G Adventures

Last Updated: July 30, 2015

Cuba Family Adventure

12 days, Havana to Havana

Trip code CCFA

What's included

- Your Welcome Moment: Meet Your CEO and Group

- Your Hands-On Moment: Making Musical Instruments, Havana
- Visit to Las Terrazas community and San Juan natural pools
- Area tour of Viñales Valley, including the "Cueva del Indio"
- Half-day city tour of Havana in vintage automobiles
- Visit to Che mausoleum
- Nature walk in Topes de Collantes
- Visit to a crocodile farm

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 G Adventures. 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.

VALIDITY: Valid for all trips departing January 1st, 2015 and onwards

Itinerary

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.

Itinerary Notes

This trip is designed for parents and children to enjoy together. You will be travelling as part of a group of families with other children. The itinerary has been designed with the needs of the whole family in mind. We have given this trip a minimum age for this trip to allow you to be sure that you have the right trip for you and your family. Minimum age of 6 years for this trip. Please see the activities for any specific minimum age requirements.

Day 1

Havana

Arrive at any time. Arrival transfer included.

Arrive in Havana at any time and enjoy the city.

A G Adventures representative will meet you at the airport and transfer you to the hotel.

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.

Today's Activities

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.

Arrival Transfer | José Martí International Airport – Havana | 30m

You will be met at the airport and transferred to the hotel to start your adventure.

Day 2

Havana

Take a tour of Havana in a classic American car before trying an optional salsa lesson in the afternoon.

After arriving in Havana, spend the day exploring the city. Discover the history and culture of La Habana Vieja in style, taking a classic American car tour through the city.

In the afternoon, get a chance to stretch your legs taking a salsa class. It's a great opportunity for dad to show off his dancing skills!

Meals included

Breakfast

Today's Activities

Havana City Tour in Vintage Car — Havana — 1h

A fantastic way to experience most of Havana—and in style! Hop into a well-preserved car from the 1950s and cruise around, soaking in the city's atmosphere.

Optional Activities - Day 2

Salsa Lesson

Learn how to salsa – whether you are a beginner or an expert, we have a lesson perfect for you! It's a great option for groups. Small class sizes and professional teachers make this activity a hit with G Adventures passengers.

Day 3

Havana/Viñales

Drive to Viñales and enjoy a walk among towering limestone karsts and a visit to the Caverna de Santo Tomas.

Take a sightseeing tour of the valley, including a visit to the Caverna de Santo Tomas. Get up close to the valley's incredible geological formations. Tour a section of the cave by boat!

Meals included

Breakfast

Today's Activities

Private Vehicle | Havana – Viñales | 2h30m | 189km

Take a sightseeing tour of the valley, including a visit to the Caverna de Santo Tomas. Get up close to the valley's incredible geological formations, and tour a section of the cave by boat!

Caverna de Santo Tomas Visit | Viñales

Visit Cuba's largest cave system, which stretches more than 46km (28 mi). Explore a 1km (.6 mi) section of a cave that's open to the public, and see stalagmites, stalactites, and a number of other natural attractions.

Day 4 Viñales/Las Terrazas

Tour the small community of Las Terrazas, with a visit to the natural pools of San Juan.

From Viñales, continue on a short journey to the nature reserve of Las Terrazas. Located in the Sierra del Rosario mountains, the reserve is filled with lakes and waterfalls and is a great place for the kids to play in all day.

Meals included

Breakfast

Today's Activities

Private Vehicle | Viñales – Las Terrazas | 1h-1h30m | 128km

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

Las Terrazas Tour Las Terrazas

Head out to explore Las Terrazas on a guided tour with the CEO. Learn more about the community and Las Terrazas' roots as a reforestation project. The site became an ecotourism resort in 1990, providing jobs to the 850 inhabitants of the area. Discover the resort's many attractions, including a centre of ecological research and investigation and artist workshops where visitors can flex their creative muscles, see the handiwork of local artisans, or just shop. Then head to local natural pools for some water fun!

Pools of San Juan Visit Las Terrazas

Grab your swimsuit and enjoy splashing around in the cool waters and waterfalls of San Juan.

Day 5 Las Terrazas/Playa Girón

Venture to the caves and rivers of Cueva de los Peces and on to Playa Giron for the night.

Continue to the south of the island, heading for Playa Giron, the scene of the attempted invasion of Cuba by American forces. Along the way, stop at Cueva de los Peces where the kids can have lunch and swim among brightly coloured fish.

Meals included

Breakfast

Today's Activities

Private Vehicle Las Terrazas – Guamá

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

Cueva de los Peces Visit Cueva de los Peces

Marvel at the amazing underwater beauty of Cueva de los Peces, a water-filled cenote which drops 21m (70 ft) below the earth's surface. Sit and relax in a hammock, snorkel among brightly coloured tropical fish or just float in the water and enjoy the sun.

Day 6

Playa Girón/Cienfuegos

Cross by ferry to the fortress of Castillo de Jagua. Spend the rest of the day free in Cienfuegos.

In the morning, take a short ferry across the bay to Castillo de Jagua. Located in the entrance of the Bay of Cienfuegos, the fortress was built in the 1740s by the Spanish to protect the bay from pirates. You and the kids can pretend to protect the bay from invaders all over again.

Continue to Cienfuegos, where the rest of the day is free. Spend the night.

Meals included

Breakfast

Today's Activities

Private Vehicle — Playa Girón – Cienfuegos

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

Ferry — Cienfuegos – Jagua

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Castillo de Jagua Visit — Jagua

Cross by ferry to visit Castillo de Jagua, an imposing fortress that sits across the bay from Cienfuegos. Built in the 1740s by the Spanish to protect the bay from pirates, it serves as a great reminder of the colonial past of the area.

Ferry — Jagua – Cienfuegos

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Free Time — Cienfuegos

Relax and make the most of Cienfuegos and the surrounding area.

Day 7 Cienfuegos/Trinidad

Transfer to Trinidad. Enjoy a tour of this beautiful colonial-era town and have plenty of free time to wander.

Take a short drive along the coast in the morning to the southern coastal city and UNESCO World Heritage Site of Trinidad.

Enjoy an included tour of the area to get your general bearings. The rest of the time is free to wander the cobblestone streets, shop, and experience the great music scene that has made this city famous.

Meals included

Breakfast

Today's Activities

Private Vehicle — Cienfuegos – Trinidad — 1h-1h30m — 80km

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

Orientation With CEO — 30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Free Time — Trinidad

Explore the colonial city of Trinidad, with its colourful centre and windings streets. It's a great place to get lost for the day.

Day 8 Trinidad

Have a free day to enjoy optional activities. Visitors looking for outdoor activities will find Trinidad a haven for horseback or bicycle riding (don't expect any modern mountain bikes though!). If a beach sounds like what you're looking for, try snorkelling or diving in nearby Playa Ancón, just 12km (7.5 mi) from town.

Meals included

Breakfast

Today's Activities

Free Time Trinidad

Explore the colonial city of Trinidad, with its colourful centre and windings streets. It's a great place to get lost for the day.

Optional Activities - Day 8

Snorkelling

Slather on the sunscreen and head out into the tantalizing waters. Float effortlessly in the clear warm water and look for schools of fish, coral, sponges and more.

Cycling Trinidad 4h-5h 50km

Rent a bike and head off to see the area. Set in the Escambray mountain range, Trinidad is a great location for exploring. Enjoy the winding streets of the town, take to the hills around the area or challenge yourself with a cycle down to the beach.

Diving Playa Ancón

The waters around Cuba are known for their gentle tides, warmth and diversity of underwater flora and fauna. Grab a mask and tank, pull on some flippers and head down into the depths to discover all this for yourself. Off the Ancón Penninsula, find a narrow shelf with a sandy bottom, home to marine sponges, black coral and schools of colourful tropical fish.

Horseback Riding Trinidad

Escape the cobblestone streets, hop on your horse and ride through the countryside in the Valley of the Sugar Mills. Pass plantations of sugar cane and mango trees. Take the trail to a cascading waterfall where you can wash off the dust and feel refreshed.

Day 9 Trinidad

Visit the nature reserve of Topes de Collantes, before transferring to the hacienda for the night.

Cuba is an island well known for its natural beauty, and we can see a lot of natural wonders visiting the Topes de Collantes reserve, located in the Escambray Mountains. Filled with caves, rivers, waterfalls, and pools, this is a natural playground.

Enjoy the day here, before transferring to the hacienda accommodation for the night.

Meals included

Breakfast

Today's Activities

Topes de Collantes Visit Trinidad

Visit Topes de Collantes, a nature reserve set among the Escambray Mountains filled with wildlife, waterfalls, and caves. Discover natural pools and trails while exploring, and soak in the beauty of the impressive wilderness, which will make a long-lasting impression.

Day 10 Trinidad/Santa Clara

Santa Clara is home to some of Cuba's most important historical locations. Visit the site of Che Guevara's mausoleum, and the famous armoured train that was a central part of the Cuban Revolution.

Head inland to visit the site of some of the most important moments in Cuban history at Santa Clara. Kids will be fascinated by the stories of the Cuban revolution, and can see the armoured train used by the revolutionaries to attack the government troops that helped to turn the revolution for them.

Meals included

Breakfast

Today's Activities

Private Vehicle | Trinidad – Santa Clara | 2h-2h30m | 122km

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

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.

Day 11 Santa Clara/Havana

Return to Havana, where the afternoon is free to explore the city. Have time to learn how to make traditional musical instruments, and, of course, enjoy playing them.

In the morning, drive back to Havana. On return, the rest of the day is free. Explore the city at leisure, visit some of the bars and restaurants in the city, or sit at a café and watch the world go by.

The evening is a great opportunity to have one final meal with newfound friends and family.

Meals included

Breakfast

Today's Activities

Private Vehicle | Santa Clara – Havana | 4h | 281km

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

ACTIVITY

Have fun learning how to make (and play) Cuban instruments. Cuba is famous for many things, but among the most famous exports from the island is music. Take a lesson in how to make some of the

instruments used on the island. Spend some time learning to play them, and create some sounds unique to the Caribbean.

Free Time Havana

Havana is the multicultural centre of Cuba. Make the most of free time here to explore the city and all its diverse and vibrant areas.

Day 12

Havana

Depart at any time.

Transfer to the airport where the trip ends and we say goodbye to newfound friends.

Meals included

Breakfast

Today's Activities

Departure Day

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

What's included

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- Visit to Che mausoleum
- Nature walk in Topes de Collantes

- Visit to a crocodile farm

What are the main highlights of this trip?

Cruise through Havana in a vintage automobile, bliss out on a beautiful beach overlooking the Caribbean, explore Cueva del Indio by boat, walk among limestone peaks, visit a crocodile farm, learn about fascinating Cuban history.

Itinerary Notes

This trip is designed for parents and children to enjoy together. You will be travelling as part of a group of families with other children. The itinerary has been designed with the needs of the whole family in mind. We have given this trip a minimum age for this trip to allow you to be sure that you have the right trip for you and your family. Minimum age of 6 years for this trip. Please see the activities for any specific minimum age requirements.

What are the main highlights of this trip?

Cruise through Havana in a vintage automobile, bliss out on a beautiful beach overlooking the Caribbean, explore Cueva del Indio by boat, walk among limestone peaks, visit a crocodile farm, learn about fascinating Cuban history.

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

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

Are there Itinerary notes?

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

MEDICAL TRAVEL INSURANCE
From 01 May 2010 all tourists entering Cuba will require “Medical Travel Insurance” that is on a Government approved list. We urge you to check with your insurance provider to ensure your policy is on the list of approved providers. 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 polices will be inflated compared to what you may purchase in advance from home.

G Adventures has insurance policies available for travellers from a number of countries at competitive rates, and our insurance provider has been confirmed as recognized by Cuban officials. We can assist with medical travel insurance for residents of the United States, Canada, and Australia.

If you would like peace-of-mind and to purchase insurance from G Adventures, please contact our reservations team on 1800 465 5600 (from North America), or 08444 101030 (from the UK) or 39413 5820 (from Australia) or experience@gadventures.com

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 role of the group leader during this trip?

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will 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. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

What is the maximum and typical number of participants on this tour?

Max 20, avg 10

What meals are included in this trip?

11 breakfasts

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. 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?

Private van.

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?

Hotels (8 nts), hacienda (3 nts)

If I choose to purchase My Own Room, are there any exceptions during the trip?

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 should I expect from the accommodations 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 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 is the joining hotel?

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

What are the joining instructions?

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).

Airport transfers are only included from Havana's José Martí International Airport (HAV). If you are flying into Varadero (VRA), you can purchase a transfer to the starting hotel. Speak to your GCO or sales 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 Cuba Incentives (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 for that day other then your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

What should I do if I can’t find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event 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
If you have purchased an arrival transfer or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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

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. Hours of operation by region can be found here.

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 are the packing guidelines and luggage restrictions?

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 I pack for this trip?

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.)

Where 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

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).

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 Convertible Pesos (CUC) at the 8% conversion fee.

As of November 8, 2004 the US Dollar is no longer being used as official currency. The Cuban Convertible Peso is at a similar value to the US Dollar, and can be acquired at any change house or bank. Please note that any transaction involving the US Dollar in Cuba automatically incurs a 18% fee.

People traveling in Cuba with Visa credit cards can still use them for cash advances, however all transactions will be subject to an 18% 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. Please note that ATMs are not widespread and generally speaking debit cards do not work in Cuba from any foreign banks.

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). Cuban Convertible Pesos (CUC) are extremely difficult to convert outside of Cuba, be sure to convert any remaining CUC before departing Cuba.

You are advised NOT to change money on the street outside the airport or your hotel. Reliable money exchange may only be done at Cadecas (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

What emergency funds do I need access to 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!

What are the tipping guidelines for this 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. 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.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline $20-25 USD per person, per week can be used.

What activities are optional on this trip?

Havana

- Salsa Lesson

Trinidad

- Snorkelling
- Cycling
- Horseback Riding

Playa Ancón

- Diving

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 in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. 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 general safety tips and free-time guidelines should I follow?

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 leader 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 judgement 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 click here.

Are there any specific safety considerations for this itinerary?

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.

NB. 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 are the mandatory group rules regarding laws and behaviour?

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 CEO has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

What are the mandatory travel insurance requirements for this trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. 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/

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.

What are the age restrictions for this trip?

Minimum age of 6 years for this trip.

Are international flights included in this trip?

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

However, on some 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.