or two.

Meals: **B L**



**Accommodation**  
Casa Particular



**Ascent**  
500M



**Descent**  
550M



**Time**  
5 - 6 hrs cycling



**Distance**  
76KM

## DAY 10

### Transfer to Jaguey Grand, cycle to an organic farm in Matanzas Province for lunch. Overnight in Matanzas.

We take a short road transfer (approx. 1 hour) out of Cienfuegos to the town of Jaguey Grande where today's cycle begins. We have a shorter cycling stage today and this should allow us a bit of free time at the end of the afternoon. Our route takes us on well-paved roads northwards through central Matanzas Province all the way to 'Finca Coincidencia' a family-run farm that specialises in organically grown food and pottery artwork. After a delicious lunch here, we'll transfer the remaining distance to the authentic north coast city of Matanzas in the bus. Upon arrival we'll have a short orientation walk around the centre. Matanzas was known as the 'Athens of Cuba' and had a thriving literary and music and dance scene in the 19th Century. Some of the town's cultural riches can still be discovered within the space of a 1-hour stroll.

Meals: **B L**



**Accommodation**  
Hotel



**Ascent**  
185M



**Descent**  
120M



**Time**  
4 hrs cycling



**Distance**  
56KM



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**DAY 11****Cycle from Matanzas to the beach at Playa Jibacoa, then transfer to Havana.**

We will be returning to Havana today, but not before we complete an excellent final day's ride. Climbing out of Matanzas to the west, we'll follow the main road as far as Ceiba Mocha where we turn off onto quiet back roads that take us high up to a mountain viewpoint where we can look down on the Picadura Valley. From this point, 28 kilometres into the day's ride, we are faced with a long and fast descent pretty much all the way to the northern coastline, where we'll emerge at Playa Jibacoa for lunch and celebratory drinks on the golden sand beach! There'll be time for a swim in the sea, before we board our bus for the little more than 1-hour transfer back to Havana where we check in at our casa particular for a final night in the Cuban capital.

Meals: **B L**

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	<b>Accommodation</b> Casa Particular		<b>Ascent</b> 550M		<b>Descent</b> 500M		<b>Time</b> 4 - 5 hrs cycling		<b>Distance</b> 62KM
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**DAY 12****Your holiday ends after breakfast. A group transfer is provided to Havana Airport in the evening.**

Your holiday ends after breakfast. For those with flights late in the day, there is a guided walking tour of Havana's Old Town in the morning. Afterwards you'll have some free time to go souvenir shopping. A group transfer is provided to Havana Airport in the evening.

Meals: **B**

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# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

## Cuba - Jibacoa Beach Extension

This sun-kissed extension will take you from Havana to a laid-back beach bungalow style hotel at one of Cuba's finest beach locations - Playa Jibacoa. Just an hour or so to the east of Havana, on the north coast of the province of Mayabeque and tucked beneath a barrier of white cliffs, Playa Jibacoa's beautiful white-sand beaches are protected by endemic foliage such as sea grapes. This is a wonderful spot to relax, swim and snorkel and the perfect place to take a break, chill out, stroll along the white-sand beach and sip a cool mojito in the shade of a palm tree.

**4 days from**  
**US\$630** per person

# Holiday Information

## What's Included

- Havana Airport group transfer on Day 1 and Day 12
- English-speaking local cycling guide
- Support vehicle and driver
- Accompanying mechanic (from 6 group members)
- Meals as per the Meal Plan
- 3 litres of mineral water per person on cycling days
- All accommodation as detailed in the itinerary
- Local hybrid bike hire (Trek 8.3 DS)

## What's not Included

- Travel insurance
- Havana Airport transfers (other than single timed group transfers)
- Departure taxes (if applicable)
- Miscellaneous expenses - drinks and souvenirs etc.
- Tips for local guide and other staff

## Joining Arrangements & Transfers

The group will meet at the 'casa particular' accommodation in Havana.

A group transfer from Havana Airport is provided in the evening of Day 1 and a group transfer back to Havana Airport is provided on the final day of the Land Only itinerary.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

Breakfasts, 9 lunches and 2 dinners are included. We don't include lunch on the free day in Trinidad, nor on the final day in Havana, leaving you to make your own meal choice. On most evenings the guide will advise on (and accompany the group to) a nearby restaurant where you will choose and purchase your dinner directly.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

On most evenings the guide will recommend a local restaurant for the group's evening meal and you will have the chance to sample traditional Cuban dishes which tend to be quite simple; meat or fish (on the coast) and the root vegetables such as yuca, boniata and platano. There are both Spanish and African influences on Cuban cuisine. Citrus fruits, rice and some vegetables were introduced to the island by the Spanish colonists, whilst people of African origin (who came to Cuba as slaves) are responsible for the use of okra, maize and cassava. Classic Cuban dishes include shredded beef served with cassava and chicken marinated in orange, lime, garlic and paprika served with black beans and rice. Outside of the larger towns, the emphasis will be on tasty, fresh local produce.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this trip the group will spend 4 nights in mid-range hotels and 7 nights in casas particulares. The name casa particular means 'private home' and these family-run establishments, which provide accommodation somewhere between a homestay and a hostel, are a relatively new phenomenon in Cuba. They vary in size and it is not unusual for us to have to accommodate the group more than one casa particular of the same standard in the same area, with one of them acting as the 'HQ' or focal point for the group. We use only the best of this category of accommodation and find that they offer an authentic Cuban experience and an insight into the way of life of the people. Accommodation is arranged on a twin-sharing basis with en-suite facilities and if you are travelling by yourself, you will be paired up with another single client of the same sex. Depending on availability, it may be possible to pre-book single rooms for all nights.

## Group Leader & Support Staff

An English-speaking local cycling guide will lead the trip. Our local leaders are the best in the business and all of them have completed a stringent week-long Bike Leader Training Course run locally on Cuba by British Cycling ([britishcycling.org](http://britishcycling.org)). There will also be a support vehicle and driver. For groups of 6 or more clients, there will also be a second guide/mechanic.

## Spending Money

The currency that you will use in Cuba is the Cuban Peso (CUP). You will buy your CUP on arrival in Cuba and we recommend that you do this at a bank or currency exchange at the airport. We recommend that you travel with Euros as these are convenient and widely accepted in Cuba. (Don't take US Dollars as these are subject to a 10% commission when changing). We estimate that 250 Euros should be sufficient to cover non-included lunches and dinners as well as incidental expenditure including tips to local staff, drinks and souvenirs. Credit or debit cards cannot be used in Cuba except in major hotels. There are few ATMs in Cuba and your cards may not work in them. Please also note that you cannot take CUP out of the country and will need to either spend any that you buy or exchange them into another currency before passing through immigration when you leave Cuba.

## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local team if they have done a good job. We recommend that you tip as a group at the end of the trip and that each member of the group contributes 40 Euros which will be divided amongst the team by your guide. Additionally, at the start of the tour, the guide will ask you to pay 10 or 15 Euros each into a kitty which will allow him to pay miscellaneous small tips to porters, waiters, toilet attendants etc.. It is usual to add a 10% tip to your bill in restaurants.

## Bike Hire

Bikes are provided locally within the cost of the holiday. These are Trek 8.3DS hybrid bikes which have front suspension and disc brakes. They are easy to ride and handle Cuba's potholes and rough tarmac well. The 29 inch wheels make them fast, while the 24 gears help on the hills. The bikes are fitted with flat pedals. If you want to use your own pedals and/or saddle you can take these with you and they will be fitted to your bike for you. Please provide us with your height when you book so we can reserve a suitable bike for you.

If you would prefer to take your own bike on this holiday, you need to let us know at the time of booking. We can discount the trip cost by £50 for anyone who chooses to do this.

## Vehicle Support

Throughout this trip we will have the back up of a support vehicle. This will be an air-conditioned private bus which can accommodate the whole group. Each morning (when moving to new accommodation) the group's baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

## Baggage Allowance

We recommend that you travel with one main item of luggage, such as a holdall or wheelie-bag, as well as a small day pack or bike-specific hydration pack which can be used to carry valuable items such as cameras and GPS devices whilst travelling. You can choose to ride with your day pack/hydration pack or you can leave it in the support vehicle.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

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## There are 2 formalities that you will need to take care of ahead of your visit to Cuba.

1). All nationalities require a tourist visa (known as a Tourist Card) to enter Cuba.

If you are British and living in the UK, or a citizen of one of the EU countries living in the UK, you can apply for your Tourist Card through the Cuban Consulate in London. Or you can buy your Tourist Card from our Cuban ground agent who has an office in London (contact the KE office for details) and a contract with the Cuban Consulate to sell Tourist Cards. The cost is currently £15 + £5 postage (half the cost of going through the Cuban Consulate).

The Tourist Card is valid for a 30-day stay in Cuba and we suggest that you make your application 4 or 5 weeks before your holiday.

If you are neither British living in the UK, nor an EU citizen living in the UK, we recommend that contact your nearest Cuban Consulate to check the entry requirements.

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2). All travellers also need to fill in online a Tourist Entry or 'Advance Travel Information' form just before their departure. You can access the [DViajeros Form Here](#). Make sure to keep a photo of the QR code generated so that you can easily present it on arrival in Havana. PLEASE NOTE YOU CAN ONLY FILL IN D'VIAJEROS FORM 48 HOURS PRIOR TO ENTRY INTO CUBA.

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Passing through immigration at Havana Airport can be a slow process and you are likely to be asked to show that you have travel insurance with medical cover.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

## Currency

The unit of currency in Cuba is the Cuban National Peso (CUP).

Please also note that you cannot exchange CUP out of the country and will need to either spend any that you buy or exchange it into another currency before passing through immigration when you leave Cuba.

Euros are generally the best currency to exchange and small denomination notes may be accepted throughout the country. US Dollars (USD) may incur additional taxes when exchanged.

## Preparing for your Holiday

The better shape you are in, the more you will enjoy your trip. We suggest that you follow a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country before your holiday. This will also provide you with an opportunity to make sure your riding kit is tried and tested before you travel. Whilst cycling is obviously the best activity to prepare you for this trip, running and swimming are also good for developing aerobic fitness and stamina.

## Climate

Cuba's 'dry' season runs from November to April and the daily maximum temperatures during this period are likely to fall between 24 and 28 degrees centigrade, dropping at night to 20 degrees or a little lower. Expect lots of sunshine and the occasional rainy day.



## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Bicycling Cuba. Wally and Barbara Smith. Backcountry Guides
- Cuba. Lonely Planet
- Cuba. DK Eyewitness Travel Guide
- The Rough Guide to Cuba
- Our Man in Havana. Graham Greene
- The Old Man and the Sea. Ernest Hemingway

## Maps

### Cuba - Adventure Travel Map - National Geographic. 1:750,000

Available from Stanfords - <http://www.stanfords.co.uk>

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

For this holiday you will need normal cycling clothing, including suitable shoes, cycling gloves and a helmet (which must be worn at all times when cycling).

### Bike Gear

- Cycling helmet
- Trainers or stiff-soled cycling shoes
- Daypack or cycle-specific hydration pack (e.g. Camelbak)
  - Water bottle(s) or water bladder - min. 2 litres water capacity (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Padded (baggy) cycling shorts
- Long leg cycling trousers or leg warmers
- Short sleeve cycling tops
- Long sleeved cycling tops
- Light fleece jacket or jumper for evenings
- Light windproof-waterproof jacket
- Regular biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

### Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries
- Mosquito repellent
- Hand sanitiser gel
- Swimwear
- Basic First Aid kit and personal medication
- Reusable cloth bag for shopping (to avoid plastic bags)

### SPARES and repairs

You do not need to take any tools or spares. The local guide will take care of any and all issues. Please contact us if you have any questions about your equipment.

### Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.

[-> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the group accommodation in Havana. A single transfer is included from/to Havana Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Havana. Outbound flights depart from the UK in the morning, arriving in the evening of the same day. Return flights depart from Havana in the evening of the final day of the Land Only itinerary and arrive in the UK on the following afternoon.

# Why Choose KE

## Why KE

Perfect 12-day Itinerary This carefully thought-out itinerary covers many of the Cuban highlights and focuses on spending time on our bikes rather than in a transfer bus. Whilst a week is not long enough for a cycling holiday in Cuba, this 12-day itinerary is just right!

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change