Cuba - Buena Vista Cycling

Trip Code: CUMB

Version:

CYCLE	GUIDED GROUP	MODERATE
		4



HIGHLIGHTS

- Stunning Vinales, with its palm trees, tobacco fields and limestone 'mogotes'
- Ride the 'skyline route' from San Diego de los Banos to Soroa
- 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

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

Version:

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$650 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
- Acompanying mechanic (from 6 group members)
- Meals as per the Meal Plan
- Snacks during the rides
- 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. Water and snacks are provided from the support vehicle during the rides - fresh fruit, fruit juice, nuts, biscuits.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Drinking 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 yuka, 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.

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 hostal, 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). There will also be a support vehicle and driver. For groups of 6 or more clients, there will also be a second guide/mechanic.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Cuba's national currency is the CUP (Cuban Peso) but its value fluctuates a lot and everyone in Cuba wants euros or US dollars which you can use to purchase most goods and services using small denomination notes - 5's, 10's and 20's. It's also worth pointing out that shops and restaurants will usually give you a much better rate of exchange than the official one when you pay with euros or US dollars.

We estimate that 250 euros or US dollars 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.

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 50 euros or US dollars 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 or US dollars 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. Water and snack-food are provided during the rides.

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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Cuba Visa

Cuba's eVisa officially launched in September 2024.

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

1). Firstly you must apply for an eVisa. The process is most easily coordinated through our Cuban ground agent who has an office in London (contact the KE office for details) and a contract with the Cuban Consulate to issue eVisas.

The eVisa is simply a Unique Visa Number which you are required to enter into the D'Viajeros Form - see below.

2). You must also fill in online a Tourist Entry or 'Advance Travel Information' form just before departure. You can access the D'Viajeros 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 THE D'VIAJEROS FORM WITHIN 48 HOURS PRIOR TO ENTRY INTO CUBA.

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.

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

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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

Private Groups Information

Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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 repellant
- 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.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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.

If you travel to Cuba via the USA you will have to overcome the same compliance regulations faced by US citizens. We strongly recommend that you **DO NOT** travel via the USA.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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.

If you travel to Cuba via the USA you will have to overcome the same compliance regulations faced by US citizens. We strongly recommend that you **DO NOT** travel via the USA.

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 07/11/2026 and the trip is subject to change