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Sorry! There are no remaining departures for "Sailing Cuba" (CCVH), [but here are some similar trips.](#)



**Last Updated:** August 22, 2022



## **Sailing Cuba**

8 days, Havana to Havana

Trip code CCVH

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Sailing through the islands of the Canarreos Archipelago in southern Cuba
- Snorkelling, kayaking, and fishing equipment
- Bath and beach towels
- All transport between destinations and to/from included activities
- EUR12 per day Cuba Sailing Tax

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 April 16th, 2016 - December 31st, 2016

# Itinerary

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## 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/Cienfuegos

Arrive in time for the 3pm welcome meeting at the joining point hotel. After, travel to Cienfuegos and spend the night aboard the catamaran.

Spend the evening in Cienfuegos getting acquainted with the crew and yacht, followed by a safety briefing and an early dinner on board.

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.



### Meals included

Dinner



### Today's Activities

#### ACTIVITY

The adventure begins today. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Transport

Havana - Cienfuegos

4h

250km

Settle in and scan the scenery as you journey to your next destination.

Day 2

## Cienfuegos/Canarreos Archipelago

After breakfast, set sail from Cienfuegos and head towards the Canarreos Archipelago.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

25m (82 ft) Cuba Sailing Catamaran

Cienfuegos - Canarreos Archipelago

Stretch out and stay balanced aboard a cosy double-hulled watercraft.

Day 3

## Canarreos Archipelago

Travel through the islands of the Canarreos Archipelago and spend the next five days soaking in everything these island communities have to offer. Discover paradise among the rustic, sparsely populated islands, go snorkelling, explore secluded beaches or simply relax on deck.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

25m (82 ft) Cuba Sailing Catamaran

Canarreos Archipelago

Stretch out and stay balanced aboard a cosy double-hulled watercraft.

Days 4–6

## Canarreos Archipelago

Explore the remote and beautiful islands of the Canarreos Archipelago. Snorkel the crystal-clear waters in search of colourful fish, relax on the beach, and dine on some of the best seafood you'll ever have.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

25m (82 ft) Cuba Sailing Catamaran

Canarreos Archipelago

Stretch out and stay balanced aboard a cosy double-hulled watercraft.

Cayo Largo Visit

Cayo Largo Island

Visit Cayo Largo, the largest island in the Canarreos Archipelago, known for its 25km (15 mi) of pristine white-sand beaches and mangrove forests. Let your worries melt away – you won't have any trouble relaxing here! Sit back and relax with a book while sipping on a refreshing beverage, play a game of beach volleyball or enjoy some snorkelling. Or take a river cruise among the maze of mangroves to spot crocodiles resting in their natural habitat.

Cayo Rico Visit

Cayo Rico

Be welcomed by bright turquoise waters on this island visit. Enjoy a cocktail at a friendly beach bar, and soak in amazing waterfront views. Feed iguanas indigenous to the island or snorkel right off the boat – try and spot one of the rays that like to hang out here.

Day 7

## Canarreos Archipelago/Cienfuegos

Wake up and admire the view from the lighthouse in Cayo Guano. Enjoy one last snorkel before sailing back from the Canarreos Archipelago to the town of Cienfuegos. Enjoy some final time on deck, and keep an eye out for fish and other marine life along the way.

After arriving back in Cienfuegos, the CEO will be happy to show the group town by foot. Relax at the end of the evening while taking in the local sites of this rustic town.



### Meals included

Breakfast | Dinner



### Today's Activities

25m (82 ft) Cuba Sailing Catamaran

Canarreos Archipelago - Cienfuegos

7h-9h

Stretch out and stay balanced aboard a cosy double-hulled watercraft.

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.

Day 8

## Cienfuegos/Havana

Depart Cienfuegos after breakfast and arrive back into Havana around midday when the trip will end. After being dropped off at the hotel your CEO will be able to help with onward travel arrangements.

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### Meals included

Breakfast

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### Today's Activities

Transport

Cienfuegos - Havana

3h30m

Settle in and scan the scenery as you journey to your next destination.

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Sailing through the islands of the Canarreos Archipelago in southern Cuba
- Snorkelling, kayaking, and fishing equipment
- Bath and beach towels
- All transport between destinations and to/from included activities
- EUR12 per day Cuba Sailing Tax

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

Sail on a catamaran through the beautiful turquoise waters of the Canarreos Archipelago, stop to snorkel or share a drink with friendly locals, enjoy the slow pace of life in the islands

## **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.

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

Sail on a catamaran through the beautiful turquoise waters of the Canarreos Archipelago, stop to snorkel or share a drink with friendly locals, enjoy the slow pace of life in the islands

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

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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.

## **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.

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?

1. Please note that space is very, very limited on the boat and especially in your cabin. It is important that you only take on board soft sided luggage such as a mid sized backpack or soft duffel bag, keeping your bag's weight to less than 15kgs. Suitcases are not appropriate for our Sailing Cuba Adventure as they are not pliable enough to fit into the niches available for luggage. If you are on a longer trip, it may be possible to store excess luggage for one week at the yacht marina.
2. Fresh water is very limited on board, and as such we ask for your understanding that showers are limited to one quick shower per person a day. One towel per week is provided for showering purposes, and beach towels are also provided. Drinking water, tea and coffee is provided free of charge on board the yacht.
3. It's important to note that the beds in the cabins are not the usual length of a standard bed. The length is approximately 1.8 meters (6 feet).
4. Please let us know of any food allergies & requirements when booking, as there is very limited access to additional food once on the water. One of your included dinners will take place ashore during the week.
5. The CUC12 or EUR12 per day Cuba Sailing Tax is included in the trip price.
6. 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.

### 7. 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 policies 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](mailto:experience@gadventures.com)

### 8. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

## What is the group leader like?

This sailing adventure is staffed by a qualified skipper, a local cook/first mate and a G Adventures CEO. Your onboard team know the island groups extremely well and are passionate about sharing their hidden secrets with their "crew". They know the best secluded beaches, snorkeling spot, coolest beach bars and where you can check your internet.

## How large will the group be?

Max 14

## What meals are included in this trip?

7 breakfasts, 5 lunches, 7 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. Traveling with G Adventures you experience the vast array of wonderful food that is available out in the world.

Food is a major part of this sailing adventure. You will enjoy many home cooked meals lovingly prepared by our on board cook. Portions are generous and will include sea food, typical Cuban dishes and even the occasional breakfast fry up.

Drinking water is provided and beer, wine and soft drink is available to purchase at cost price aboard.

Non included meals are taken ashore at local restaurants.

There's nothing left to do but kick back and relax!

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

25m (82 ft) sailing catamaran.

## What transportation will we take on this trip?

Please note that this is a sailing catamaran, and the skipper will be using wind power when the winds are agreeable.

Although this is not a learn to sail program, you may have a chance to learn a few tricks of the trade and assist the skipper with navigation while sailing. There are times when motoring the catamaran will be required, due to unfavourable wind conditions.

## 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?

Twin/double bed cabins with en suite bathrooms (7 nts).

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

This catamaran is equipped with 8 passenger cabins, some with 2 beds (upper and lower) and some with double beds. All cabins have attached bathrooms with showers (shared between two cabins) and the vessel has an onboard kitchenette, interior and exterior common areas, and plenty of outside deck space.

Power onboard is 220V on European 2 pin sockets. Please note that this is not suitable for sleeping aid machines, as the power source may not always be operating. Bringing a battery pack is recommended.

If you are traveling alone, you will be paired up in a cabin with another traveler of the same gender. Please expect the cabin to be very small. The bunk length is 1.8 meters (6ft) with limited head height and limited storage for luggage. Most of our sailors tend to spend very, very little time in their cabins, just using them to sleep and store clothes.

## What is the joining hotel?

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

## What are the joining instructions?

The best way to get to the arrival point hotel is via taxi from the airport. There are fixed (official) rates from the airport (25CUC at time of writing). It is a 25-30 minute drive (depending on traffic) into the city.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line, or go to 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 be at the joining hotel (listed on your tour voucher) by 2:30pm to meet your group. A G Adventures representative will organize a short meeting, then depart on a transfer to Cienfuegos at 3pm. Please note that the first night (Day 1) of your trip will be aboard the catamaran in Cienfuegos.

## 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.

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

### EMERGENCY CONTACT NUMBERS

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (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.

G Adventures San José, Costa Rica,

Open Monday to Friday, 9am to 5pm local time (GMT -6).

Tel: Int. dialling code + 506 4001 8474

After hours emergency number +506 8322 9140

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 2060

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 853 325

Calls from New Zealand: 0800 333 415

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?

Please do not arrange any onward travel until after 5pm. We typically arrive back into Havana around 3pm, but in the event there are any delays, it's best to plan ahead.

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

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.

PLEASE NOTE: No hard suitcases are permitted due to limited space.

# What should be on my packing list?

## 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.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- 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

## Marine:

- Drybag (Will help keep cameras and essentials dry)
- External battery pack
- High UV sunscreen
- Locks for bags
- Motion sickness tablets
- Sandals/flip-flops (Extra pair of deck shoes or sandals recommended)
- Sarong
- Small travel towel
- Snorkel gear (optional) (Only if own equipment is preferred.)
- Sun hat/bandana

### **Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

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

Laundry facilities are not available on the boat. 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](#)

A "Tourist Card" is required for most nationalities to travel to Cuba. Many airlines to Cuba include the cost of this card in the flight cost and distribute the card during the flight. Some airlines do not provide this card, so it is best to call your airline and ask about it prior to travel. Tourist cards are also available from a Cuban consulate or embassy and cost approximately \$20-\$25CUC.

## **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) although the currency you will use on this trip will be Cuban Convertible Pesos (CUC).

Cuba is primarily a cash operated country. 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. Euros are the best to convert.

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. We do not recommend travelling with USD.

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](http://www.xe.com)

## 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 Cuba to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people 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 \$1.5-\$3.5 USD per person 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, Skipper and Cook did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per day can be used.

## What activities are optional on this trip?

- No optional activities

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

Please note: We do not have a constant power source onboard, and cannot facilitate the use of Sleep Apnea/CPAP machines. Bringing a suitable battery pack is required.

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.

There are no specific health requirements for this trip. However, 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. 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?

Cuba is a relatively safe country if you take the same precaution you would back home in any major and/or touristy cities, use common sense and do not hesitate to ask your skipper about specific areas to avoid. Also it is recommended to carry with you only the money and documentation you need for the day. Always keep an eye on your belongings.

## 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?

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

## 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?

Minimum age of 16 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 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.