

EXPLORE!



Cycle Cuba!
CUBA - TRIP CODE CCC
CYCLING

DAYS	DEPOSIT FROM	PRICE FROM	FLIGHTS INCLUSIVE
15	£268	£2680	

Why book this trip?

Cycle with us through Cuba as we tour the colonial capital of Havana, explore tropical forests and pedal past striking limestone landscapes in Viñales. In historic Trinidad and Viñales we go local and stay in privately run Casas Particulares. We also ride through the forests of Topes de Collantes Nature Reserve and along the Caribbean coast to Trinidad, stopping to swim in tropical pools and see the infamous Bay of Pigs.



INCLUDED MEALS
Breakfast: 14
Dinner: 1



TRIP STAFF
Explore Tour
Leader / Cycle
guide
Driver(s)



TRANSPORT
Bus
Bicycle



ACCOMMODATION
9 nights simple
casas particulares
5 nights standard
hotel



CYCLING GRADE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Join tour 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 50s style 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)

Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Visit Old Havana; drive to Soroa

Havana boasts a sheer abundance of great buildings that reflect its importance centuries ago when all the Spanish galleons passed through with their freight of gold and silver, brought in from colonies in the Americas. During a relaxed walk through the old town we will take in the most important sites and buildings. After lunch we head off by bus to Soroa, nestling in the forested hills about an hour west of Havana. After checking in there may be time to stretch our legs on a walk, perhaps up to the top of a hill with views over the surrounding mountains and towards the sea.



ACCOMMODATION:
Villa Soroa (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Cycle through tropical forests to Las Terrazas

Today we take our first bike ride with an excursion into the surrounding hills. The cycling is very rewarding - through almost tropical forests with plenty of flowers and interesting plants along the way - eventually leading us to the enchanting settlement of Las Terrazas, perched on the edge of a lake and the UNESCO biosphere reserve of Sierra de Rosario. This is an internationally acclaimed reforestation project and model '70s communist settlement, set in the mountains at altitudes of around 500 metres where pine forests alternate with old coffee plantations. There is the chance for a swim in a natural pool in the San Juan river before we have lunch. You have the chance to try Cuba's most original, community-run vegetarian restaurant. Afterwards we head back to our hotel in Soroa by bus. Keen cyclists can do a few more miles if they wish. The support bus can only accompany short sections at the beginning and end of today's cycle route due to road conditions.

Our total cycling distance today is approximately 21 kilometres (300 metres ascent)



ACCOMMODATION:
Villa Soroa (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Cycle to the Cuban spa town of San Diego de los Baños

Early this morning there is a chance to visit the splendid Soroa orchid garden. We start cycling downhill out of the Sierra, using smaller roads and a quieter section of Cuba's Carretera Central. We will cycle through picturesque countryside with rolling hills, palm trees and farmhouses in small hamlets, eventually arriving in the Cuban spa town of San Diego de los Baños. The surrounding virgin countryside and forests are fabulous.

Our total cycling distance today is approximately 58 kilometres (100 metres ascent)



ACCOMMODATION:
Mirador Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Ride past banana and coffee plantations to Vinales

We continue cycling along Cuba's dramatic western mountain range, passing banana and coffee plantations and tobacco fields in one of the most remote rural areas of this trip. We will stop at the Cueva de los Portales - a famous site in the jungle where Che Guevara set up headquarters during the Cuban Missile crisis in 1962. Soon we will see the first views the Viñales Valley - one of Cuba's natural highlights and an area of outstanding beauty. The area is home to some of the most spectacular and colourful scenery in Cuba. Millions of years ago underground rivers cut tunnels through the limestone hills and when the roofs collapsed, strange hills or 'Mogotes' were left sticking up from the otherwise flat valley floor. In between the jungle-clad saw tooth karst mountains the rich, red soil has been worked into a patchwork of fields growing some of the best tobacco in the world - the raw material for the famous Havana cigars.

Our total cycling distance today is approximately 43 to 58 kilometres (100/400 metres ascent)



ACCOMMODATION:

Casa Particulares - Vinales (or similar)



Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Orientation tour of the Vinales Valley

We spend two entire days in this strikingly beautiful area. Today we will start the day with an orientation tour of the Vinales Valley by bike, exploring the valley in depth as well as taking some time to stroll through Vinales itself - a small laid back town with a charming main street built in neo classical style, leaving the afternoon free to explore the area further. Those interested can visit the limestone cave 'Cueva del Indio' and the Botanical Gardens in Vinales. The support bus does not accompany the ride today but is on call in case needed.

Our total cycling distance today is approximately 25 kilometres



ACCOMMODATION:

Casa Particulares - Vinales (or similar)



Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Free day to relax or explore the island of Cayo Levisa

Today is left free for taking it easy or perhaps by booking an excursion to Cayo Levisa, an island near Vinales just off the north coast with lovely beaches. Alternatively you may wish to take the bikes for some further exploration of the area.

Our total cycling distance today is approximately 20 - 45 kilometres (optional)



ACCOMMODATION:

Casa Particulares - Vinales (or similar)



Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 8 - Drive to Cienfuegos via Bay of Pigs

We commence the day with a bus ride (approx. 5hrs) across western Cuba to the Bay of Pigs - infamous for the ill-fated invasion attempt by Cuban exiles who landed here in April 1961 with the help of the US government. The result is well known and successful Cuban resistance, together with the missile crisis a year later, led the Americans to conclude that only a total trade embargo against the island could hope to discredit and ultimately oust Castro. Castro's Cuba keeps on resisting, however. We will visit Cueva de Los Peces for a quick swim in this sinkhole or cenote that is connected to the warm Caribbean waters and has resident tropical fish. We continue by bus to the elegant town of Cienfuegos which was founded in 1819 by French farmers who had abandoned their plantations in Haiti after a slave rebellion led to formal independence there. The French brought their classical construction style of houses and quite an entrepreneurial spirit, thus triggering the sugar boom in the area. After a short visit we continue by bus for 15 minutes to our hotel on the outskirts of town in Cienfuegos playa.

No cycling today.



ACCOMMODATION:
Rancha Luna (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Cycle to Trinidad via Yaguanabo beach

We start our day with a quick exploration of Cienfuegos before driving for about 1 hour to Guajimico where we commence today's cycling with the backdrop of the Sierra Escambray Mountains getting ever more impressive as we get closer to Trinidad. We will have a chance to stop en route for a swim in the Caribbean at Yaguanabo beach before continuing by bike to Trinidad. The town became incredibly wealthy in the 18th and 19th century and almost all the palaces and stately homes of the rich families remain, their grandeur undiminished by time and the cobbled stone streets add extra charm to this colonial gem. In the evening we should go out in town to sample the great live music to be found everywhere in Trinidad. One of the best spots is the Casa de la Trova where they play 'Trova' (Cuban Folk Music) and 'Son', the essence of Salsa. Those with some basic knowledge in Latin dancing or at least the willingness to try it will be most welcomed. On arrival we will have a short orientation walk in town exploring the central square and surroundings. In Trinidad we enjoy local hospitality for three nights as we stay in Casas Particulares - Private houses.

Our total cycling distance today is approximately 41 kilometres (250 metres ascent)



ACCOMMODATION:
Casa Particulares - Trinidad (or similar)

Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Visit the sugar cane valley and old sugar mills by bike

We have two full days to explore this wonderful town and its surroundings. Today we take a ride into the very scenic Valle de Ingenios (sugar cane valley) towards Santi Spiritus where we can see the old sugar mills. The support bus does not accompany the ride today but is on call in case needed. This afternoon we will visit the colonial heart of Trinidad on foot and hopefully have the opportunity to hear some live music.

Our total cycling distance today is approximately 37 kilometres (230 metres ascent)



ACCOMMODATION:

Casa Particulares - Trinidad (or similar)



Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Free day for a boat trip, snorkelling and relaxation

Today is left free to take a very rewarding Catamaran trip to the small island of Cayo Las iguanas - where you can snorkel on the reef and enjoy a seafood lunch on the island. Alternatively you can relax on the beaches south of Trinidad.



ACCOMMODATION:

Casa Particulares - Trinidad (or similar)



Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Scenic downhill ride from Topes de Collantes; bus to Santa Clara

Just a few miles behind Trinidad looms the Sierra Escambray, one of the three main mountain systems in Cuba. It has peaks up to 1100 metres, an incredible abundance of tropical and semi-tropical vegetation on its slopes, and some of the best Cuban coffee is also produced here. Climbing up into the Sierra on the road from Trinidad is an experience, with slopes as steep as 20% (don't worry, we do this by bus!). Those wishing to do the toughest cycling challenge to be found in Cuba may want to try by leaving at the early hours of the day and being picked up by the group later. We start cycling on the highest sections of the road, near Topes de Collantes, a village and mountain retreat built in the early 1950s. From here it is one of the most scenic downhills through the jungle to be found anywhere in Cuba. Before leaving the mountains we can stop at a local coffee farmer's home to enjoying a meal and see the process of coffee tasting and of course we will try it as well! Then heading north, passing through the village of Jibacoa we finally reach the provincial town Manicaragua where we finish the cycling for today. We will take a short bus transfer to the hotel in Santa Clara. This town is one of the most important of the Cuban revolution, as it was here that Che Guevara won the decisive battle in December 1958 which led to the fall of Havana a few days later.

Our total cycling distance today is approximately 35 kilometres (350 metres ascent)



ACCOMMODATION:

Hotel Los Caneyes (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 13 - Drive to Havana via Yumuri valley

The town of Santa Clara is less visited by tourism and therefore has the authentic feel of a busy Cuban provincial town. Its most remarkable site is the Che Guevara monument and mausoleum which we will visit together with a museum dedicated to the life of this hero of the Cuban revolution. We continue by bus to Matanzas where we get back onto the bikes for an afternoon ride into the Yumuri Valley, surprisingly still unknown to most western visitors. Abundant vegetation, palm trees, crops and plenty of birds are to be enjoyed while cycling through our last stretch of rural Cuba. Once on the coastal road we continue to the stunning Bacunayagua canyon with a great viewpoint and allegedly the best Pina Colada

served anywhere in Cuba. The support bus can only accompany short sections at the beginning and end of today's cycle route due to road conditions. Later we continue by bus on to Havana.

Our total cycling distance today is approximately 17 kilometres (150 metres ascent)



ACCOMMODATION:

Casa Particulares - Havana (or similar)



Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Explore Havana on foot or by bike

Today is left free to explore Havana however you may wish to take an optional cycle to explore the capital. In spite of growing traffic this is still a wonderful way of getting to know different parts of town.

Our total cycling distance today is approximately 23 kilometres (100 metres ascent) (optional)



ACCOMMODATION:

Casa Particulares - Havana (or similar)



Grade: Simple Casas Particulares



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 15 - Tour ends Havana

The day is free for more exploration and perhaps shopping in Havana.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

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	Plugs	Religion	Language
-5	2 Pin Flat and 2 Pin Round	60% Catholic	Spanish

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Havana - Entrance to the Tobacco factory CUC 10, Revolution Museum CUC 8, Museum of Modern Art CUC 5; Optional city tour on bike (no charge)

Soroa - Entrance fee to Orchids garden CUC 3;

Viñales - Excursion to Cayo Levisa approx. CUC 35.

Trinidad - Catamaran trip to nearby islands: CUC 50, Entrance to Town Museum CUC 3.

Please note - most museums in Cuba charge for use of Camera's and Camcorders, this can be up to CUC 7 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.

Please note tipping is also customary for musicians and for public conveniences so small notes and coins are always handy.

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	Beer price	Water price
£12.00-15.00	£2	£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

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.

Price Guarantee

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 and Passport 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

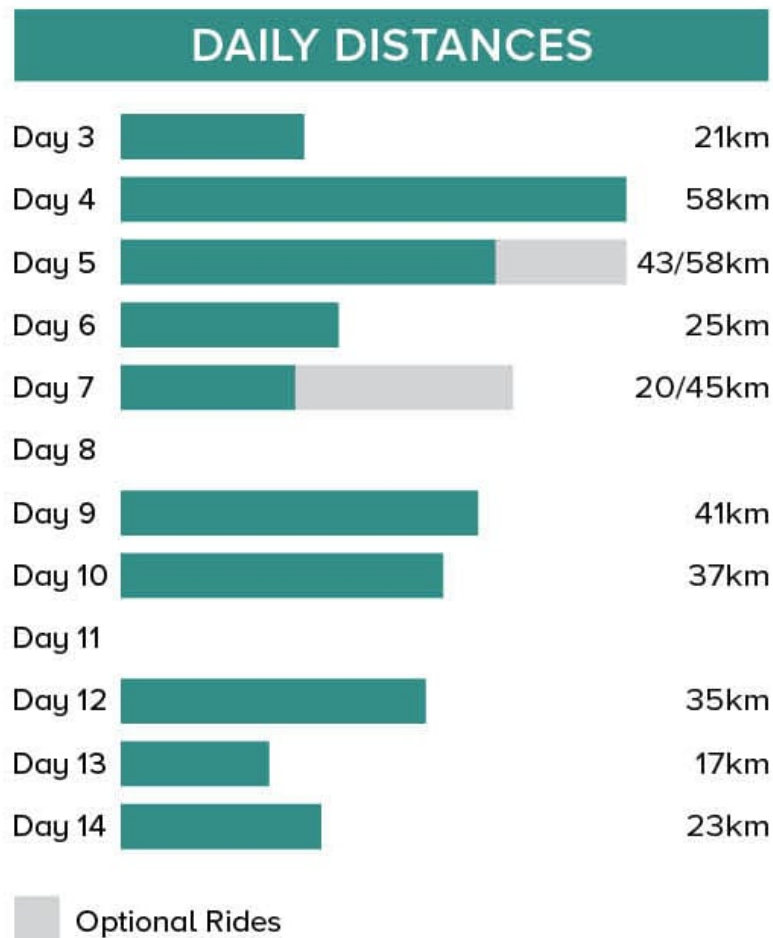
Cuba

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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed

by you before travelling.

Cycling information



Cycle Cuba Jersey

General cycling information

On this tour we cycle 277 km over eight days (an average of 35 km per day) with further optional rides available. The terrain is mainly on flat, tarmac roads, although the surface can be in poor condition in places. There are some uphill sections particularly in the Viñales and Soroa area. A support vehicle accompanies the rides throughout the tour except where not possible on days 3, 6, 10 and 13. Road conditions are ideal as Cuba has little traffic, particularly on days 3, 4, 5, 6 and 7 when we ride on quieter backroads. We have graded the route as moderate.

Bike included

24 or 27 gear Conor Avenue or Stevens Galant SX hybrid bikes with front suspension

Bike information

Your included bike will be a 24 or 27 gear Conor Avenue, Stevens Galant SX or Radon TCS hybrid with front suspension 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

Moderate



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**