

# Kat's Great Adventures

**Cuba - Explore Cuba by Bicycle Tour 2022 – 2023**  
**Guided Tour**  
**8 Days / 7 Nights**



Enjoy an adventure tour through Cuba on a bike and visit its famous places! Ride through the beautiful landscapes of Cuba's Guaniguanico and El Rosario regions. Highlights of our adventure are the visit to the famous tobacco region Pinar del Río where you get to experience Cuba's cigars and rum; as well as riding through Viñales Valley where the legendary tobacco grows. Moreover, visit Ancón Valley where Fidel held his secret meetings during "la Revolución" and Cueva de Los Portales, the hideout of Che Guevarra during the standoff with President Kennedy. Walk through Soroa's beautiful orchid garden and enjoy las Terrazas before returning to explore lively Havana: a multi-faceted adventure that cannot be missed! Another component that may interest you may be to participate in volunteer activities where you can support needed people with caring and assistance. All this will be taking place in a safe and informed manner, ecologically friendly, without harming nature or disturbing wildlife.

## Itinerary Day to Day

### **Day 1: Arrival in Havana**

Arrival at Jose Marti Havana International Airport where you will be welcomed by your professional naturalist guide. Transfer to your hotel and have a briefing about the tour. Lunch and dinner on your own and perhaps take a stroll around Habana Vieja.

### **Day 2: Pinar del Río 15 - 20 km**

Breakfast at your hotel and cycling to Pinar del Rio, the famous tobacco region in western Cuba. We will visit both a tobacco factory and a rum distillery where “Guayabita” is produced and go on a tour through the town.

### **Day 3: Cayo Jutias 70 km**

Breakfast and cycle to Cayo Jutias, a small island located on the north coast of Pinar del Rio connected by a small road to the picturesque beach of Cayo Jutias. The island is connected to the mainland by a manmade dam. Once there, we can have lunch at the beach, rent a boat or swim in the beautiful sea. Ride back to Vinales, Pinar del Rio.



### **Day 4: Jagua Vieja Road 60 km**

On today's tour we will take the Jagua Vieja Road to La Palma at Ancon Valley – a tour of quaint landscapes and untouched valleys. En route, there is the possibility of visiting the country lodge where Fidel Castro held secret meetings during the Cuban Revolution. We will have a picnic lunch in the lush valley and then be taken to our next destination, nestling in idyllic surroundings which are perfect for a short hike or walk.

### **Day 5: Soroa 89 km**

After breakfast, van transfer to La Palma. From La Palma we will cycle to Soroa where you can visit the famous orchid gardens and then we will continue to Cueva de los Portales (caves). This beautiful area was the

hideout that Che Guevara used during the 1962 standoff with Kennedy and will be the site for our picnic. Afterwards we will follow on our way to Soroa.

### **Day 6: Soroa – Las Terrazas 19 - 29 km**

After breakfast we bike to the river San Juan and its little waterfall which flows through the thick forest, where one can see little lakes, ruins and coffee plantations from the 19<sup>th</sup> century and sulphurous wells. The most well-known is Las Terrazas.

## Day 7: Las Terrazas – Havana – City tour in La Habana 59 km

After breakfast we cycle from Las Terrazas to the entrance of Havana. Once in Havana enjoy a city tour in La Habana, in which we will visit the “Malecon”, El Prado, Miramar area, Borque de la Habana, cemetery Colon and Revolution main square. A visit to the National School of Ballet to speak with one of the teachers who will be sharing with us what ballet and dance represents to the Cubans in general. Habana has a very rich history and we will visit places that we cannot leave behind: Hemingway Museum, the beautiful view of Cojima, the Morro Fortress and the Monument of Redentor Christ. Also, we will enjoy a talk with one of the scholars of the University of Medicine that will share with us information about the Medical Social Security in Cuba. Hiking in La Habana veija.

## Day 8: Departure from Havana

Breakfast and transfer to the airport in Havana.



## Route



### Technical Characteristics:

**Route Profile:** Medium. Ride is relatively flat and on mostly paved roads.

**Distance:** 312 - 327 km

**Travel Season:** Departures January 8; February 12; February 26; November 19 and December 3, 2022  
Departures January 7; February 11; February 25; November 18 and December 9, 2023  
Other dates available on request

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## **Price per Person:**

Double Occupancy	\$ 2490.00 USD
Surcharge Single Occupancy	\$ 590.00 USD
Hybrid Bike Rental	\$ 100.00 USD

## **Accommodation:**

Category: 3\* and 4\* hotels

## **Included:**

- 7 nights' accommodation in selected hotels
- Meals according to itinerary (7x breakfast, 2x lunches and 6x dinners – drinks not included)
- Transportation in van with AC
- Entrance Fees to sights
- Professional Bilingual Guide
- Equipment including alternative transportation

## **Not Included:**

- Beverages
- Lunch and Dinner
- Personal Expenses
- Tips



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## Bikes

### Trek FX 7.2 Hybrid Bike



Bicycles available in sizes Small, Medium, Large and Extra Large. All bikes have Shimano components.