



PEDAL POWER CUBA

DAY 1

Occidental Miramar Hotel ****

Arrival is at Havana's "José Martí" International Airport where a guide for the group welcomes you. An air-conditioned coach then transfers you to Hotel Occidental Miramar in Havana. Here you will be welcomed with a cocktail and where you will need to check-in for the night. You'll then enjoy a city tour of Old Havana/ and see old Buicks and Pontiacs cruise past with gleaming chrome and extravagant fins. You will also visit the Hemingway's famous La Bodeguita del Medio. You'll enjoy dinner here and can try his favourite Mojito cocktail (made with rum, lemon, mint and sugar). You'll be returned to the hotel where you can enjoy the rest of your evening.



DAY 2

Canimao Hotel

After breakfast you'll transfer to Hershey Gardens where your bike situation will be sorted out. Your first ride is through Havana's province to the Yumuri Valley, which is a relatively easy ride. The route is fairly flat and there are plenty of rural villages to sightsee. Lunch is at Rancho Gaviota, and after the end of the ride there is a short transfer to the hotel. If there is time it may be possible to visit the city of Matanzas not far from the hotel. The bike ride for the day is approximately 31km. Your accommodations for the night will be at Canimao Hotel.

DAY 3

Playa Larga *** or Playa Girón

Once you have breakfast at the hotel you will be transferred from the hotel to the starting point of the day. Riding through Matanzas province you head inland towards Gran Parque Montemar. Lunch is at Pio-Cua Restaurant. You'll see the landscape is full of sugar cane and citrus plantations as well as quiet villages. The ride is approximately 92km for the day. You will later be checking into Playa Larga Hotel or Playa Girón Hotel, depending on availability.

DAY 4

Jagua Hotel

Breakfast will be at the hotel after which you be continuing south to cross the island. Your route today covers a variety of landscapes. You'll ride through the biggest swamps of Cuba (Zapata's Peninsula), and there will be a chance to stop at a crocodile-breeding farm for a visit before

reaching Bahia de Cochinos (“Bay of Pigs”). This is the site of the failed invasion by the CIA and backed by Cuban Americans. Many of the beaches here are ideal for snorkelling and swimming, and after picking a suitable spot for lunch (box lunch) you’ll transfer to Cienfuegos. Here, a short city tour allows you to admire the main square 1 night accommodation at Occidental Miramar (MAP) and restored municipal buildings. The ride for the day is approximately 80km. You will be spending the night at Jagua Hotel.

DAY 5

Las Cuevas Hotel or Maria Dolores Hotel

Breakfast is served at the hotel. This ride takes you along the coast to Trinidad. This beautiful town has been a UNESCO World Heritage Site since 1988 and is perhaps the best-preserved colonial town on the island. There are many interesting museums housed in old colonial buildings. Exhibits range from natural history and Indian artefacts in the Museo de Arqueologia Guamuhaya, to maps, photos and weapons relating to the struggles against counter revolutionary gangs. There is a city tour with included with a visit to Palacio Cantero, the city’s museum. Lunch is at Rancho La Vega. The ride for the day is approximately 80km. You will be staying at either Las Cuevas Hotel or Maria Dolores Hotel for two nights depending on availability.



DAY 6

Las Cuevas Hotel or Maria Dolores Hotel

Day 6 you’ll enjoy breakfast at the hotel. You’ll have a change of pace today as you board a catamaran to explore the south coast of Cuba. You embark from the beach of Playa Ancon and sail across the Bay of Casilda to the small island of Cayo Macho, for a lunch of fresh fish, lobster and shrimp amongst tame iguanas (lunch included). There is time for relaxation, snorkelling on virgin coral reefs and enjoying the Caribbean life. In the late afternoon you return to Trinidad for a second night, an evening visit to Casa de la Trova is recommended for traditional Cuban music and salsa dancing.

DAY 7

Gran Hotel

Enjoy breakfast at the hotel. Riding from the hotel you head inland towards the city of Sancti Spiritus. The road rises and falls through the beautiful scenery of the Alturas de Banao, where a mixture of coffee and cows are farmed, passing the Valle de los Ingenios (Valley of the Sugar Mills) which was once Cuba’s most important sugar producing area. At the village of Manaca Iznaga you can stop to visit a farm house and the famous “run away slaves’ tower, for a small entrance fee you can climb the 136 steps and enjoy the view. You’ll be having a provided box lunch. Once you’ve reached Santi Spiritus, you have a city tour through the town’s colonial centre and then transfer to Camaguey. The bike ride for the day is approximately 67km. You will be spending the night at the Gran Hotel in Camaguey.

DAY 8***Carrusel Sierra Maestra***

After breakfast at the hotel you will now head towards the southern end of the island, and the day begins with a transfer to Las Tunas. Here you saddle up to ride across this lively and busy small city before continuing to Bayamo. This is the province of Granma, one of the island's most important regions from a revolutionary point of view and consisting mainly of the floodplain of the river Cauto (Cuba's longest). The area contains many sugar cane and rice plantations, and ahead lays the Sierra Maestra Mountains. The charming city of Bayamo is the capital of the province, and has a pleasant, relaxed ambience full of poignant monuments and revolutionary atmosphere. The ride is approximately 60km for the day. The hotel for the night is Carrusel Sierra Maestra in Bayamo.

DAY 9***El Salton Hotel ******

Breakfast will be enjoyed at the hotel. You ride from Bayamo into the Sierra Maestra. As you head deep into the mountains, Pico Bayamesa dominates today's route at 1,730m above sea level, it is Cuba's third tallest peak. You'll have a box lunch provided for you. This is an area of stunning natural beauty and is rarely visited by tourists. After passing through numerous villages you reach your hotel El Salton. The ride for the day is approximately 67 km.

DAY 10***Villa San Juan or Casa Granda Mejor***

You'll have breakfast at the hotel. The route today is quite long so it is broken into a couple of riding stretches with transfers. Following an undulating country road through the foothills you head to Contramaestre, an attractive and lively local town devoid of tourists. A short transfer from here to Palma Soriano, then it's back on the bikes to ride to El Cobre. A box lunch will be provided. Those who wish can transfer from here, but you should feel fit enough now to make it all the way to Santiago! Santiago is rich in traditions, folklore and legends, making almost every street corner in the city famous. But it is at night that Santiago really comes alive. The ride to El Cobre is approximately 65km and to Santiago it is approximately 83km. The hotel for the night is either Villa San Juan in Santiago or Casa Granda Mejor, depending on availability.

DAY 11***Hotel Pernik***

Breakfast is served at the hotel. Santiago de Cuba is known as the city of heroes, for the important role it played in independence and revolutionary struggles. The morning is spent sightseeing, including the Moncada Barracks - where the opening shots of the revolution were fired on 26 July 1953 when Castro and his men attacked the barracks. There is a rich tradition of dance, music and festivals, largely based on the Afro-Cuban population. You will be having a box lunch then have a late afternoon transfer to Holguin city. You will be spending the night at Hotel Pernik.

DAY 12***Gran Hotel***

DAY 13

Villa San Jose del Lago

Enjoy breakfast at the hotel and then you'll have a short transfer after breakfast to Aguas Claras, your day's start point. Riding along quieter roads you make your way to the small town of Maniabon via the north coast where you'll enjoy a box lunch. From here you transfer to Camaguey, the capital of the province. The bike ride is approximately 60km.

DAY 14

*Occidental Miramar Hotel *****

Enjoy breakfast at the hotel and then you'll have a short transfer after breakfast to Aguas Claras, your day's start point. Riding along quieter roads you make your way to the small town of Maniabon via the north coast where you'll enjoy a box lunch. From here you transfer to Camaguey, the capital of the province. The bike ride is approximately 60km.

DAY 15

Departure

After breakfast you will be transferred to Havana's "José Martí" International Airport for your flight home.

Included:

- Transfer In – Out on A/C bus
- Bike tour guide
- Transfers as per itinerary
- 2-nights accommodation at Occidental Miramar **** (MAP) (Day 1 & 14)
- 1-night accommodation at Canimao Hotel (MAP)
- 1-night accommodation at Playa Larga Hotel *** or Playa Girón Hotel (AP)
- 1-night accommodation at Jagua Hotel (MAP)
- 2-nights accommodation at Las Cuevas Hotel or Maria Dolores Hotel (AP)
- 2-nights accommodation at Gran Hotel (MAP) (Day 7 & 12)
- 1-night accommodation at Carrusel Sierra Maestra Hotel (AP)
- 1-night accommodation at El Salton (AP)
- 1-night accommodation at Villa San Juan or Casa Granda Mejor (Breakfast and Lunch)
- 1 night accommodation at Hotel Pernik (AP)
- 1 night accommodation at Villa San Jose del Lago (MAP)
- Meals as per itinerary
- Visits as indicated in the package
- Local Representative Service

Not Included:

- Bicycle
- Air / Taxes

- Cuban Tourist Card (\$20CAD)
- Cuban Departure Exit Tax paid locally (25.00CUC Cash)
- Gratuities / Expenses / Personal Insurance

Pricing:

- E-mail at info@designtravel.ca or by phone at (416) 235-1212.

Note:

- Duration 15 days / 14 nights

Meal Plan Coding:

- MAP – Breakfast & dinner
- AP – Breakfast, lunch & dinner

Links:

Optional Excursions

www.designtravel.ca/services/servicesworld/excursions/excursions.html

Terms and Conditions

www.designtravel.ca/termsandconditions/termsandconditions.html