



Cuban Family Fiesta (2017)

Trip Code: FNU
Edition No: AR 1 2017
Valid from: 01 Jan 2017 - 31 Dec 2017
Amended: Aug 2017

8 DAYS

AT A GLANCE

- Flights direct with Virgin Atlantic
- Travel by comfortable air-conditioned private coach and speed boat
- Group normally 4 to 24, plus local leader
- 4 nights Casas Particulares, 3 nights hotels
- All breakfasts, 3 lunches and 3 dinners included

HIGHLIGHTS

- Picturesque Havana, with its crumbling colonial grandeur and Caribbean rhythms
- Swimming at Las Terrazas Biosphere Reserve
- The colourful UNESCO site of Trinidad, with its cobblestone streets and pastel houses
- Learn about Cuba's fascinating revolutionary history and culture
- Cuban Tourist Cards included for all UK residents (with UK or EU passports)

cubaniatravel.com



SUMMARY

Our adventure begins in Cuba's lively capital, Havana. We then drive towards Santa Clara, site of the last battle of the Cuban revolution. In the Escambray Mountains you will enjoy a nature trail in Topes de Collantes. A highlight for the kids here is travelling on a Russian truck. On reaching Trinidad we'll be able to hear live Cuban music filling the narrow cobbled streets as we search for local handicrafts. Our final few days are spent at the beach, where the warm waters provide some great snorkelling opportunities. On our return to Havana we explore this living museum in vintage American cars, driving in style past Revolution Square and along the coastal boulevard to the famous old town which is bursting with energy, history and culture.



FACT BOX CUBA

Currency	Peso (CUP) & Convertible Peso (CUC)
Language	Spanish
Capital City	Havana
Population	11,200,000+
Dialing code	+53
Time zone	GMT/UTC -05:00hr
National Flag	

IS THIS TRIP FOR YOU?

This is a leisurely trip that involves a combination of sightseeing and activities.

We would highlight the following issues for you to consider:

- Cuba is hot and humid all year, especially June to Sept, and these conditions can be tiring
- Mosquitos can be prevalent at certain times of the year (the wet summer months) and stomach bugs can also spread
- The service in restaurants is often slow and the choice of food is limited (for political and economic reasons)
- Some of the accommodation may be more basic than international hotels in other parts of the world
- Some fairly long drives are involved as we feature the best destinations in the west and central parts of the island, but we break these journeys with stops and try to make them informative and fun.

IMPORTANT: If travelling in the months of May - August then please be prepared for very hot and humid conditions!

Please be aware that mobile networks don't make or receive calls particularly well in Cuba, and coverage may not be available in many locations. Not all networks work in Cuba, so please check with your service provider. Also, please note that few hotels have Wi-Fi. Some will have internet available in the lobby, or you will also find some Wi-Fi spots in the main plazas in towns. Using the internet in Cuba is relatively expensive, up to 2-3 CUC per hour when purchasing Wi-Fi cards at official shops, but these will always have long queues. Wi-Fi can be very slow, so it's best to assume that you won't be able to find a reliable internet connection whilst travelling.

The number of people travelling to Cuba has been growing considerably in recent years and this has put a strain on the country's tourism sector. A limited infrastructure on the island and lack of investment means that some hotels and other service providers are struggling to honour their agreements with tour operators. Last minute overbookings and price increases are becoming commonplace.

Fortunately, over the years Cubania have built strong working relationships with suppliers and we have managed to prevent any major problems from affecting our groups. Nevertheless, all travellers should be aware that last minute hotel cancellations are a possibility and could affect your trip, especially during the high season in Havana (Oct to March). In the event of any necessary changes we will endeavour to ensure a property of the same standard and similar location is used. On some occasions, an overnight hotel stay may be replaced with a night in a casa, or vice versa.

In addition to being prepared for potential last-minute hotel changes, it is possible that you will be confronted by other minor frustrations whilst travelling in Cuba. We encourage all travellers to go with an open mind, and with realistic expectations as to what a visit to Cuba entails. If your guide announces a change of plans then please be assured that everything possible has been done behind the scenes in order to make satisfactory alternative arrangements.

ITINERARY

The entries in bold at the end of each day indicate the type of accommodation normally used and any meals included. Please see the Accommodation section below for further information.

DAY 1

Start Havana

For those arriving on the Virgin Atlantic flight from London, this arrives in the afternoon and we will transfer to our hotel in the Miramar district of Havana. Anyone travelling independently should meet the group at the start hotel.

Standard Hotel

DAY 2

To Santa Clara

This morning we start off with a city tour of Havana including a stop at Revolution Square and the Capitolio Building. We then drive towards Santa Clara, site of the last battle of the Cuban revolution, stopping for lunch on the way. In December 1958 Che Guevara and his troops ambushed an armoured train carrying arms to Santiago de Cuba and this was a major turning point in the revolution. We visit the train museum and the Mausoleum of Che Guevara and his comrades who died in Bolivia. The museum attached to the Mausoleum has many of his former belongings and is a fascinating insight into one of the 20th Centuries most revered icons. After visiting Che's Mausoleum we check into our hotel for the night.

This evening is free to enjoy dinner in the hotel or explore one of Santa Clara's Paladars.

Comfortable Hotel (Breakfast, Lunch)

DAY 3

To Trinidad

Today we drive into the Escambray Mountains and enjoy a nature trail in Topes de Collantes. We walk along the River Melodioso and reach a beautiful waterfall where we can have a swim. We return to Guanayara and enjoy a Cuban country lunch before getting back on the bus. We then continue to Trinidad, a UNESCO World Heritage Site since 1988 and perhaps the best-preserved colonial town on the island. Exploring Trinidad is like stepping back in time, the cobbled streets and horse drawn transportation whisks you back to colonial times. There are many interesting museums housed in old colonial buildings to visit in the daytime, but it is as the sun sets that Trinidad really comes to life. We recommend a visit to Casa de la Trova for traditional Cuban music and dancing!

Casa Particulares (Breakfast, Lunch, Dinner)

DAY 4

Trinidad

After a delicious breakfast we enjoy an orientation tour of Trinidad, visiting this time capsule city. It's like going back in time, seeing the way people lived in the past. Once the capital of Cuba's sugar production, it's now a sleepy backwater with cobble stoned streets and pretty pastel coloured colonial buildings. A great place to stock up on souvenirs in the handicrafts markets. You'll visit Museo Romántico to see the way people lived 200 years ago.

After time for lunch, it's beach time! Ancon beach is about 15 minutes' drive from Trinidad and it's a picture perfect, gorgeous sandy Caribbean beach. Enjoy the crystal clear waters this afternoon! In the late afternoon, we return to Trinidad where we'll enjoy an introductory salsa class with local teachers in a Cuban home close to your casa particular. The evening is free to explore. You and your family will probably want to explore some of the delicious paladar restaurants in Trinidad tonight.

Casa Particulares (Breakfast)

DAY 5

To Playa Larga

After checking out of our casas particulares we set off for El Cubano national park, for a nature walk to see the birds, flora and fauna particular to this wonderful region. There is also the chance to take a dip in a crystal clear natural pool under a waterfall. We carry on to Cienfuegos where we stop for lunch and an orientation tour. We then continue on to Playa Larga where we check into our casas particulares for the night.

Casa Particulares (Breakfast, Dinner)

DAY 6

Playa Larga

This morning we get up early and head into the Zapata Swamp Park for some birdwatching. There are lots of birds to see in this area, including the world's smallest (Bee Hummingbird), the Cuban National Bird (very colourful Toco-ro) and a colony of pink flamingos! We then continue along the Bay of Pigs Coastline and stop in Playa Giron for an optional visit to the museum dedicated to the US Invasion of Cuba in 1961. There may be the opportunity to visit a local school in the area. From here we continue a short distance to have lunch in Caleta Buena. It's a beautiful spot, a place where an underground river meets the sea and a great place to have a go at snorkelling. There's a natural pool to swim in filled with tropical fish. Return to Playa Larga for another night.

Casa Particulares (Breakfast, Lunch)

DAY 7

Day 7 – To Havana

After breakfast we check out of our casa particular and return to Havana arriving in time for lunch and check into our hotel. In the late afternoon we have another short tour of the city, but it is taking place in vintage american cars! The cars will take us in style down the famous "malecon" to the centre of the Old Town and under the mouth of the harbor to El Morro Castle for some great photo opportunities of Havana. We say goodbye to our vintage cars and continue by foot, taking in the Cathedral, Plaza de Armas and Plaza Vieja. Bring your football so you can have an impromptu game with local school kids while parents can try out the draft beer in Havana's only microbrewery! We finish the day with a Paladar dinner in the centre of town, celebrating a week of discovering Cuba together with new friends.

Standard Hotel (Breakfast, Dinner)

DAY 8

Depart

Our trip ends in Havana. Those on the Virgin Atlantic flight to London will be transferred back together in time to the airport this afternoon.



ACCOMMODATION

For the majority of the trip we will stay in standard hotels, with en suite bathrooms. We also stay in some basic accommodation in order to access some of the more remote areas that are visited on this trip, so you should be prepared for this.

We use 'tourist class' hotels that range from 3 star equivalents, to simple rural hotels. Rooms are on a twin-share basis, with air-conditioning and en suite bathrooms. Some of the hotels will have swimming pools. You should be aware that occasional power cuts occur and hot water supplies are not always guaranteed.

HAVANA

We stay in the Miramar district of Playa, in the outskirts of Havana. The hotel is reliable and of an international standard with comfortable beds and a good swimming pool.

CASAS PARTICULARES

All of our itineraries in Cuba include staying in privately-run 'Casas Particulares' in at least one destination as an alternative to staying in standard hotels. These are traditional/normal Cuban properties that have been transformed into guesthouses.

All rooms have en suite bathrooms, hot and cold water, either a fan or air-conditioning, and breakfast is included. Water pressure can be temperamental, and decor is variable! The houses that we use will be on the same street or in close vicinity whenever possible, and we do our best to ensure that those in single room accommodation are always within a house where other group members are staying. However this cannot be guaranteed in all cases.

All properties that we use have been inspected and assessed by our local operator in Cuba. Some are large multi-room houses that are home to entire families, others are run by individuals, and in some cases the owners live elsewhere.

SINGLE ACCOMMODATION

We can arrange single rooms throughout the trip for a supplement (subject to availability). Please ask one of our sales staff for details.

EXTRA ACCOMMODATION

Pre and Post tour accommodation is available in Havana. Please contact us for a quote. We can also arrange beach extensions in a variety of destinations.



FOOD AND TRANSPORT

FOOD

Cuba is not renowned for its culinary excellence and some ingredients are just not possible to get hold of (due in no small part to the long trade embargo implemented by the US). As such, flavours tend to be relatively simple, with most mealtimes consisting of meat or fish accompanied by rice and salad/vegetables. Seafood is widely available on the coast, including cheap and abundant lobster! Vegetarians will probably find they have the most limited choice. Snack food is not freely available in Cuba so you may wish to consider taking some with you.

Paladares are likely to be a highlight of any visit to Cuba – they are one of the few types of private enterprise allowed (although still heavily regulated), where Cubans can set up a restaurant selling authentic, Cuban cuisine, usually with a better level of service.

We recommend that you allow CUC 30-40 per person per day for the lunches and evening meals on the days where food is not included. You may also spend money on bottled water, which will normally cost about CUC 1.50 per bottle.

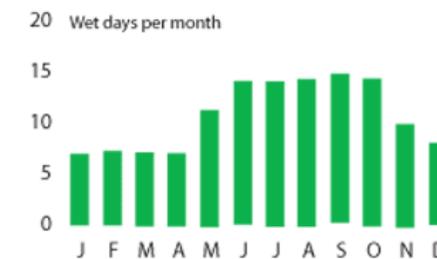
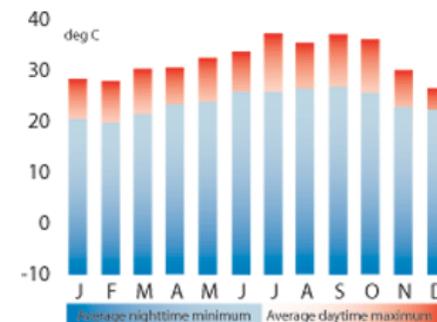
Please note that meal times can be different to what you may be used to. Breakfast will usually be served between 7 - 8am, lunch is usually served between 12 - 3pm and evening meals are generally taken around 7 - 9pm.

TRANSPORT

We use a private, air-conditioned coach throughout the tour.

WEATHER

The dry season runs from November through to April (with December to March being the peak holiday months for traditional tourism). It can be very humid between May and October, with heavy afternoon rains at times and the possibility of hurricanes. July and August are some of the most popular months to visit Cuba by sun-seekers from Europe and Canada but can be hot (average 28°C) and wet. Cuba has an average of 6 hours sunshine per day with a more or less constant humidity of 62%. Water temperature normally ranges from 24 to 28°C.



TRIP EXTENSIONS

Please call us for current prices.

CAYO LEVISA BEACH EXTENSION

Extend your time in Cuba by travelling just a few hours from Havana to the idyllic island of Cayo Levisa. Stay in an en-suite beach cabin and wake up each day to a beautiful 4km stretch of golden sand beach and inviting turquoise waters. There are no roads or other buildings on the small island just off the north west coast of Cuba, only the hotel and its bar and restaurant. All meals are included and for those who don't just want to relax in the sun, there are plenty of opportunities for water sports such as snorkelling and diving.

Extensions can be arranged for any length of stay. Transfers are not included but can also be arranged. Prices are available on request.

VARADERO BEACH EXTENSION

If it is a bit of indulgence and some more mojitos that you crave, then you may want to extend your stay with a few nights in an all-inclusive resort on the famous stretch of pristine beach at Varadero.

Extensions can be arranged for any length of stay. Transfers are not included but can also be arranged. Prices are available on request.

HAVANA PRE & POST TOUR NIGHTS

Why not spend some extra time in Havana before or after your tour? You can either choose to stay in the standard group hotel, alternatives in the Old Town and Miramar districts, or a casa particular. Book as many extra nights as you would like, depending on flight schedules this may restrict your choice of airline and flight route. Prices available on request.

JOINING: HAVANA

8 days, normally start Havana Thursday, end Havana Thursday.

ITINERARY START

Your trip normally starts at our accommodation in Havana in the evening of Day 1 of the itinerary, however you won't necessarily meet up with the whole group and leader until the morning of Day 2. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

AIRPORT TRANSFERS

We offer to include airport arrival and departure transfers on any flight for this trip, so no matter which flight you choose to arrive on you will be met and transferred to your hotel.

IMPORTANT: All those taking advantage of the included airport transfers must provide full flight details for both arrival and departure in advance; unless specified otherwise, the transfer will be to the start (or pre-tour) hotel; transfers to other hotels in the same city may attract an extra charge; transfers may be shared with other travellers on the same flight, or on a flight with similar arrival times.

If you arrive on the group flight then you will be met in the arrivals area by an Cubania Travel representative who will be clearly visible with a sign.

For those arriving on alternative flights, the transfer service (if requested with Cubania Travel and flight details provided) includes a pre-paid taxi from the airport. On arrival you need to go to the Cubanacan office at the airport and give your name (as there won't be someone waiting for you in arrivals). It can take a little time as there is often a queue. The Cubanacan office is located outside of Terminal 3 – you need to cross the road directly in front of the main terminal exit and enter the 'Boulevard' row of shops and offices, the Cubanacan office is on the left hand side. Most transfers are shared so please wait for your fellow travellers before departing.

The cost of a taxi is likely to be about £25 (30 - 35 CUC) should you decide to make your way independently.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact us.



RESPONSIBLE TOURISM

Tourism can be of real benefit to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Cubania Travel as a company.

LOCAL CRAFT AND CULTURE

We visit several important cultural and historical sites on this tour, where our entrance fees contribute towards the preservation of artefacts and monuments that commemorate events integral to Cuban heritage. We encounter small handicraft stalls in most towns, so guests are able to purchase local crafts. Trinidad is famous for ceramic and lacework and Havana's Almacenes de San Juan for art, crafts, shoes, clothes, hats, instruments and food. A huge part of Cuban culture is music and dance and there will be ample opportunity to experience this in local bars and clubs.

ACTIVITY

We aim to benefit Cuban communities as much as possible by frequently stopping to use local restaurants, cafes and services. For example, we encourage clients to take optional excursions where we hire local transfers, boats and guides. We operate on a strict 'leave no trace' policy and local guides enforce this through responsible tourism briefings. These should help visitor to better understand the living situation for many and the environmental issues in the area.

CHARITY

We sponsor two schools in the Matanzas Province. The first is the local Primary School in Playa Giron, where they have repainted the school and provided educational supplies such as notepads, pens and sporting equipment. The second school is the Special Needs School in Matanzas City. Here, we have made a number of donations- from school materials and clothes to fans and sheets. We discourage giving to beggars on the trip as we don't want to encourage this. Instead, our guides will help visitors to donate presents and supplies where the goods can really be utilised.

RECYCLING

Whenever possible we source large water containers and ask clients to refill one bottle rather than purchasing/using multiple plastic bottles. At the time of writing it is still difficult to reliably obtain large water containers in most destinations across Cuba. We support the small-scale recycling culture that exists on the island by storing empty plastic bottles on the tour bus to then be distributed at a series of locations/homes/small businesses across the country where our staff know that the bottles will be put to good use. At the moment there aren't any official centralised recycling schemes for hotels or companies to use.

For details of our Responsible Tourism Policy please visit: <http://cubaniatravel.com/about-cubania/responsible-travel/>

PRACTICAL INFORMATION

PASSPORTS AND VISAS

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

British and most Western European passport holders do not require a visa but do require a tourist card. Your Cuban tourist card (valid for 30 days) is included and we will post it to you approximately 4 weeks before travel. Please make sure you have provided us with accurate details at the time of booking as any mistakes on the visa will result in you having to purchase a new card at a cost of £20.00 per person + postage.

We will send a tourist card free of charge as long as you live at a UK or Ireland address and are national of an EU country. If you are not national of one of these countries or are not resident in the UK or Eire you must contact your nearest Cuban Consulate to check what visa is required – we cannot provide a tourist card for you.

Passing through Cuban Immigration is a time consuming process and most visitors encounter delays when queuing for entry into the country.

All tourists visiting Cuba must have travel insurance to cover medical costs. You are likely to be asked to provide proof of your travel insurance policy when you arrive at Havana airport, so please ensure your documents are easily accessible.

Whilst we hope that things will change in the near future, due to present US policy, we cannot take US citizens on our trips to Cuba.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

VACCINATIONS AND HEALTH

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no mandatory vaccination requirements for this trip.

Recommended vaccinations for this trip are: Tetanus, Hepatitis A.

We are advised that there is no risk of malaria on this trip.

Dengue fever, Zika and/or Chikungunya are known risks in places visited on this trip. Both are tropical viral diseases spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for them, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

INSURANCE – are you adequately covered?

You must have adequate travel insurance, and if you are joining a trip which goes to high altitude, you must check that you are covered up to the maximum altitude of the trip. If you are resident in the UK we recommend Nomadic Travels as an insurance provider, they have coverage designed to cover all activities on your trip.

BAGGAGE AND BAGGAGE ALLOWANCE

At time of writing the standard weight limit for hold baggage on Virgin Atlantic is 23kg. We recommend packing only one piece of checked baggage.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check the airline's website for the latest information prior to your departure.

LOCAL TIME

GMT -5 hrs.

GROUP, STAFF AND SUPPORT

The group will generally be between 5 and 18 people. There will be an English-speaking Cuban leader and a driver. We also use local guides as well for some activities or tours.

The minimum age of clients on this trip is 16 years. Please note that anyone aged under 18 must be accompanied by (and share accommodation with) a parent or legal guardian.

CURRENCY INFORMATION

The national currency of Cuba is the Cuban Convertible Peso (CUC), with an exchange rate at the time of publication of approximately 1.23 to the UK£ and 0.9 to the US\$.

Please note this is the official exchange rate, however in practice, the exchange rate on the ground at official 'cadecas', is roughly £1.13 - £1.18, this changes every day.

We strongly advise that you take all spending money in Euros or Sterling cash, which can be easily exchanged into local currency upon arrival in Cuba. Scottish currency is not accepted in Cuba. Travellers cheques are difficult to exchange and there is limited time to stop for this purpose. In addition, credit/debit cards drawn on US banks are not accepted anywhere in Cuba. The hotel in which we spend the first night in Havana has an exchange bureau situated in the back left of the lobby, around behind the main reception desk. Otherwise you can exchange money at the airport.

ATM AVAILABILITY

CREDIT CARD ACCEPTANCE

ATMs are increasingly available in Cuba, but are not yet widespread. They are presently confined to the larger cities and resorts and should not be relied on, hence why we suggest that you take cash with you. Credit cards may be accepted for expensive purchases in tourist shops, but acceptance is not widespread and like ATMs should not be relied upon.

IMPORTANT: Using cards for banks which are fully or partially US owned is not possible in Cuba. Australian and Canadian travellers in particular should check with their banks prior to travel if they intend to withdraw cash.

PRACTICAL INFORMATION

EXTRA EXPENSES AND SPENDING MONEY

Drinks are generally around CUC 1-5. Supplies and shopping is very limited. Please note that most travellers find Cuba more expensive than they expect and we recommend that you bring more spending money rather than less!

OPTIONAL EXCURSIONS

(approximate costs, depending on group sizes)

Note that all prices are correct at the time of writing but prices in Cuba can increase at short notice. All optional excursions are also dependent upon availability.

Zip wiring adventure at Las Terrazas
CUC 35 per person

Catamaran trip in Trinidad
CUC 55 (including lunch) per person

Departing from Playa Ancon, this is a full day trip on a Catamaran, sailing out to the Caribbean island of Cayo Macho or Cayo Blanco. A seafood lunch is included amongst the tame iguanas and tree rats.

TIPPING (LEADER AND LOCAL STAFF)

If you are happy with the services of the guide and driver, we recommend a tip of 30 CUC per person, which you can divide in favour of the guide.

Tipping is at your own discretion but is very much part of the culture in Cuba and is usually expected. Your tour leader will offer to arrange and look after a group tipping kitty which will be used to tip local guides at individual museums and attractions, musicians and waiting staff for included meals etc. throughout the holiday. The guide will collect 30 CUC from each group member at the start of the trip to cover this.

Tipping is also expected in restaurants – normally add about 10% to the bill.

ESSENTIAL EQUIPMENT AND CLOTHING

As the weather is likely to be hot, light cotton clothes are all that will be required during the day. It is a good idea to bring some light clothes which cover the legs and arms to wear in the evenings as this will help to prevent mosquitoes biting.

Sunglasses

Sunhat

Sunscreen

Waterproof rain poncho or waterproofs

Short trousers

Swimming gear

Trainers

Hand sanitiser

OPTIONAL ITEMS

Please be aware that children's medicine is not freely available in Cuba. We recommend you stock up your family first aid kit with the following: antihistamines; dehydration solution; children's painkillers and diarrhoea medication.



DONATIONS

If you would like to bring items to Cuba in order to donate, then items that are welcomed include: good condition second hand clothes and children's shoes, second hand mobile phones with chargers, school stationary such as pens/pencils/notebooks, toiletries, and small gifts such as toys or balls. Rather than spending lots of money, it is a good opportunity to find new homes for unused goods. We cannot guarantee that every departure will feature a scheduled stop at a school or community project, but if you bring items with you then the group leader will assist you by offering advice on where to take your donation.

Sanitary items, known locally as 'intimas', are on the ration list for Cubans and are often very hard to come by. If you would like to pack some sanitary towels in your luggage these will be hugely appreciated and can be left in your hotel room so that the cleaners/room attendants can benefit from these.



READING LIST

Cuba Handbook
Christopher P. Baker, Moon Publication
The best and most comprehensive guidebook available. Recommended reading.

Insight Guide to Cuba
APA Publications
Good photography, with a profile of Fidel by Gabriel Garcia Marquez.

In Focus: Cuba
Published by Latin America Bureau
A guide to the people, politics and culture by Emily Hatchwell & Simon Calder.

Guide to Cuba
Stephen Fallon, Bradt Publications
Good general guidebook – but not as useful as the Cuba Handbook.

The Rough Guide to Cuba
Good general guidebook

Travellers Survival Kit: Cuba
Simon Calder & Emily Hatchwell
Probably the most popular guidebook used by independent travellers in Cuba. Strong on practical advice for independent travellers.

Land of Miracles
Stephen Smith

Recently published account of travels in Cuba by a British journalist. Highly recommended.

Enduring Cuba
Zoe Bran, Lonely Planet Publications 2002

For novels based in or about Cuba try
The Old Man and the Sea
To Have and Have Not
Islands in the Stream
All by Ernest Hemingway

Our Man in Havana
Graham Greene

IMPORTANT INFORMATION FOR ALL CLIENTS

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call us up so that we can talk through the itinerary together.

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to our leaders having the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

In an emergency, please contact our 24 hour out-of-hours service on +53 5 287 0805

Please take the time to read the information sections of our website
<http://cubaniatravel.com/travel-information/useful-info/>

Full joining instructions including local telephone numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact us.

The information in these Trip Notes is given in good faith. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

The UK Foreign and Commonwealth Office (FCO) Travel Advice Service advises British tourists on the potential dangers they might experience when travelling overseas. We liaise closely with them and adhere to their travel advice. For up-to-date advice on all countries, please visit www.gov.uk/foreign-travel-advice. Should there be any change to advice prior to or during travel, we may have to cancel or curtail a tour at short notice, or re-route an itinerary part way through.

