




HAVANA MARATHON

Come and run the marathon in Cuba's picturesque and vibrant capital, Havana!

 DURATION
5 DAYS

 ACTIVITY LEVEL
LEISURELY
(exc. the marathon!)

 CARBON EMISSIONS
10.2 kg CO2e per day

INCLUDED



HIGHLIGHTS

- Run the marathon in Cuba's beautiful and vibrant capital, Havana.
- Discover Havana's fascinating history and culture with a local Cuban guide.
- Rural cycle ride ending at beach in Eastern Havana.



WHAT'S INCLUDED?

- Transfer from airport upon arrival and departure.
- Accommodation: 4 nights in *casas particulares*.
- Meals: all breakfasts, 2 lunches and 1 dinner.
- Cuban English-speaking guide throughout.
- Air-conditioned private bus throughout all activities.
- 1 cycling day.
- Bike Hire: Trek 8.3 DS 2015 mountain bike with hybrid tyres.
- 3 litres mineral water per person on cycling day.
- Helmet (compulsory).
- Cubania Travel office support.

WHAT ISN'T INCLUDED?

- Flights to and from Cuba.
- Registration for Marabana Cuba Event (www.maratondelahabana.com).
- Travel / medical insurance (compulsory to provide proof of cover for entry into Cuba).
- Water bottle.
- Rehydration products & snacks for marathon.
- Personal expenses (drinks, laundry, phone calls etc).
- Vaccinations.
- Visas (Tourist Cards).
- Tip for guide. We recommend that each participant contributes a minimum of CUP 500.

IS THIS TOUR RIGHT FOR ME?

- Group Style: Small English speaking group with 2 – 18 people of mixed nationalities. Minimum age 18 years.
- You want the experience of running the marathon in a new city and exploring Cuban history and culture whilst you are in Havana.
- Walking tour of old Havana and Classic Car tour in a 1950s American vintage car.
- Cycle ride through the rural Havana province.

DAY 1

🏠 Casa particular, Havana

THURSDAY 19TH NOVEMBER – ARRIVAL IN HAVANA

Welcome to Cuba! A Cubania representative will meet you upon arrival at the airport and transfer you to your accommodation in the heart of Havana. The largest island in the Caribbean, Hemingway's much loved abode and one of the last planned economies in the world. You're soon to discover that Cuba is all that and much, much more, but first relax and enjoy your first night in enchanting Havana.

DAY 2

🏠 Casa Particular, Havana 🍴 Breakfast, Lunch

FRIDAY 20TH NOVEMBER – EXPLORING HAVANA

This morning we will start the day doing a yoga class with a local instructor before going to collect the registration documents and race bibs from the Marathon organisers. After the formalities have been completed, your guide will take you on a short walking tour of the Old Town concentrating on the four original squares around which the city was founded. Old Havana was declared a UNESCO World Heritage Site in 1982 and millions of dollars have gone into this area in order to bring it back to its original splendour. It has the finest surviving Spanish colonial architecture in the Americas preserved by a combination of little war damage, post Revolution restoration work and the current restoration project. We will have lunch together in a restaurant in the Old Town, after which you'll have an afternoon at your leisure. We will meet up again for an early evening tour of greater Havana. Setting off in classic 1950s American cars, we'll drive along the picturesque Malecón coast road to the well-to-do 1950s Miramar district, home to some of Havana's most striking 20th century architecture. Keep an eye out for the imposing Russian embassy and the elegant neoclassical homes, many of which are now embassies.

We will drive through the beautiful residential district of Vedado where wealthy sugar barons built elegant mansions in the early 20th century and stop in Revolution Square where Fidel made his famous speeches. The cars will then drop us back in town.

DAY 3

🏠 Casa Particular, Havana 🍴 Breakfast

SATURDAY 21ST NOVEMBER – FREE DAY TO PREPARE FOR MARATHON

Today is free for you to prepare in your own way for the race tomorrow.

DAY 4

🏠 Casa Particular, Havana 🍴 Breakfast, Dinner

SUNDAY 22ND NOVEMBER – MARABANA CUBA

Early start today to run the "Marabana Cuba"! Registration for participation in the marathon or other distance events has to have been made independently in advance of travel to Cuba. After finishing the race, the rest of the day is for you to relax. If you would like a massage (optional), this can be arranged at your *casa particular*. This evening we will get together for a celebratory dinner in one of Havana's *paladares* (private restaurant).

DAY 5

🍴 Breakfast, Lunch

MONDAY 23RD NOVEMBER – SCENIC BIKE RIDE TO BEACH – DEPARTURE DAY

This morning we'll stop off at our bike warehouse to be fitted with bikes and helmets, and drive eastwards to 'Escaleras de Jaruco' where our scenic bike ride will begin. The ride will be approx. 48km starting out with some undulating rough roads in the mountainous terrain of Jaruco before descending and enjoying a mainly flat ride on decent roads all the way to the northern coastline. 'Playas del Este' are a series of beaches to the east of the city frequented by Cuban day-trippers in the summer months, but quiet for the rest of the year. We'll stop for lunch after the ride and transfer back to the *casa* in Havana where the tour either ends or trip extensions begin.

WHAT TO BRING?

ESSENTIAL PACKING LIST

- Your sportswear for running the marathon in a tropical climate, and all other items that you will require for the race as these will not be available locally.
- Clothes suitable for cycling.
- Lightweight cotton/linen clothes suitable for tropical climate.
- Long sleeved shirts and light trousers for the evenings and a jacket/fleece. Avoid bringing expensive or flashy jewellery.
- High factor sun cream (50+), sunglasses and sun hat (wide-brimmed hats are best).
- Swimwear & towel.
- Camera.
- Hand sanitizer.
- Small personal first-aid kit and some tropical strength insect repellent and antihistamines in case of insect bites.
- A sense of humour and patience are useful in Cuba!



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.

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

ACCOMMODATION

We will we stay in private accommodation (*Casas particulares*) in Havana. These range from family homes with a few rooms to larger guesthouses that operate more like small privately-run hotels. All have air conditioning and en suite bathrooms. The *casas* in the Old Town are in beautifully renovated old colonial buildings with ornate metalwork, small roof terraces, balconies or little internal courtyards. Those located in the quieter, greener Vedado area are usually in houses that were built during the early 20th century as a result of the wealth created by the booming sugar trade. Many have high airy ceilings, porches with rocking chairs or roof terraces, and are furnished with an eclectic mixture of beautiful antiques, art deco and contemporary furniture.

The years of isolation, under-investment in the country's infrastructure and effect of the US trade Embargo mean that the standard of Cuban accommodation is not always comparable to that which you would expect in other countries: there might be the occasional power cut, and you may find that your water pressure isn't all it could be. Fortunately, it's warm enough most days that the lack of hot water is not a major problem!

Most people love the opportunity to stay in *casas* as the welcome is warm, the rooms clean, and you will be spoilt at breakfast in the mornings.

FOOD & DRINK

Cuba doesn't have the same variety of international cuisine we might be used to although in recent years lots of privately run restaurants (*paladars*) have opened (particularly in Havana) offering a wider choice and better quality food than the government run establishments. Think soul food – rice, black beans, slow roast pork and chicken, fresh fish, lobster and plenty of tropical fruit.

For those with special dietary requirements, be prepared for a very limited menu while you are in Cuba. There are very few vegetarians and vegans in Cuba so there are sometimes misperceptions as to what you can eat. Vegetarians often bring snacks and spreads to liven up their meals.

Cuba is the land of the Mojito, Daiquiri and Cuba Libre. You'll find that plenty of rum-based drinks all over the country with prices ranging from 50–150 CUP for most cocktails. But beware, they don't use measuring glasses, so they might be stronger than the ones you have tried at home!

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.

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 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.



TRIP EXTENSIONS

PRE OR POST TOUR NIGHTS IN HAVANA

- Choose between hotels in Old Town, Vedado, or Playa district.
- Range of hotels or boutique *Casas Particulares*.

VARADERO BEACH EXTENSION

- Transfers to and from Havana (2 hours) to your choice of all-inclusive hotel at Varadero beach.

CAYO LEVISA BEACH EXTENSION

- Transfers to and from Havana (3 hours) to quiet island retreat in the western Pinar del Rio province.

Please contact us for prices & availability:
sales@cubaniatravel.com

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](mailto:).

BOOKING CONDITIONS

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

CUBANIA TRAVEL

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