





TRIP NOTES (edited: 26.03.2021)

HAVANA CYCLING TOUR

Organised bike tours in Cuba's vibrant & colourful capital city. Join Cuba's leading cycling specialists on an exciting and insightful two-wheel exploration of Havana.

 DURATION
3-4 HOURS

 ACTIVITY LEVEL
LEISURELY

 CARBON EMISSIONS
6.4 kg CO2e

INCLUDED



HIGHLIGHTS

- Discover Havana's distinct neighbourhoods.
- Learn about Havana new and old with a Cuban cycling guide.
- Stop for photos at Plaza de la Revolución & El Capitolio.
- Soak up Havana's atmosphere from a cyclist's perspective.
- End with a historical tour in the heart of the Old Town.



WHAT'S INCLUDED?

- Bike Hire: Trek hybrid bikes with front suspension
- Cycling helmet (compulsory)
- Fruit juice
- Local English-speaking Cuban guide/mechanic

WHAT ISN'T INCLUDED?

- Water – bring your own water bottle to put in the holders fitted to each bike.
- Tips for guide. We recommend that each participant contributes approx. CUP 125 if you are pleased with the tour.

IS THIS TOUR

RIGHT FOR ME?

- Travel style: Cycling
Discover Havana on a bike while immersing yourself in local culture.
- Difficulty Level: Moderate
You are reasonably fit and enjoy being active.
- Group style: Small
4 – 18 people, mixed nationalities and cycling ability. Minimum age 16 years (accompanied by an adult).
- Notes: On paved roads, with some potholes. Hot and humid conditions, especially during summer months.

ITINERARY

We start the day with a bike fitting outside of the *Montehabana Hotel* in Playa district (*Calle 70 & 5a, Miramar, Playa*) – here we'll make sure your bike is the correct size, supply you with a helmet, introduce the rest of the group, and we'll have a cycle safety briefing with the tour guide.

The first section of the ride involves following the coastal road down past the Karl Marx theatre and to La Puntilla where the Almendares River meets the sea. We meander up towards El Bosque de Habana, the green and mysterious woods whose beauty takes many visitors to Havana by surprise. After stopping for a breather and to take pictures of the peculiar trees, we set off again and now find ourselves in Vedado district, home to some beautiful residential architecture and Cemetery to arrive at the iconic Revolution Square, a must-see destination for anyone interested in politics or Cuba's revolutionary past.

Continuing through Vedado we arrive outside the emblematic *Hotel Nacional*, the flagship hotel for visiting dignitaries and iconic silhouette on the city's skyline. We continue in the *Centro Habana* district and the scenery changes with the roads narrowing and the bustling street-life becoming more evident. We stop for a fruit juice in a typical Cuban *barrio* before cycling the final leg of the ride along Paseo de Prado and ending next to the Bay of Havana. Here we'll leave the bike beyond to explore part of the Old Town on foot. Our guide will give a historical overview of the main plazas lasting approx. 1 hour. The tour ends in Plaza de la Catedral.

🚲 25 km ↕ +158m -166m



THE CYCLING

- On paved roads, with some potholes.
- Total Distance: 25 km
- Moderate Pace: approx. 15 kmph.
- 100% vehicle support throughout rides—jump on the bus whenever you like!

PRACTICAL ADVICE

Please see our Destination Guide or [website](#) for all Cuba-related practical advice and travel information on our [need to know](#) section. Check with your doctor prior to travel & also your government's official advice.

GUIDES

All our guides at Cubania are Cuban nationals who are registered with and trained by Cuba's Ministry of Tourism. They come from all kinds of different personal and professional backgrounds. They've been teachers, I.T. professionals, bakers, vets, army officers and even underwear salesmen!

What they have in common is that they are all highly educated graduates who are passionate about guiding and proud of their beautiful country. They all speak excellent English and receive annual training in First Aid.

We are especially proud of the training that we have given our bike guides. We are the first travel company in Cuba to take cycling safety seriously and all our bike guides have received Bike Leader certification from British Cycling. Their staff travel to Cuba annually to deliver the training exclusively to our guides. These high standards have been maintained for more than a decade meaning that we are recognised as the most experienced and well-respected cycling company on the island.



YOUR CARBON FOOTPRINT

Cubania has made responsible travel part of everything we do since we first started organizing trips to Cuba; from the local ground staff we employ to the family-run restaurants and B&Bs we use, **we aim to ensure that your money stays in Cuba and supports local businesses.**

We're now going one step further by making a commitment to further reducing our carbon footprint by **measuring the CO2 emissions on each and every trip we offer.**

We teamed up with [ecollective](#), a carbon consultancy specialising in the travel industry to accurately measure the footprint of our trips and our business operations. To do this we looked into the carbon footprint of our entire supply chain from hotels, activities, guide accommodation, included meals and we even included the footprint of our website to name a few. It not only enables our clients to see the carbon footprint of every tour that we run, but it will also show us what we can change in order to further reduce trip based emissions year on year.

Read more about our commitment to sustainability on our website; cubaniatravel.com/sustainability

INTERNET ACCESS

Cuba is one of the last countries on Earth to join the mobile internet so be prepared for a digital detox! 3G Wifi was only introduced in December 2018, followed by 4G in 2019, and is only accessible through buying and Etecsa Prepaid Internet Card. The cards come in 1 hour and 5-hour denominations and cost CUP25/ hour (so

that's CUP25 for 1-hour card and CUP125 for a 5-hour card) and are sold at ETECSA offices and hotels across the country.

Each ETECSA card has a unique Username (*Usuario*) and Password (*Contraseña*), which you need to log into the ETECSA internet service. You can use the cards on your laptop and your phone.

Make sure you check roaming costs with your service provider before travelling to Cuba. It can be very expensive to connect via roaming.

Since internet access is slow and expensive we recommend you download the following apps before travelling to Cuba:

MAPS.ME

Offline map of Cuba which uses phone grid to pinpoint your location. Great for finding your way round Havana and for navigating your way round the rest of Cuba.

A LA MESA

Offline restaurant and food delivery app.

Reviews and contact details of the best places to eat in Havana and other cities throughout Cuba.

SHAZAM

Name that song! Next time you hear that reggaetón hit that's become the soundtrack to your holiday, play it to Shazam and find out what it's called and who sang it.

WHATSAPP/FACEBOOK/INSTAGRAM

Cubans are as in love with these apps as you were 15 years ago! They all have them and love using them.

DESTINATION GUIDES

We have created a separate destination guide full of general and practical information relating to visiting Cuba. You can find this in your confirmation email, or ask a member of our staff to send you a copy via [email](#).

BOOKING CONDITIONS

Please refer to our website for a full transcript of Cubania Travel booking Conditions: cubaniatravel.com/need-to-know/booking-conditions

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