



**TRAVEL THERE CO**

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## Biking Cuba

**Days:**Havana toHavana

### What's Included

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Your G for Good Moment: Proyecto Manacú Visit, Manaca Iznaga

Your Welcome Moment: Meet Your CEO and Group

Your Local Living Moment: Havana Homestay, Havana

Your Hands-On Moment: Salsa Lesson, Trinidad. Arrival transfer. Guided cycling with support vehicle.

Traditional cigar factory visit in Pinar del Río. Cueva de los Portales visit. Las Terrazas visit. Giron Museum visit. Che Guevara's Mausoleum Visit. Havana city tour. Informal Spanish lesson. All transport between destinations and to/from included activities.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

### Itinerary

#### Highlights

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Bike through limestone pincushion hills in Viñales, Visit a tobacco farm, Spot birds while cycling along the idyllic Zapata Peninsula, Enjoy a picnic lunch on the Playa Ancón, Visit a women-operated traditional textiles centre, See the Mausoleum of Che Guevara

#### Dossier Disclaimer

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## Itinerary Disclaimer

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### Important Notes

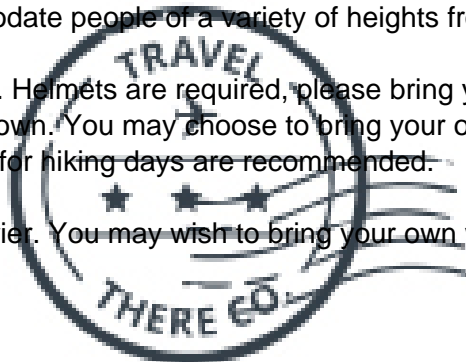
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#### Cycling Grading – Moderate

- Some degree of experience required
- Majority of on-road cycling and some rustic roads
- Occasional long days in the saddle or multiple ascents and descents
- Good fitness and skill level recommended
- Cycle between 20-65 km per day
- 5 days of cycling

Please be aware that heat and humidity can have an effect while cycling or hiking in Cuba. 3 litres of water is supplied on activity days (cycling, kayaking, and hiking), and basic snacks are provided on cycling days. Be aware that items such as prepared snacks or rehydration drinks are not readily available in Cuba. If you feel that these would be helpful, remember to pack them for your trip.

1. A support vehicle will accompany the group at all times during biking segments. Travellers may opt to hitch a ride at any time if they get tired and they can store additional drinks, snacks or clothing in the support vehicle.
2. Bikes are suitable for the type of terrain that is cycled in Cuba. The brand is Trek 8.3 DS mountain bike with hybrid tires. Our bicycles can accommodate people of a variety of heights from 1.6m/5'3" up to 2m/6'7".
3. Helmets are not included on this trip. Helmets are required, please bring your own. Gloves are not provided, it is recommended that you bring your own. You may choose to bring your own seat or clipless pedals but they are not necessary. Comfortable shoes for hiking days are recommended.
4. The bikes are fitted with a bottle carrier. You may wish to bring your own water bladder for additional access.



#### MEDICAL TRAVEL INSURANCE

From 01 May 2010 all tourists entering Cuba will require "Medical Travel Insurance" that is on a Government approved list. We urge you to check with your insurance provider to ensure your policy is on the list of approved providers. If it is not, tourists will be forced to purchase a Government approved policy on arrival in Cuba. The cost of buying this insurance in Cuba will be in addition to any insurance already purchased, and it is likely the rates for these policies will be inflated compared to what you may purchase in advance from home.

Travel There Co has insurance policies available for travellers from a number of countries at competitive rates, and our insurance provider has been confirmed as recognized by Cuban officials. We can assist with medical travel insurance for residents of the United States, Canada, and Australia.

If you would like peace-of-mind and to purchase insurance from Travel There Co, please contact our reservations team on 1800 465 5600 (from North America), or 08444 101030 (from the UK) or 39413 5820 (from Australia) or [experience@gadventures.com](mailto:experience@gadventures.com)

#### Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag( usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

## DEBIT/CREDIT CARDS

Please note that debit and credit cards that are issued by American banks are not accepted in Cuba and will not work at ATMs. In addition, it is recommended to contact your bank to advise you will be travelling in Cuba regardless of your nationality, as local ATMs are likely to block your card unless a travel notification has been set up.

## Group Leader Description

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This tour is accompanied by a local guide throughout. The aim of the local guide is to take the hassle out of your travels and to help you have the best trip possible. They will be able to provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

## Group Size Notes

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Max 16, Avg 10

## Meals Included

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7 breakfasts, 5 lunches

## Meals

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Eating is a big part of traveling. Travelling with Travel There Co you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to Travel There Co group trips. Please refer to the meals included and budget information for included meals and meal budgets.

Resorts, hotels, and government-run restaurants are notorious for mediocre buffets and subpar food quality, but at casas and locally run restaurants you get the chance to taste real Cuban cuisine. Options may not be as diverse as back home, but you can expect to have simple, good, quality food.

Based on Cuba's economic situation, there may be fluctuations in food supply and there are occasionally shortages of certain ingredients – which provides a great opportunity to try something new! Cubans rarely uses spices for cooking, so it's recommended to bring some of your favourite spices or hot sauce for a bit of added punch.

## Transport

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Bicycle, private vehicle, walking, cycling support vehicle (optional).

## About our Transportation

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## Local Flights

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## Solo Travellers

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We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin

or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Accommodation

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Casas particulares (homestays) (7 nts).

## About Accommodation

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Accommodation on this trip is mostly, if not entirely, in 'casas particulares', the Cuban equivalent of a bed & breakfast. These local accommodation options allow you to participate in a typical Cuban living experience by staying with a family in their home. The family rents a bedroom or two (twin or single) with private bathroom shared amongst guests. Groups are usually spread across multiple casas with a central meeting point for evening socializing in the towns.

Hotel service standards can be fairly low in Cuba and in complete contrast to the price paid for these accommodations. Casas are usually very centrally located and a great base for exploring Cuban towns and cities. Utilizing the local accommodation puts you closer to the Cuban people and lifestyle and often provides a higher standard of service and comfort than in a hotel.

## Joining Hotel

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For details of your joining hotel please refer to your tour voucher, G Account, the Travel There Co App or contact your travel agent.

## Joining Instructions

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An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through Travel There Co in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous. Please note, the included arrival transfer is from Havana's José Martí International Airport (HAV).

Airport transfers are only included from Havana's José Martí International Airport (HAV). If you are flying into Varadero (VRA), you can purchase a transfer to the starting hotel. Speak to your GCO or sales agent for more information.

Our driver will be waiting for you with a Travel There Co sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

If for any reason you are not met at the airport, please call our local support line or you can go to the the office of Cubanacan, the government agency, and ask for the Representative of Cubania (our local provider). If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A Travel There Co Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you at the main house so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details

provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Local Operator (if one is listed below) or our Travel There Co Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through Travel There Co or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

Travel There Co Office San Jose, Costa Rica During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474

After hours emergency number: +506 8322 9140

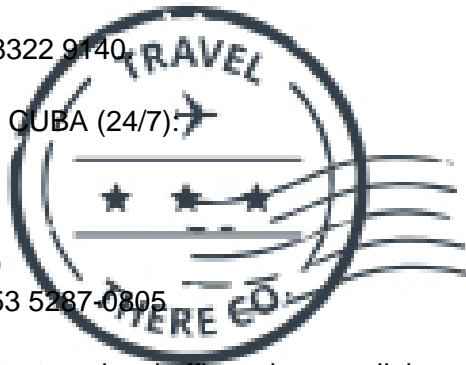
EMERGENCY CONTACT NUMBER in CUBA (24/7):

+53 5216-0592

ALTERNATIVE NUMBERS in CUBA:

Airport Representative: +53 5294-2410

Alternative emergency phone Cuba: +53 5287-0805



If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100 Calls from UK: 0344 272 0000 Calls from Germany: 0800 365 1000 Calls from Australia: 1 300 796 618 Calls from New Zealand: 0800 333 307 Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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**CYCLING:** All cycling equipment is included except for biking gloves and water bottles, we recommend you bring your own for additional comfort and convenience. You may also bring your own seat and clipless pedals if you choose; the bikes have normal pedals. Panniers are not necessary as you are able to store extra gear in the safety vehicle which will be following the group at all times. Bikes have a bottle carrier attached, and you are provided with a bottle which is washed and disinfected between trips. Additionally, you may wish to bring your own camel bag for drinking water.

**GENERAL:** We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

## Checklist

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Cycling:

- Bike helmet (required)
- Bicycle pedals (optional)
- Bicycle saddle cover (optional)
- Bicycle saddle (optional)
- Biking gloves
- Cycling clothing (cycling shorts and cycling jersey)
- Cycling shoes
- Handlebar bag (optional) (For easy access to small personal items.)
- Personal cycling gear

#### Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

#### Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket



#### Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves

#### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Note: Helmets are not included on this trip. Please bring your own helmet with you (required). Basic snacks will



be provided on cycling days, but Cuba has limited access to healthy snacks with protein. Should you want additional snacks in between meals/while cycling, you may want to bring some with you.

## Laundry

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent.

A "Tourist Card" is required for most nationalities to travel to Cuba. Many airlines to Cuba include the cost of this card in the flight cost and distribute the card during the flight. Some airlines do not provide this card, so it is best to call your airline and ask about it prior to travel. Tourist cards are also available from a Cuban consulate or embassy and cost approximately \$20-\$25CUC.

Please note that none of the airlines departing from the UK provide the Tourist Card on board and it's no longer available for purchase at Gatwick airport.

Upon arrival to Cuba, keep your Tourist Card in a safe place, as it is necessary to show it occasionally to officials and also upon departure from the country.

U.S. citizens and residents:

Because of the Cuban Assets Control Regulations enforced by the U.S. Department of the Treasury's Office of Foreign Assets Control (OFAC), Travel There Co does not accept bookings for U.S. citizens and residents at this time. Please check current travel restrictions before booking travel to Cuba. Travel There Co reserves the right to cancel any reservations made by U.S. citizens, residents or other persons subject to U.S. jurisdiction.

### IMPORTANT NOTE FOR ALL PASSPORT HOLDERS:

We recommend that you avoid flying to Cuba via the US airports. If you are connecting through the US, regardless of your nationality, you will be required to submit a signed form certifying that you are traveling under one of the 12 travel categories authorized by Office of Foreign Assets Control (OFAC). The traveller is responsible for qualifying under one of these travel categories. Tourism is not one of these 12 categories. More information can be found in the U.S. Department of the Treasury's Cuba FAQs.

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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The currency in Cuba is the Cuban Peso (CUP).

Bringing cash is the easiest way to travel in Cuba, though please take extra security precautions to avoid theft. Please note that until further notice AUD and NZD are not accepted in Cuba. Because of these difficulties we recommend that you arrive in Cuba with CAD, EUR, GBP, or Mexican pesos which can be easily converted into Cuban Convertible Pesos (CUC) at the 8% conversion fee.

As of November 8, 2004 the US Dollar is no longer being used as official currency. The Cuban Convertible Peso is at a similar value to the US Dollar, and can be acquired at any change house or bank. Please note that any transaction involving the US Dollar in Cuba automatically incurs a 18% fee.

People traveling in Cuba with Visa credit cards can still use them for cash advances, however all transactions will be subject to an 18% fee. Bank cards from US banks do not work in Cuba, and cards using the Cirrus or Maestro systems are nearly impossible to use. The best credit cards to bring are Visa Plus. Please note that ATMs are not widespread and generally speaking debit cards do not work in Cuba from any foreign banks.

If you plan to use a bank card, it would be advisable to check with your bank directly prior to your departure as to whether the card should work in Cuba.

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in Cuba.

**CURRENCY EXCHANGE TIP:** Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent). Cuban Convertible Pesos (CUC) are extremely difficult to convert outside of Cuba, be sure to convert any remaining CUC before departing Cuba.

You are advised NOT to change money on the street outside the airport or your hotel. Reliable money exchange may only be done at Cadecas (change houses), Banks, or Hotel Reception.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

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## Tipping

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It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Tipping of your Travel There Co Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

## Optional Activities

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Viñales

- Viñales Hiking

Playa Larga

- La Cueva

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. Travel There Co reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

<http://www.gadventures.com/travel-resources/safety/>  
[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Trip Specific Safety

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### MAKING FRIENDS WITH LOCALS

Sexuality is very open in Cuba and that can shock some travellers, especially women. There are many Cuban men and women (known as Jineteros), who make a living escorting foreigners. Offers of this service are very common in Havana. Be aware of this practice and keep in mind that some locals who approach you may do so to take advantage of your presence.

We advise traveling around the streets of Havana City in small groups, rather than individually (especially for women travelers). In addition, we suggest not carrying any easy targets for potential troublemakers like cameras, purses, or anything that is easy to snatch or grab. We advise this not expecting trouble, but rather erring on the side of caution.

## Medical Form

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## A Couple of Rules

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## A Word of Warning

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## Travel Insurance

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## Local Dress

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## Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## Minimum Age

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You must be 18 to travel unaccompanied on a Travel There Co tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

