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Please note that the use of credit and debit cards is currently very unreliable in Cuba. Banks, ATMs and POS services for credit/debit card payments are often not working and it is important to arrive to Cuba with cash to avoid inconveniences. Please see the “Money Exchange” section of the Tour Details for more information.



## **Biking Cuba**

8 days, Havana to Havana

Trip code CCBC

### **What's included**

- Your G for Good Moment: Proyecto Manacú Visit, Manaca Iznaga
- Your Welcome Moment: Meet Your CEO and Group

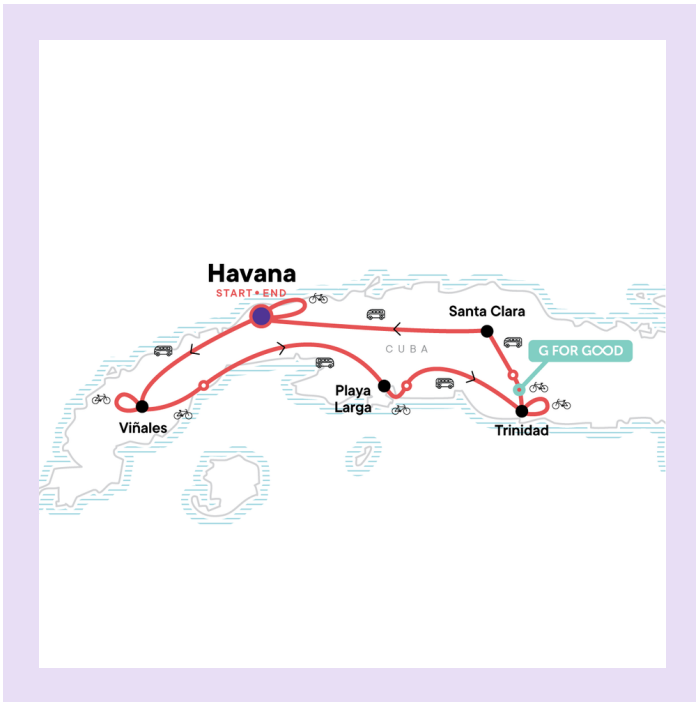
- Your Local Living Moment: Havana Homestay, Havana
- Your Hands-On Moment: Salsa Lesson, Trinidad
- Arrival transfer
- Guided cycling with support vehicle
- Traditional cigar factory visit in Pinar del Río
- Cueva de los Portales visit
- Las Terrazas visit
- Giron Museum visit
- Che Guevara's Mausoleum Visit
- Havana city tour
- Informal Spanish lesson
- All transport between destinations and to/from included activities

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**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing May 7th, 2019 and onwards

# Itinerary



## Itinerary Notes

Right now is an exciting time in Cuba with rapidly changing legislation and local conditions. Cuba has seen a massive increase in tourism lately, which has put a strain on local tourist infrastructure. While we will strive to operate our tours as closely to published itineraries as possible, conditions often change from one day to the next, and minor tour modifications may be necessary with no advance notice.

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Havana

Arrive at any time. An arrival transfer is included to the tour's starting point, a "casa particular" (Cuban home used as a bed and breakfast), for an authentic Cuban experience.

Arrive in Havana at any time. There are no planned activities, so check into the casa and enjoy the city. Your CEO will organize a short meeting in the evening.

It is important to note that Cuba tends to be quite different to other areas of the world you may have travelled in. Buildings and infrastructure are generally old and may not have been maintained to the highest standard. Elevators, internet and A/C often break down, things happen very slowly and water pressure and hot water can be minimal. Cuba is an amazing place to visit but to fully enjoy and relax, western expectations should be left at home and your sense of adventure should be your guide.



### Accommodation

Casa Villa Azul (or similar)

Homestay



### Today's Activities

Arrival Transfer

José Martí International Airport - Havana

30m

You will be met at the airport and transferred to the start location to start your adventure. Please note, the included arrival transfer is from Havana's José Martí International Airport (HAV). If you are flying into Varadero (VRA) you will need to pre-pay a supplement to receive a transfer. Please reach out to your G Adventures booking agent for pricing and availability.

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### ACTIVITY

Live amongst the locals in this “casa particular”, Cuba’s equivalent of a bed & breakfast homestay. Learn about the lifestyle, culture and real-life realities of our hosts. More intimate than a hotel, experience a slice of Cuban life as it’s actually lived.

Depart Havana after breakfast and transfer west to Viñales in Pinar del Río, the “Garden Province” of Cuba. Head out on the first ride – a circular route around Viñales, cycling past the famous mogotes (limestone pincushion hills) of the region.

Leave Havana this morning and drive to the small village of Viñales. This region is one of the most stunning in Cuba, known for its mogotes (large limestone pincushion hills) that make for spectacular views. In the afternoon, get fitted on a bike and hop in the saddle for the first ride in the area. Although we're not covering much distance today, it's a great opportunity to get accustomed to the conditions and prepared for the days ahead. Lunch today will be a picnic lunch.

After the ride, visit a tobacco farm. Enjoy some free time in Viñales and opt to go caving, hiking, or relax and enjoy the beautiful views of the valley.

Today's riding distance: approximately 26km, with elevation gains of 276m

This trip is considered a 'Moderate' cycling level and requires good fitness and skill level. Expect daily cycling to be between 25-46kms on a mixture of paved and rustic roads to experience the true Cuban countryside – you never know when you may end up sharing the road with vintage cars or horse-drawn carriages! Heat and humidity can add unique challenges to cycling in Cuba, but a support vehicle will accompany the group for all biking segments in case you get tired and want to hitch a ride. 3 litres of bottled water per person and basic snacks are provided on cycling days.



### **Meals included**

Breakfast | Lunch



### **Accommodation**

Homestay Haydee Chiroles (or similar)

Homestay



### **Today's Activities**

Private Vehicle

Havana - Viñales

2h30m

189km

Settle in and scan the scenery from the convenience of a private vehicle.

Informal Spanish Lesson

Sit down with the CEO for a brief lesson on some important words and phrases in español to prepare for the upcoming adventure.

Viñales Cycling – Circular Route

Viñales

2h-3h

26km

Cycle through the small village of Viñales and out among the limestone mogotes (hills) that make up the landscape. Get ready to get your heart pumping – the cycling here involves some ascents and descents and can be challenging at times. There is a support vehicle if you choose to not ride the entire journey.

Tobacco Farm and Cigar Tour

Viñales

Pinar del Rio is tobacco country. Fans of the ubiquitous Cuban cigar will be hard-pressed not to be impressed by the fields of green plants punctuated by thatch roof drying hut. Then witness a demonstration of how the cured leaves are hand-rolled, cut and packaged. Prepare for the heady smell of tobacco. Opt to buy a box to bring home to friends or enjoy them all by yourself.



## Optional Activities - Day 2

Viñales Hiking

Viñales

The countryside around Viñales is lush, fertile and punctuated with mogotes – limestone “haystack” hills. Hire a guide or head off with some friends to explore the area. Bring water and wear sturdy shoes. You may stumble upon a cave with an underwater spring. Dive in and cool off.

Day 3

## Viñales/Playa Larga

Cycle to the historic Cueva de los Portales, a cave that was used by Che Guevara as the headquarters of the Cuban Army during the 1962 Cuban Missile Crisis. Later, transfer to Playa Larga.

Lunch will be a picnic lunch and today's riding distance is: approx 46km, with elevation gains of 540m

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### Meals included

Breakfast | Lunch

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### Accommodation

Casa Sol y Caribe (or similar)

Homestay

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### Today's Activities

Cycling Viñales to Cueva de los Portales

Viñales - Cueva de los Portales

46km

The ride today leads to Cueva de los Portales, the headquarters of the Cuban Army during the 1962 Cuban Missile Crisis. Exploring this vast and beautiful cave system is our reward after cycling today. Although there is some traffic on the roads, there is space to ride freely among the jagged peaks of the west of Cuba - known as Mil Cumbres, or "1000 summits."

Cueva de los Portales Visit

Cueva de los Portales - Viñales

Visit the cave where Che Guevara commanded Cuba's occidental army during the 1962 Cuban Missile Crisis. Take time wandering the grounds and check out some of Che's artifacts that were left behind.

Private Vehicle

Cueva de los Portales - Playa Larga

5h

Settle in and scan the scenery from the convenience of a private vehicle.

Day 4

## Playa Larga/Trinidad

Cycle to Playa Giron to visit the museum here and learn about the area's important history. Hop back on our bikes to cycle to Caleta Buena for lunch. Cool off in the refreshing turquoise waters before transferring to the World Heritage Site of Trinidad.

Today's ride will journey through the idyllic setting of the Zapata Peninsula. Lying within the UNESCO Biosphere Reserve site, the area is home to a multitude of bird species. Make a stop at Playa Giron, one of the sites of the Bay of Pigs invasion in 1961. Visit the museum here to learn about the conflict and see artifacts such as weapons and tanks.

Cycle on to Caleta Buena, a protected cove with clear waters and an abundance of fascinating marine life. After enjoying a picnic lunch overlooking the cove, you can opt to swim in these beautiful waters.

Today's riding distance: approx 45km, with elevation gains of 112m



### Meals included

Breakfast | Lunch



### Accommodation

Homestay Jesus Pineda (or similar)

Homestay



### Today's Activities

Bay of Pigs Cycling

Playa Larga - Playa Girón

36km

Cycle through the Zapata Peninsula towards Playa Giron. Take some time to go to the local museum and learn more about the Bay of Pigs invasion in 1961.

Giron Museum Visit

Playa Girón

Learn more about the Bay of Pigs invasion at this small museum that houses photos and artifacts from the conflict.

Cycle to Caleta Buena

Playa Girón - Caleta Buena

Cycle to Caleta Buena, a beautiful beach area known for its incredible snorkelling. Take a break for lunch by a natural sea pool and opt to swim.

Swimming at Caleta Buena

Caleta Buena

Take a dive into the clear blue waters at Caleta Buena. This incredible swimming and snorkelling area is a perfect way to unwind and cool down.

Private Vehicle

Caleta Buena - Trinidad

3h

Settle in and scan the scenery from the convenience of a private vehicle.



## Optional Activities - Day 4

La Cueva

A local Cuban discoteca in La Cueva, Disco Ayala is an underground cave hosting one of the best dance parties on the island. Head down the stairs and through a tunnel before reaching the large cavernous opening filled with stalactites, stalagmites and throngs of people moving to the rhythm of a combination of salsa and techno blasting from the speakers. Dance the night away with locals and your group until the sun comes up, not that you'll see the sun inside La Cueva.

Navigate through the bustling streets of central Trinidad and depart for the small fishing village of La Boca. Continue on the route that enjoys the alluring scenery of the Ancon peninsula coastline and indulge in a picnic lunch on the golden sands of Playa Ancón. Spend time relaxing or swimming in this idyllic location.

Cycle back via the small port of Casilda and take advantage of free time in Trinidad. Tonight, join the group for a fun and informal salsa class with Cuban dance partners. Soak up the lively atmosphere of Trinidad and opt for a night out to enjoy all the sights and sounds the town has to offer.

Today's riding distance: approx 25km, with elevation gains of 128m

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## Meals included

Breakfast | Lunch

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## Today's Activities

Playa Ancón Cycling

Playa Ancón

25km

Today's ride is a relatively flat and leisurely circuit ride out of Trinidad. Depart the town to the west, cycling to the small fishing village of La Boca. Then cycle southwards along the Ancón peninsula, stopping at the beach to relax and have lunch. Cycle the short distance back to Trinidad via the port of Casilda.

Swimming at Playa Ancón

Playa Ancón

Grab your bathing suit and go for a refreshing swim off the shores of the beautiful white sand beach, Playa Ancón.

Free Time

Trinidad

Explore this beautiful colonial town and its surrounding beach and attractions.

### ACTIVITY

Loosen up those hips and get ready to salsa. Led by expert Cuban instructors, rumba, mambo and cha-cha-chá your way across the floor. Never danced salsa? Have no fear, Cubans are happy to share the secrets behind one of their national pastimes.

Depart Trinidad, cycling to the town of Manaca Iznaga, a Unesco World Heritage Site known as the Valley of the Sugar Mills. Wander the town's plaza and browse the artisanal market for souvenirs. Visit the G Adventures-supported project, Proyecto Manacú before continuing on to Rio Seibabo for lunch. Later, transfer to Santa Clara.

Set off early by bike, making a stop at the small town of Manaca Iznaga which is known as the 'Valle de los Ingenios' or Valley of the Sugar Mills. This town once played an integral role in the production of sugar cane in the country and remnants of the old sugar mills and machinery can still be found here. Today, the town enjoys a status as a Unesco World Heritage Site. Continue on to the G Adventures-supported project, Proyecto Manacú. This is a female-led community initiative designed to keep the local textile making traditions alive.

Cycle the scenic route north to Rio Seibabo, stopping to try some local honey along the way. Enjoy a packed lunch by the river and opt for a post-lunch dip. The final leg of today's journey will be made by bus to Santa Clara. Settle into the casas particulares for the night.

Today's riding distance: approx 37km, with elevation gains of 545m



## Meals included

Breakfast | Lunch



## Accommodation

Teresita Homestay (or similar)

Homestay



## Today's Activities

Valle de los Ingenios Cycling

Trinidad - Río Seibabo

37km

Set off early, travelling east from Trinidad along the main route that connects to Sancti Spiritus. Cycle to the town of Manaca Iznaga to visit the artisanal market and G Adventures-supported project, Proyecto Manacu. Continue on to Rio Seibabo, enjoying the scenery and undulating terrain along the route.

ACTIVITY

Visit the Manaca Iznaga community and get further immersed in the local life and meet Cuba's rural families, where G Adventures and Planeterra helped create a textiles centre in 2019, thereby enabling local women to sell traditional textiles to travellers. See local embroidered techniques used to create garments and souvenirs, and learn how local women organization has impacted the community and those who visit it. Planeterra and G Adventures have supported with providing technical assistance to start up the business, capacity building and guidance to create a local experience.

Private Vehicle

Río Seibabo – Santa Clara

1h15m

60km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 7

## Santa Clara/Havana

Visit the Mausoleum of Che Guevara this morning before traveling back to the capital. Enjoy a cycling tour of Havana, reveling in the sights and sounds of this vibrant city.

One of the oldest cities in the western hemisphere, Havana was designated a World Heritage Site by UNESCO in 1982. It contains a wealth of colonial architecture, and the old city and streets around the malecon (ocean-side walkway) are best discovered on foot. After arriving back to the city, go on a cycling and walking tour of Havana's highlights. Experience the bustle, history, and rhythms of this fascinating Caribbean capital city.



### Meals included

Breakfast



### Accommodation

Casa Villa Azul (or similar)

Homestay



### Today's Activities

Che Guevara's Mausoleum Visit

Santa Clara

The Che Guevara Mausoleum houses the remains of this Marxist revolutionary leader killed in Bolivia in 1967, as well as 30 of his men. The room itself is designed to resemble the Bolivian mountains where he died. Set eyes on a 6.7m (22ft) bronze statue of the hero. Nearby, there is a museum dedicated to his life and an eternal flame lit by Fidel Castro.

Private Vehicle

Santa Clara - Havana

4h

281km

Settle in and scan the scenery from the convenience of a private vehicle.

Havana City Cycling Tour

Havana

3h-4h

Set off on a cycling tour of the capital, journeying through vibrant neighbourhoods and along the Malecon for coastal views. Make stops along the way to see some of the city highlights, such as Plaza de la Revolucion, Hotel Nacional, and El Capitolio. Jump off in the old town and continue on foot to explore the main plazas and surrounding streets.

Depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your G for Good Moment: Proyecto Manacú Visit, Manaca Iznaga
- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Havana Homestay, Havana
- Your Hands-On Moment: Salsa Lesson, Trinidad
- Arrival transfer
- Guided cycling with support vehicle
- Traditional cigar factory visit in Pinar del Río
- Cueva de los Portales visit
- Las Terrazas visit
- Giron Museum visit
- Che Guevara's Mausoleum Visit
- Havana city tour
- Informal Spanish lesson
- All transport between destinations and to/from included activities

## **What are the main highlights of this trip?**

Bike through limestone pincushion hills in Viñales, Visit a tobacco farm, Spot birds while cycling along the idyllic Zapata Peninsula, Enjoy a picnic lunch on the Playa Ancón, Visit a women-operated traditional textiles centre, See the Mausoleum of Che Guevara

## **Itinerary Notes**

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## **What are the main highlights of this trip?**

Bike through limestone pincushion hills in Viñales, Visit a tobacco farm, Spot birds while cycling along the idyllic Zapata Peninsula, Enjoy a picnic lunch on the Playa Ancón, Visit a women-operated traditional textiles centre, See the Mausoleum of Che Guevara

## **Is there a disclaimer I should read before booking this trip?**

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## **Are there Itinerary notes?**

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# What important notes should I be aware of before the trip?

## ESTA VISA:

Please note that nationalities requiring an ESTA visa for travel to or through the US may be affected by having travelled to Cuba. We recommend that you contact a US embassy to be clear on the ESTA requirements and implications in order to get the most up-to-date information regarding travel to Cuba.

## WIFI

Please note, free WiFi is not widely available throughout Cuba and most places will require payment to use it.

## Cycling Grading – Moderate

- Some degree of experience required
- Majority of on-road cycling and some rustic roads
- Occasional long days in the saddle or multiple ascents and descents
- Good fitness and skill level recommended
- Cycle between 20-65 km per day
- 5 days of cycling

Please be aware that heat and humidity can have an effect while cycling or hiking in Cuba. 3 litres of water is supplied on activity days (cycling, kayaking, and hiking), and basic snacks are provided on cycling days. Be aware that items such as prepared snacks or rehydration drinks are not readily available in Cuba. If you feel that these would be helpful, remember to pack them for your trip.

1. A support vehicle will accompany the group at all times during biking segments. Travellers may opt to hitch a ride at any time if they get tired and they can store additional drinks, snacks or clothing in the support vehicle.

2. Bikes are suitable for the type of terrain that is cycled in Cuba. The brand is Trek 8.3 DS mountain bike with hybrid tires. Our bicycles can accommodate people of a variety of heights from 1.6m/5'3" up to 2m/6'7".

3. Helmets are not included on this trip. Helmets are required, please bring your own. Gloves are not provided, it is recommended that you bring your own. You may choose to bring your own seat or clipless pedals but they are not necessary. Comfortable shoes for hiking days are recommended.

4. The bikes are fitted with a bottle carrier. You may wish to bring your own water bladder for additional access.

## MEDICAL TRAVEL INSURANCE

From 01 May 2010, all tourists entering Cuba will require "Medical Travel Insurance". We urge you to check with your insurance provider to ensure your policy covers Cuba. If it is not, tourists will be forced to purchase a Government approved policy on arrival in Cuba. The cost of buying this insurance in Cuba will be in addition to any insurance already purchased, and it is likely the rates for these policies will be inflated compared to what you may purchase in advance from home.

## Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag( usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

#### DEBIT/CREDIT CARDS

Please note that debit and credit cards that are issued by American banks are not accepted in Cuba and will not work at ATMs. In addition, it is recommended to contact your bank to advise you will be travelling in Cuba regardless of your nationality, as local ATMs are likely to block your card unless a travel notification has been set up.

## What is the group leader like?

This tour is accompanied by a local guide throughout. The aim of the local guide is to take the hassle out of your travels and to help you have the best trip possible. They will be able to provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

## How large will the group be?

Max 16, Avg 10

## What meals are included in this trip?

7 breakfasts, 5 lunches

## What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. Please refer to the meals included and budget information for included meals and meal budgets.

Resorts, hotels, and government-run restaurants are notorious for mediocre buffets and subpar food quality, but at casas and locally run restaurants you get the chance to taste real Cuban cuisine. Options may not be as diverse as back home, but you can expect to have simple, good, quality food.

Based on Cuba's economic situation, there may be fluctuations in food supply and there are occasionally shortages of certain ingredients - which provides a great opportunity to try something new! Cubans rarely uses spices for cooking, so it's recommended to bring some of your favourite spices or hot sauce for a bit of added punch.

## **What are the modes of transportation on my trip?**

Bicycle, private vehicle, walking, cycling support vehicle (optional).

## **Is there an extra cost for travelling solo?**

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Casas particulares (homestays) (7 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## **What kind of accommodation can I expect on this trip?**

Accommodation on this trip is mostly, if not entirely, in 'casas particulares', the Cuban equivalent of a bed & breakfast. These local accommodation options allow you to participate in a typical Cuban living experience by staying with a family in their home. The family rents a bedroom or two (twin or single) with private bathroom shared amongst guests. Groups are usually spread across multiple casas with a central meeting point for evening socializing in the towns.

Hotel service standards can be fairly low in Cuba and in complete contrast to the price paid for these accommodations. Casas are usually very centrally located and a great base for exploring Cuban towns and cities. Utilizing the local accommodation puts you closer to the Cuban people and lifestyle and often provides a higher standard of service and comfort than in a hotel.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous. Please note, the included arrival transfer is from Havana's José Martí International Airport (HAV).

If you are flying into Varadero (VRA), you can purchase a transfer to the starting hotel. Please contact our Sales Team or your Travel Agent for more information.

Our driver will be waiting for you with a G Adventures sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

If for any reason you are not met at the airport, please call our local support line or you can go to the the office of Cubanacan, the government agency, and ask for the Representative of Cubania (our local provider). If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

Your arrival transfer has been arranged based on flight information provided to us. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474  
After hours emergency number: +51 997 582 712.

EMERGENCY CONTACT NUMBER in CUBA (24/7):  
+53 5216-5408.

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our Sales team, who will happily assist you.

Toll Free: North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## **Are there any additional packing suggestions I should consider?**

**CYCLING:** All cycling equipment is included except for biking gloves and water bottles, we recommend you bring your own for additional comfort and convenience. You may also bring your own seat and clipless pedals if you choose; the bikes have normal pedals. Panniers are not necessary as you are able to store extra gear in the safety vehicle which will be following the group at all times. Bikes have a bottle carrier attached, and you are provided with a bottle which is washed and disinfected between trips. Additionally, you may wish to bring your own camel bag for drinking water.

**GENERAL:** We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

# What should be on my packing list?

## Cycling:

- Bike helmet (required)
- Biking gloves
- Bicycle pedals (optional)
- Cycling clothing (cycling shorts and cycling jersey)
- Bicycle saddle cover (optional)
- Cycling shoes
- Bicycle saddle (optional)
- Handlebar bag (optional) (For easy access to small personal items.)
- Personal cycling gear

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Helmets are not included on this trip. Please bring your own helmet with you (required). Basic snacks will be provided on cycling days, but Cuba has limited access to healthy snacks with protein. Should you want additional snacks in between meals/while cycling, you may want to bring some with you.

**When can I do my laundry on this trip?**

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

U.S. citizens and residents:

Because of the Cuban Assets Control Regulations enforced by the U.S. Department of the Treasury's Office of Foreign Assets Control (OFAC), G Adventures does not accept bookings for U.S. citizens and residents at this time. Please check current travel restrictions before booking travel to Cuba. G Adventures reserves the right to cancel any reservations made by U.S. citizens, residents or other persons subject to U.S. jurisdiction.

### IMPORTANT NOTE FOR ALL PASSPORT HOLDERS:

We recommend that you avoid flying to Cuba via the US airports. If you are connecting through the US, regardless of your nationality, you will be required to submit a signed form certifying that you are traveling under one of the 12 travel categories authorized by Office of Foreign Assets Control (OFAC). The traveller is responsible for qualifying under one of these travel categories. Tourism is not one of these 12 categories. More information can be found in the U.S. Department of the Treasury's Cuba FAQs.

Please note that nationalities requiring an ESTA visa for travel to or through the US may be affected by having travelled to Cuba. We recommend that you contact a US embassy to be clear on the ESTA requirements and implications in order to get the most up-to-date information regarding travel to Cuba.

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## What should I know about currency, credit cards, and exchanging money while on this tour?

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

Currently the best currency to bring to Cuba is the EUR. We advise that you bring EUR cash in small denominations as many bars and restaurants will accept payment in EUR at a very advantageous exchange rate. We recommend you wait until you speak to your guide before exchanging large amounts of EUR into local currency.

Bringing cash is the easiest way to travel in Cuba, though please take extra security precautions to avoid theft. Please note that until further notice AUD and NZD are not accepted in Cuba. Because of these difficulties we recommend that you arrive in Cuba with CAD, EUR, GBP, or Mexican pesos which can be easily converted into Cuban Pesos at official CADECA exchange offices. Please be aware that the unofficial or "street" rate of exchange is currently much higher than the official rate of exchange.

People traveling in Cuba with Visa or Mastercard credit cards can use them for payments in supermarkets and some government owned hotels, restaurants, bars and stores. All card transactions are in USD and will be subject to a fee. Bank cards from US banks do not work in Cuba, and cards using the Cirrus or Maestro systems are nearly impossible to use. The best credit cards to bring are Visa Plus or Mastercard. Please note that ATMs are not widespread and some debit cards do not work in Cuba.

If you plan to use a bank card, it would be advisable to check with your bank directly prior to your departure as to whether the card should work in Cuba.

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in Cuba.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

You are advised NOT to change money on the street outside the airport or your hotel. Reliable money exchange may only be done at CADECA (change houses), Banks, or Hotel Reception.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:  
[www.xe.com](http://www.xe.com)

It is prohibited to enter or leave Cuba carrying Cuban Peso (CUP) currency. Please make sure you have spent or exchanged any remaining CUP prior to passing through immigrations when you leave Cuba. You can do this at the CADECA exchange office at the airport but we recommend you do this before reaching the airport as queues can be long.

Any drinks, snacks, duty free and souvenirs in the Airport will now need to be paid using a credit card or cash (GBP, CAD, AUD, USD, EUR etc.).

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

## What activities are optional on this trip?

### Viñales

- Viñales Hiking

### Playa Larga

- La Cueva

## Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

# What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

### MAKING FRIENDS WITH LOCALS

Sexuality is very open in Cuba and that can shock some travellers, especially women. There are many Cuban men and women (known as Jineteros), who make a living escorting foreigners. Offers of this service are very common in Havana. Be aware of this practice and keep in mind that some locals who approach you may do so to take advantage of your presence.

We advise traveling around the streets of Havana City in small groups, rather than individually (especially for women travelers). In addition, we suggest not carrying any easy targets for potential troublemakers like cameras, purses, or anything that is easy to snatch or grab. We advise this not expecting trouble, but rather erring on the side of caution.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.