





TRIP NOTES (edited: 21.11.2023)

# EXPERIENCE HAVANA

Experience Havana, Cuba's beautiful capital city that is brimming with fascinating history and vibrant culture.

 DURATION  
**4 DAYS**

 ACTIVITY LEVEL  
**LEISURELY**

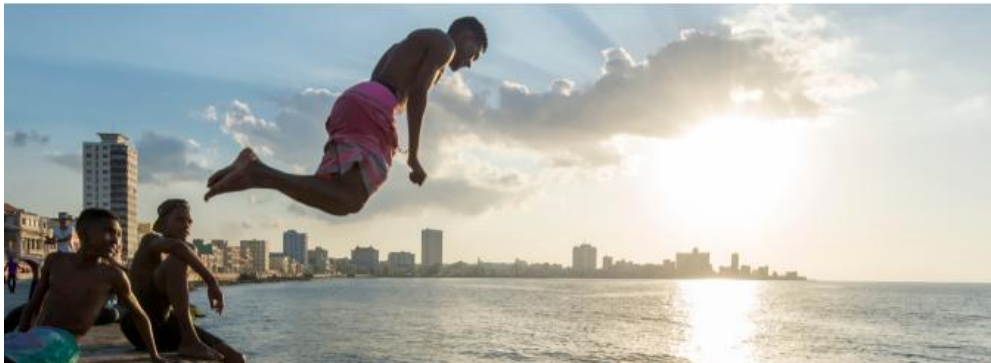
 CARBON EMISSIONS  
**13.6 kg CO2e per day**

INCLUDED



## HIGHLIGHTS

- Experience the vibrant energy of Havana.
- Discover Cuba's colonial and revolutionary history.
- Try making Cuban cocktails and dancing salsa.
- Learn about contemporary Cuban art and the Afro-Cuban religion.
- Cruise along the Malecón seawall in a classic American car.



## WHAT'S INCLUDED?

- Transfer from airport upon arrival.
- Accommodation in *casas particulares*.
- Meals: all breakfasts, 2 lunches and 2 dinners.
- Classic American car tour in Havana; cocktail making and salsa lessons; entrances to Museo Nacional de Bellas Artes and Santeria Museum in Regla.
- Staff: Local English-speaking Cuban guide throughout, specialist local guide for art museum.

## WHAT ISN'T INCLUDED?

- Flights to and from Cuba.
  - Travel/medical insurance (compulsory to provide proof of cover for entry into Cuba).
  - Personal expenses (drinks, laundry, phone calls etc).
  - Vaccinations.
  - Visas (Tourist Cards).
  - Tips for guide, driver and local staff.
- We recommend that each participant contributes a minimum of 30 EUROS.

## IS THIS TOUR

## RIGHT FOR ME?

- English speaking group with 2 – 18 people of mixed nationalities. Minimum age 18 years.
- Busy days in Havana experiencing a variety of facets of Cuban history and culture. Time has also been allowed for you to explore by yourself.
- You enjoy immersing yourself in new cultures and taking part in hands on activities.
- Hot and humid conditions during summer months.

## DAY 1

🏠 Casa particular, Havana 🍷 Dinner

### ARRIVAL IN HAVANA

Welcome to Cuba! 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 Havana. We will kick things off with a cocktail making lesson at one of Havana's most pioneering *paladares* (private restaurants).

Overnight Casa in Old Havana or Vedado.

## DAY 2

🏠 Casa particular, Havana 🍷 Breakfast, Lunch

### EXPLORE OLD HAVANA

After breakfast, your guide will take you on a walking tour of old Havana, Cuba's capital and the finest surviving Spanish colonial city in the Americas. Havana is a bustling capital full of historic monuments, cathedrals, palaces and colonial plazas brought to life by the unmistakable sound of Cuban son. It has been preserved by a combination of very little war damage, post Revolution restoration work and the millions of dollars invested since it was declared a UNESCO World Heritage Site in 1982. After the walking tour we'll visit the Cuban collection at the Museo de Bellas Artes, where we'll explore the best in contemporary Cuban art with the help of a local expert. We'll have lunch in Old Havana in a local paladar and then the rest of the afternoon is free for you to spend at your leisure. Early evening loosen your hips taking a salsa class with a local teacher before heading out for dinner (not included) and a night at one of Havana's world-famous music dance venues or bars.

## DAY 3

🏠 Casa particular, Havana 🍷 Breakfast, Lunch, Dinner

### REGLA

Today we will start by seeing a very different side of Havana by catching the local lancha, or ferry, in Old Havana and crossing the bay to the neighbourhood of Regla. Habaneros associate Regla with Afro-Cuban religion and music and it is here that Cubans will come to consult with Santeria priests, hear Afro-Cuban drumming, and pay their respects to Yemaya, one of the most important gods in the Santeria religion. A visit to the church of Our Lady of Regla introduces us to Santeria, brought to Cuba by slaves in colonial times and still practised by millions of Cubans.

We then carry on to the local museum where we will learn more about the rituals and artefacts associated with it. After lunch in a restaurant serving traditional Cuban creole cuisine you will have the rest of the afternoon to continue exploring on your own. You could visit another of the city's museums such as the Museum of the Revolution, which is housed in an impressive building that served as the Presidential Palace from 1920 to 1965.

Alternatively, take a taxi through the tunnel under the harbour to visit the historic Morro-Cabaña fortress complex that was built in colonial times, and from which there are beautiful views back across the bay. This evening we will have the quintessential Cuban experience: a tour around town in one of Cuba's iconic vintage cars. You will discover new Havana neighbourhoods from the backseat of a pristinely-preserved classic American car. Highlights include Plaza de la Revolución, the face of Fidel's revolution, and the Malecón, Havana's romantic seawall. The cars will drop us off for dinner one of Havana's best loved paladares.

## DAY 4

🍷 Breakfast

### DEPARTURE DAY

Enjoy this morning at leisure to spend as you please. Then transfer to the airport for your onward flight. And so it's *adiós*, or, as we prefer to think of it *hasta luego*, see you later! Have a safe onward journey and we very much hope to see you in Cuba again soon.

## WHAT TO BRING?

### ESSENTIAL PACKING LIST

- Small day pack.
- Lightweight cotton/linen clothes suitable for tropical climate.
- Long sleeved shirts and light trousers for the evenings and a jacket/fleece for cooler evenings from November to March. Avoid bringing expensive or flashy jewellery.
- High factor sun cream (50+), sunglasses and sun hat (wide-brimmed hats are best).
- Camera.
- Filter water bottle.
- Hand sanitizer.
- Small personal first-aid kit and some tropical strength insect repellent and antihistamines in case of insect bites.
- Comfortable shoes/sandals for exploring the city on foot.
- 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](http://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 a great reputation for varied international cuisine but 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. We will be taking you to some of our favourite *paladars* in Havana during your stay where you will be able to try traditional Cuban food, and inventive dishes prepared with local ingredients.

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, Daiquirí and Cuba Libre. You'll find that plenty of rum-based drinks all over the country with prices ranging from 2-6 EUR 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, 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 CUP 25/ hour (so that's CUP 25 for 1-hour card and CUP 125 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 sometimes 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](mailto: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](#).

## BOOKING CONDITIONS

Please refer to our website for a full transcript of Cubania Travel Booking Conditions:  
[cubaniatravel.com/need-to-know/booking-conditions](http://cubaniatravel.com/need-to-know/booking-conditions).

## CUBANIA TRAVEL CONTACT DETAILS

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