



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Cuba - Cuba Mixed Activity Bike and Adventure Tour 2017-2018**  
**Guided Tour**  
**11 days/10 nights**



Pack your bags for an adventure of a lifetime and discover the natural beauty of a Caribbean island steeped in romance and intrigue. This active adventure features a combination of Cuba's 'must see' sights amid a fun packed itinerary of outdoor activities. We'll soak up the history and musical heritage of Havana and Trinidad, cycle the Vinales Valley, swim at the Bay of Pigs, hike in Topes de Collantes, and receive a warm welcome from the Cubans by staying in Casas Particulares and eating in privately run Paladares. Variety is the name of the game – a perfect way to see the real Cuba!

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### Itinerary Day to Day

#### **Day 1: Start Havana**

Meet the group at the hotel.



#### **Day 2: City tour on bike; transfer westwards through Pinar del Rio province to coastal hotel 26 km**

This morning the group will meet in the hotel lobby after breakfast for a welcome briefing and bike fitting before setting off on our two-wheeled city tour. Traffic is remarkably light for a capital city as most people don't own a car in Cuba. We cycle through the Miramar and Vedado districts of Havana to reach the dominating Plaza de la Revolucion, whilst Buicks and Pontiacs cruise past with gleaming chrome. We continue towards Old Havana and stop at El Capitolio, the famous National Capitol Building, which is superficially similar to the Capitol in Washington D.C. After lunch

we start our westward journey and drive out of the city towards the lush countryside of Pinar del Rio. The drive to Maria La Gorda on the far western coast is approximately 300 km and will take around five hours. We will have several stops en route before arriving in time for dinner.

#### **Day 3: Ride in Guanahacabibes Nature Park; snorkel in Caribbean Sea 45 km**

In the morning we transfer by bus (distance 15 km) to Guanahacabibes Park entrance. Here we will meet a local nature guide who will accompany us on a cycle trip into the park. Cycling in this region takes us through some of the most uninhabited terrain on the island of Cuba. There's a good chance that you will see the smallest bird in the world, the bee hummingbird, as well as spotting some of the more common species of endemic birds such as the brilliantly coloured Toco-ro-ro, Cuba's national bird. The Guanahacabibes Peninsula is a protected area and nesting ground for turtles. After exploring the peninsula, we will load the bikes on to the bus and head back to the hotel. In the afternoon you can enjoy fantastic snorkelling, either from the beach or a dive boat.

#### **Day 4: Cycle to Vinales Valley, enjoy a sunset meal at an organic farm in Vinales 50 km**

Today we have an early start in order to drive two hours to the starting place for our route down a little known road to Vinales via Guane. The peaceful ride will enable us to spend time in unspoilt and spectacular undulating scenery. We take a packed lunch to eat along the way and arrive into Vinales town in the late afternoon. Accommodation tonight will be in 'Casas Particulares' homestays all on the same quaint street in the town. Dinner is included this evening at Wilfredo's farm, beautifully situated atop a hill offering stunning sunset views across the valley. Local musicians and cuisine make this an evening to remember.





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**Day 5: Caving at 'Cueva de Santo Tomas', afternoon walk through tobacco growing countryside 7 km**

Today we will set out to explore some of Vinales Valley, a world heritage site and producer of the world's finest tobacco. Also we will visit the Cueva de Santo Tomas, the biggest cave network in Cuba. Tours last for two hours and a specialist guide as well as helmets and headlamps are provided, although you might want to bring along a more powerful flashlight if you have one. The cave is spectacular and has 45 kilometers of galleries on eight levels – we will visit two or three of the levels. Around midday we'll head back to Vinales for lunch and then have some time to explore the little town. In the late afternoon we'll set off on a walk through the valley, visiting farmers and seeing how they grow tobacco. Tonight's evening meal will be at your leisure and we recommend that you try one of the Paladar restaurants on the main street of Vinales. Afterwards you could go to the Polo Montanez Club, an open air meeting spot where locals gather to chat and dance to live music.



**Day 6: Cycle to caves used in 1962 Missile Crisis, optional zip lining at Las Terrazas Biosphere Reserve 45 km**

We set off this morning on our bikes and take the backroads out of the Vinales valley, passing the spectacular mogotes which rise up from the valley floor. Our destination today is Cueva de los Portales, where Che Guevara had his headquarters during the Cuban Missile Crisis. We enjoy a picnic lunch there and explore the cave before getting onto the bus and heading for Las Terrazas Biosphere Reserve. Upon arrival, if weather permits, there will be a chance to try out Cuba's only zip lining course! The course is over five lines and for approximately 1.5 km you soar over

the forest and the community getting a bird's eye view of the environment below. (Cost per person is CUC25), this evening we will have dinner at Tito's Farm and spend the night in simple cabins by the River San Juan.

**Day 7: Swim in San Juan River, walk La Serafina Nature Trail, drive to Playa Larga at Bay of Pigs 6 km**

What better way to start the day than with a refreshing swim in the Rio San Juan! After breakfast we drive to the start of our trail for today's walk. La Serafina Trail is relatively easy going but gives you a great introduction to the reserve. Expect to see plenty of natural flora and endemic birdlife in the area. We then set off towards the center of the island, with a quick lunch stop in Havana, on what is a four to five hour journey to the Bay of Pigs. Tonight we stay in casas particulares in the small coastal town of Playa Larga, where the CIA backed troops attempted the coup d'etat on Fidel Castro's Revolutionary Government. This evening we recommend you trying some of the region's seafood.





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**Day 8: Snorkel at Bay of Pigs, drive to UNESCO World Heritage Site of Trinidad, salsa class**

After breakfast we head straight out to the welcoming Caribbean Sea for a morning of snorkelling. The Bay of Pigs is one of Cuba's most spectacular snorkelling spots with a wonderful array of soft and hard corals which can be reached easily from the shore. We will snorkel in Caleta Buena and have lunch before driving along the shimmering coastline (approximately two hours' drive) to Trinidad. This lively and colourful town is a UNESCO World Heritage Site and one of Cuba's most famous destinations. Entering Trinidad is like stepping back in time; cobbled streets and pastel coloured houses haven't changed since they were built at the peak of Trinidad's sugar producing years. In the early evening we will enjoy a fun introductory salsa class with local teachers in a Cuban home close to the casas particulares where we will be based. The class will last about one hour and will give you the confidence to try your moves tonight in the many dance bars! The town is a wonderful place to discover live music, handicrafts, Paladar restaurants and beautiful colonial squares. This evening we will have a meal together in the patio of Alberto and Osmar's lovely house.



**Day 9: Morning walk in Topes de Collantes, swimming at Vegas Grandes waterfalls, free afternoon 12 km**

In the morning we will drive from Trinidad to Topes de Collantes Nature Reserve. Our destination is the starting point of the Caburni Trail, which will take us to some magnificent waterfalls and a lovely swimming spot. Then continue on a steep path to visit the Vegas Grandes waterfalls where you can also enjoy a swim and have a picnic lunch. We finish the trek at El Chorrillo community where we are picked up and transferred back to Trinidad. The rest of the afternoon is free time to relax, explore, shop or go to the beach. Playa Ancon is 12 km away and a perfect Caribbean beach with white sand and calm blue waters. Tonight is the perfect opportunity to eat in one of the local paladars and then sample some mojitos in the town.

**Day 10: Drive to Havana, stopping at the Che Guevara Mausoleum in Santa Clara**

We wave goodbye to Trinidad after breakfast and begin our journey back towards Havana, stopping on route for a visit to Che Guevara's Mausoleum in Santa Clara. We will arrive in Havana early evening and check into our casas. The evening is at leisure and we have included a transfer to and from the Old Town. You can enjoy a final Cuban dinner and an evening out if you want to make your own way back to the hotel.

**Day 11: Sightseeing in Havana, walking tour of Old Town, end**

This morning we'll do some sightseeing in Havana (old and new parts of town) including walking tour of Old Havana. There is time for lunch and then departure to the airport



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### Route



### Technical characteristics

**Route Profile:** Moderate. Overall this trip is not too strenuous but a basic level of fitness is required. You should be comfortable in water for several of the activities.

**Distance:** *by bike:* 166 km *by trek:* 25 km

**Travel Dates: Monday Departures for 2017:** October 16; November 6; November 20 and December 4

**Monday departures for 2018:** January 15; January 29; February 12; March 5; March 15; October 15; October 29; November 12; November 22 and November 26



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**Prices (Per Person)**

Canadian Dollars	Oct 16/17	Nov 20-Dec 4/17	Jan 15-Mar 5/18	May 10-Oct 28/18	Nov 12-28/18
Double Occupancy	\$2755.00	\$3035.00	\$3225.00	\$2965.00	\$3225.00
Single Supplement	\$494.00		\$532.00		

**Accommodation:**

This trip features 7 nights in casas particulares in several different locations (Havana, Vinales, Playa Larga, and Trinidad). These are traditional guesthouses with bed and breakfast accommodation. All of the properties are located within a few blocks of each other, around a central meeting house. Two nights are spent at the beach side hotel in Maria la Gorda, and one night in simplistic huts at the river side setting in Rio San Juan. Throughout the tour we will therefore experience a range of interesting and genuinely Cuban lodging choices.

**Included:**

- All accommodation
- All breakfasts, 2 lunches and 2 dinners
- All transport and listed activities
- Tour leader throughout
- Tourist card Visa

**Not included:**

- Travel Insurance
- Visas or vaccinations

*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**  
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