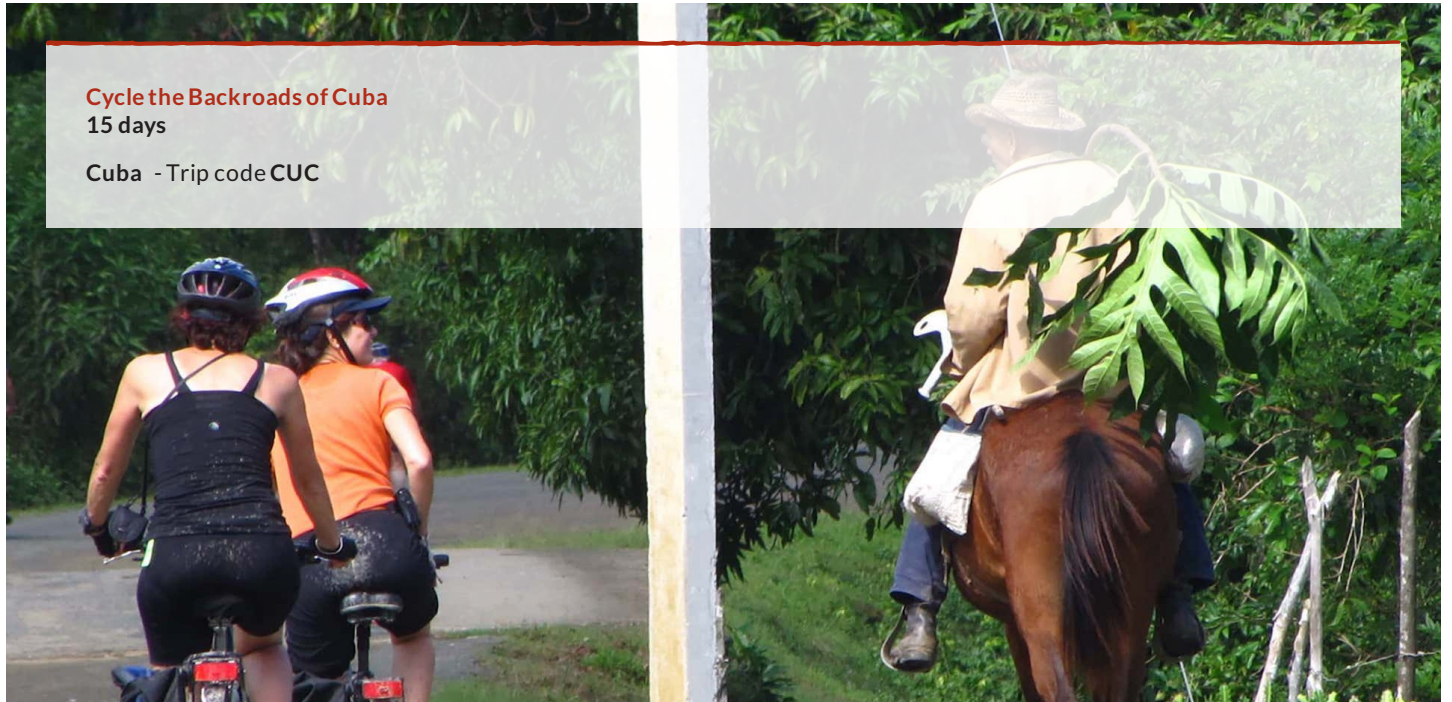


EXPLORE!



Cycle the Backroads of Cuba

15 days

Cuba - Trip code CUC

Cycle the Backroads of Cuba

A remarkable cycle journey across Cuba that explores the island's revolutionary history, diverse landscapes and its unique brand of Caribbean culture. Riding on relatively quiet roads, this moderate to challenging tour discovers rich colonial heritage, tropical coastlines, jungle-clad mountains and historic sites such as the Bay of Pigs and Che Guevara's mausoleum. In Havana and Trinidad we go local and stay in privately run Casas Particulares. Now is undoubtedly a fantastic time to visit Cuba to see and experience the island. Visiting Cuba is like stepping back in time as little has changed over the past 50 years. To fully enjoy the Cuban experience you should travel with a willingness to expect the unexpected and, above all, an adventurous spirit. In our opinion go now and experience this unique destination before it changes.

Trip highlights

- ★ **Cycle Cuba** - A great way to see the island
- ★ **Havana Vieja (Havana Old Town)** - Explore this atmospheric UNESCO Heritage Site
- ★ **Sierra Maestra coastal road** - Ride the stunning mountainous coastline from Marea Portillo to Chivirico
- ★ **Casas Particulares** - Stay in locally-owned and run private homestays in the heart of colonial Trinidad
- ★ **Spanish Colonial Towns** - Including the beautiful original founding towns of Trinidad, Remedios and Baracoa
- ★ **Historical Sites** - Cycle beside the infamous 'Bay of Pigs'; visit Che Guevara's monument in Santa Clara

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

CYCLING GRADE:

Moderate To Challenging

Combining moderate grade rides with some challenging days in the saddle, this grade is ideal for reasonably fit cyclists who want to challenge themselves.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour in Havana

Our tour begins in Havana. Built around a deep natural harbour, Havana is one of the most impressive colonial cities surviving in the Americas today. Crumbling tenement buildings and 1950s American Cadillacs rub shoulders with white marble grandeur and the still audible echoes of the Cuban Revolution. The largest city in the Caribbean and Cuba's political and cultural heart, it is the perfect place to start our journey. In Havana we stay in 'casas particulares' - family-run guesthouses. On arrival to the main joining point casa in the old centre of Havana (as detailed in your Joining Instructions) you will be met by your host and shown to your room in one of the local guesthouses in the surrounding area.



Accommodation: Casa Particulares - Havana (or similar)



Simple Casas Particulares



Single room available



Meals Provided: None

DAY 2 - Cycle the Bay of Pigs. Drive to Cienfuegos

This morning we depart the city and drive for about 2.5 hours to the Bay of Pigs - the infamous site of a failed US-backed invasion in 1961. We then enjoy a relatively easy warm-up ride along the flat, following the Caribbean coast from Playa Larga our route ends at the Cueva de los Peces - a flooded tectonic fault (or cenote) with resident tropical fish. We resume our journey by road, travelling for about 1.5 hours on to the colonial city of Cienfuegos, where we have a chance to take in some of its impressive 19th century architecture on a walking tour of the centre, before continuing a short distance to our hotel at Cienfuegos Beach. Our total cycling distance today is approximately 30 kilometres



Accommodation: Rancha Luna (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Dinner

DAY 3 - Coastal ride from Cienfuegos to Trinidad

Continuing south-east this morning we cycle along the Caribbean coast to the UNESCO World Heritage Site of Trinidad, one of the best preserved colonial towns in the country. Founded in 1514, the town was a haven for pirates and slavers before the arrival of the French in the early years of the 19th century and today remains one of Cuba's cultural gems. On arrival, the rest of the day is free to relax and enjoy this beautiful setting. For the next two nights we will enjoy local hospitality staying in casas particulares - private houses. Our total cycling distance today is approximately 78 kilometres (Total ascent and descent 500 metres)



Accommodation: Casa Particulares - Trinidad (or similar)



Simple Casas Particulares



Single room available



Meals Provided: Breakfast

DAY 4 - Visit Trinidad; optional cycle to Ancon Peninsula

This morning we enjoy a walking tour around Trinidad, taking in the lovely setting of the central square and the cathedral. The afternoon has been left free to enjoy Cuba's beautiful Caribbean coastline and the white sands of nearby Playa Ancon. For those still wanting to stretch their legs we also have the option to cycle out to the beaches and coastline of the Ancon Peninsula. Our total cycling distance today is approximately 30 kilometres (optional, unescorted)



Accommodation: Casa Particulares - Trinidad (or similar)



Simple Casas Particulares



Single room available



Meals Provided: Breakfast

DAY 5 - 'Valley of the Sugar Mills' ride. Drive to Camaguey

Leaving Trinidad after breakfast this morning we cycle through the historic landscapes of the Valle de los Ingenios, with its ruined sugar mills and infamous slave watchtower. By the middle years of the 19th century the valley was responsible for a third of all Cuba's sugar production, before the wars of independence saw the mills destroyed. We cycle to the watchtower of Manaca Iznaga, before continuing east towards the city of Sancti Spiritus, another colonial gemstone and one of the seven original Spanish founding villas of the early 16th century. After a short visit to the city we then drive for about 3 hours on to Camaguey, crossing through the central plains and cattle rich lands of Camaguey Province. Our total cycling distance today is approximately 70

kilometres (Total ascent and descent 450 metres)



Accommodation: Colon Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Cycle the along Granma coast to Media Luna

Continuing east this morning we drive for about four hours to Manzanillo in the Province of Granma - named after the vessel that carried the revolutionary fighters from Mexico to Cuba in 1956. We cycle from here along a route that provides a snapshot of authentic rural Cuba, always close to Caribbean coastline. After reaching Media Luna village we load up the bikes and drive for about an hour across the Sierra Maestra foothills to our next night stop at Marea de Portillo. The Sierra Maestra was the mountain country that served as Castro's base of operations during the Cuban Revolution and its southern slopes provide the perfect backdrop to today's cycle as we make our way towards the black sand beaches of Cuba's southern coast. Our total cycling distance today is approximately 51 kilometres (Total ascent and descent 200 metres)



Accommodation: Hotel Marea Portillo (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 7 - Impressive coastal ride on flanks of the Sierra Maestra

The cycling route today is particularly impressive as we follow a route sandwiched between the steeply raked southern flanks of the mountains and the azure waters of the Caribbean. Parts of the route are surfaced with gravel and the support bus will be replaced with jeeps today as the main bus will not be able to access the route. We cycle from Marea de Portillo as far as Chivirico, where we spend the night before heading to Santiago tomorrow. Our total cycling distance today is approximately 105 kilometres (Total ascent and descent 800 metres)



Accommodation: Brisas Sierra Mar (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 8 - Visit Santiago; optional ride to lighthouse viewpoint

This morning we drive for about 2 hours to Santiago, Cuba's second largest cities founded by Diego Velazquez de Cuellar in 1514. At the heart of Cuban culture and history since its foundation and briefly the country's capital, Santiago rose to prominence with the growth of the sugar plantations during the 17th and 18th centuries. It was the starting point of the Cuban Revolution and earned itself the title of 'Hero City of the Republic'. On arrival we take a tour of the city, taking in some of the colonial monuments

around the Plaza de la Revolucion. This afternoon there is an option to cycle out to the lighthouse that overlooks Santiago Bay. Our total cycling distance today is approximately 25 kilometres (Total ascent and descent 100 metres) (optional, unescorted)



Accommodation: Las Americas (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 9 - Ride 'La Farola' mountain road to charming Baracoa

Today presents us with our most challenging ride, as we cycle through the eastern mountains to Baracoa. Departing Santiago after breakfast, we drive firstly for about 2.5 hours to the village of Imias, just past Guantanamo. It is from here that we begin cycling, following the Caribbean coast as far as Cajobabo, before turning north and continuing up towards the Atlantic coast. As we leave Cajobabo behind we climb into the Sierra del Purial, travelling along the Farola Road, a winding, scenic highway that takes us through the tropical forests of the eastern mountains before descending steeply to the small, colonial town of Baracoa. Our total cycling distance today is approximately 66 kilometres (Total ascent and descent 1000 metres)



Accommodation: Porto Santo (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 10 - Explore Baracoa; optional cycle to River Yumuri

Lying in Cuba's far south-eastern corner, sandwiched between two bays, Baracoa was the first Spanish colony to be founded in Cuba. For many years it was only accessible by sea until 'La Farola' road was built through the mountains in the 1960's. Today is left free to explore this charming town, interesting colonial architecture and nearby tropical beaches. You may choose to take an optional ride to the mouth of the Yumuri River to the east of the town. Our total cycling distance today is approximately 56 kilometres (Total ascent and descent 350 metres) (optional, unescorted)



Accommodation: Porto Santo (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 11 - Cycle past Alexander Humboldt NP. Drive to Holguin

Baracoa means 'elevated land' in the local Indian language and the whole area is blanketed in some of the country's most verdant forests. This morning we cycle along the coast, travelling through Cuba's lush, tropical scenery. The ride takes us past Alexander von Humboldt National Park, a UNESCO World Heritage site and one of the most biologically diverse sites on earth. The road condition is not good in this area and we later switch to the bus to complete the journey on to Holguín, another four to five hour drive away. Our total cycling distance today is approximately 45 kilometres (Total ascent and descent 150 metres)



Accommodation: Hotel Pernik (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - Ride along north coast backroads. Drive to Camaguey

Leaving Holguín early this morning we head north, towards the Atlantic coast near Puerto Padre. The ride today takes us along quiet country roads, passing through Cuba's fourth largest province. The area produces a rich variety of crops, from corn and beans in the east to sugar in the central region, whilst the hills above the Rio Mayari are littered with coffee plantations. Reaching the coast later this morning we then meet with the bus for the onward drive to Camaguey, some four and a half hours to the west. Our total cycling distance today is approximately 60 kilometres (Total ascent and descent 150 metres)



Accommodation: Colon Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 13 - Cycle to Jaguajay. Drive to Santa Clara via Remedios

We start the day with a bus drive for about 2.5hrs to the start point of today's ride. Our final day of cycling sees us cycling up towards the Caguanes Peninsula in the northern corner of Sancti Spiritus Province. Our destination is Jaguajay, lying close to the Caguanes National Park, where we leave our bikes and continue onto the colonial town of Remedios by bus. Founded in 1524 and considered by many to be one of Cuba's most picturesque towns, Remedios still retains something of the flavour of its 17th century heritage and we have a chance to explore some of the town before completing our day's journey one hour onto Santa Clara. Our total cycling distance today is approximately 75 kilometres (Total ascent and descent 200 metres)



Accommodation: Hotel Los Caneyes (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 14 - Visit Che Guevara Mausoleum. Drive to Havana; city tour

This morning we visit the Che Guevara Monument and Mausoleum, the final resting place of one of the world's most iconic figures and one of the country's most emotive shrines to its revolutionary heritage. Continuing on to Havana (three hours), we then spend this afternoon exploring the heart of the old capital, wandering through the neo-classical architecture of the Vieja district and enjoying the baroque grandeur of the 18th century Catedral de San Cristobal de la Habana.



Accommodation: Casa Particulares - Havana (or similar)



Simple Casas Particulares



Single room available



Meals Provided: Breakfast

DAY 15 - Tour ends in Havana

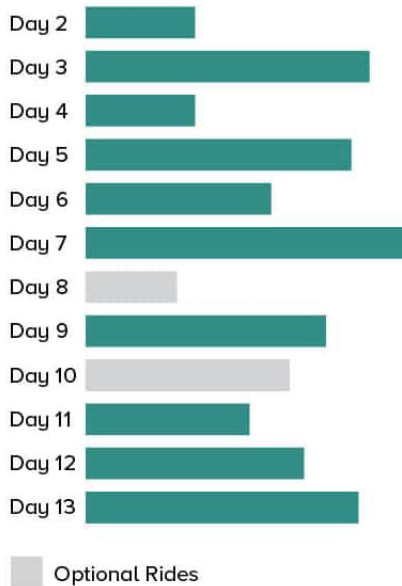
The tour ends in Havana this morning after breakfast.



Meals Provided: Breakfast

Cycling information

DAILY DISTANCES



General cycling information

On this tour we cycle 691 km over twelve days (an average of 58 km per day). Three of the cycling days are circular and therefore optional. We cycle on relatively quiet main roads and will encounter most traffic in the west and in urban centres. Days 7, 9 and 11 are amongst the most epic rides possible in Cuba. The terrain is often undulating, and on tarmac which can be in very poor condition in places requiring good control of the bike. There are several rides with steeper climbs. A support vehicle is available throughout the tour except on the three circular/optional rides. We have graded the route as moderate to challenging.

Bike included

27 gear Stevens Galant SX or similar hybrid bikes.

Bike information

Your included bike will be a 27 gear Stevens Galant SX Hybrid or similar make and model and will be the correct frame size for your height. Female and male frames are allocated accordingly when booking unless you specifically request otherwise. A pannier and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Cycling grade

ModerateToChallenging



Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

What's included?



Included meals

Breakfast: 14
Dinner: 3



Transport

Bus
Bicycle



Trip staff

Explore Tour Leader / Cycle guide
Driver(s)
Local Guide(s)



Accommodation

4 nights simple casas particulares
10 nights standard hotel

Trip information

Country information

Holidays to Cuba

Climate

The dry season is from November to April. Average temperatures are 22-26C. Though the sky is often cloudless during the dry season, cold wet snaps do come in from North America especially in Dec and Jan, when the temperatures can drop to as low as 5C at night. From May to October there are normally fine mornings and clear evenings, afternoon rains tend to be short & heavy. Temperatures are hot and humid.

Time difference to GMT

-5

Plugs

2 Pin Flat and 2 Pin Round

Religion

60% Catholic

Language

Spanish

Budgeting and packing

Optional activities

Havana - Museo Bellas Artes 5 CUC Please note - most museums in Cuba charge for use of Camera's and Camcorders, this can be up to 7 CUC per usage.

Clothing

Pack for warm and hot conditions. Bring cycling gear such as padded shorts, cycle gloves and quick drying cycle shirts. Remember weather is changeable in the mountains and it can be cool and wet in the high altitude of the Sierra Escambray or even on some evenings in Havana, so bring some warmer clothing too. Wet weather gear is essential at all times in case of rain. Don't forget your swimming costume.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage

20kg

Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are

also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow 50 Convertible Peso (CUC) for group tipping.

Country Information

Holidays to Cuba

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price
£12.00-15.00

Beer price
£2

Water price
£1.5

Foreign Exchange

Local currency
Cuban Convertible Peso (CUC).

Recommended Currency For Exchange
US dollars are no longer accepted in shops and other businesses, tourists and Cubans exchanging dollars will have to pay a 20% commission. We recommend you take clean Euro, Canadian dollars or Sterling cash as these are easier to exchange. Please note that Scottish Pounds are not accepted in Cuba.

Where To Exchange
Your Tour Leader will advise you on arrival.

ATM Availability
Available in major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance
Please note credit and debit cards associated with American Banks are not accepted. Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques
We do not recommend Travellers Cheques. Amex Travellers Cheques are not accepted.

Transport, Accommodation & Meals

Transport Information

Bus, Bicycle

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Due to the recent increase in tourism in Cuba following the relaxing of US sanctions, we are finding that a number of hotels and guesthouses are cancelling or moving our reservations at short notice. Unfortunately, these changes aren't something we can predict, or prevent, but we'll do our utmost to ensure that any replacements we provide you are of an equivalent standard. On occasions this may be in an alternative location but this should not affect your included itinerary. We'll let you know if we receive notification of changes within a reasonable amount of time, but please do be prepared that you might find out about changes to your accommodation on arrival or during your trip. Accommodation and service levels in Cuba have improved in recent years but there is an ongoing trade embargo and lack of investment in infrastructure. Accommodation can be basic, particularly in some rural areas, occasionally with unreliable water and electricity supply. Service levels in government hotels, shops and restaurants are generally poor as this is not a service-oriented western culture. Of course, this is all part of seeing the 'real Cuba' and while we think you'll be pleasantly surprised by most of the hotels we use, you should be prepared for simply furnished rooms, some out-dated furniture and varying levels of service. Most of the hotels do have air conditioning and en-suite facilities. Casas particulares - This is a Spanish term meaning private accommodation or homestay in Cuba. Staying in a casa offers the visitor a unique opportunity to experience Cuban hospitality in local accommodation adapted for tourism. The number of rooms, quality, facilities and access to other areas of the house such as the living room varies massively but as a general rule the majority of Casas are clean, basic, centrally located and can host only a handful of guests. Casas are generally run by the owner and members of the family that live there and the standard of English spoken will vary from zero to fluent, which is a good opportunity for you to practice your Spanish. Virtually all of the rooms have private facilities but on rare occasions it may be necessary to share. Your Explore Leader will coordinate accommodation arrangements on tour.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Cuba: Visas or Tourist cards are required by all nationalities travelling to Cuba. Explore can only supply the Cuban Tourist Cards to citizens of the EU, Canada, Australia and New Zealand who are resident in the UK. This currently costs £15. Please contact Explore or your Travel Agent to arrange this service and we will send your tourist card with your final documentation. Alternatively they can be obtained directly through Cuban embassies and consulates. Other nationalities should consult the relevant consulate. Due to US Treasury Department Regulations we are unable to accept bookings from US passport holders. These Regulations set out different categories under which it is possible for US citizens to travel to Cuba; our trips do not fall under any of the permissible categories. As a tour operator we have an obligation to follow legal procedures, and as such we are unable to sell our trips to US passport holders. Travelling for tourism reasons directly from the USA to Cuba isn't allowed under US law. The law applies to US nationals and all foreign nationals who are either resident in the USA, or travelling through the USA en route to Cuba. Those travelling on direct flights between the UK and Cuba, or via other countries excluding the USA, are unaffected by this US legislation. You should confirm all visa related questions with the relevant Embassy prior to departure. Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Holidays to Cuba

Vaccinations

Nothing compulsory, but we recommend protection against typhoid, tetanus, TB, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

