



9 Days

Cuba

Cigars and Salsa, Cars and Coffee

Discover the rhythm and vibe behind the economy of Cuba. This short trip delves deep into Cuban culture and looks at some of the country's main exports and service sectors - namely cigars and tourism. Along the way, we'll get to hear from Cuban Economics professors, cigar sellers and tourism professionals. We visit co-operatives, micro-businesses and tobacco growers, as well as getting out into nature with walks, zip-lines and snorkelling in Cuba's fabulous natural environment. Don't forget to pack your dancing shoes as it would be rude to visit Cuba and not undertake some salsa. Don't worry, though, lessons are included!



Recommended tour itinerary

Day 1

Fly to Havana, Cuba

Cuba offers a unique and very friendly cultural experience. We are met on arrival by our lovely guide and transferred to the hotel in Havana where we have a group meeting with the Tour Leader. Dinner, a fantastic local meal, is at the guesthouse where we overnight. Havana is a City so full of life. Whilst being bathed in magnificent sunshine most of the time it also has other areas of brightness including the genuine warmth of locals and pulsating music everywhere. It is a bustling metropolis that manages to be wonderfully laid back. We will have an exciting adventure just by taking a stroll in the City.

Day 2

Havana, Cigar tour and old city highlights

Christopher Columbus once described Cuba as 'the most beautiful land on earth'. We aim to make this come to life over the next few days. This morning we have a guided tour of the Cigar Factory, including a talk from one of the cigar consultants about the industry. In the afternoon we have a tour of Old Havana including a visit to the El Morro Fortress and the Statue of Christ across the bay, followed by evening Salsa Lessons (think Strictly Come Dancing!) and the ever popular Arts & Crafts market.

Day 3

Havana. Economics lecture, Art museum and Cuban co-operatives.

This morning we have a lecture from an Economics Teacher at Havana University, followed by a visit to the beautiful Art Museum. It's a great chance to soak up more of the soulful culture of this truly amazing city. Later in the afternoon, we have a visit to a Cuban Cooperative with explanations from our local co-op member about how local traders work together to produce available market stock.

Day 4

Havana to Vinales via Las Terrazas

Atmospheric Cuba offers a fascinating blend of notorious political history and dilapidated colonial grandeur. Departing from Havana, we pass by a fascinating local 'Art Street' in Jaimanitas before heading out into the Cuban countryside on our way to Las Terrazas. En route, we stop at Las Terrazas to visit the famous comity project. We take a short trek to visit the river nearby in Baños de San Juan for a tasty lunch before heading on to Vinales. On arrival in Vinales we have an orientation tour and learn about this small rural town and its unique geography. Either tonight or tomorrow night, we'll get the chance to practice our Salsa at the famous Polo Montanez music and dance centre.





Day
5

Vinales walks, Tobacco farm visit, Zip Line

This morning, we have a walking tour of the Vinales Valley, a visit to a tobacco farm and an organic farm where we have the opportunity to have some hands-on experience in the fields and learn about tobacco harvesting. We have lunch at the farm where all the food and meats served are produce straight from the farm itself. For those that are feeling adventurous today, there is a fantastic zip-line across beautiful landscapes that gives an aerial view of some of Cuba's most stunning landscapes.

Day
6

Medicinal Plant Farm, Bay of Pigs, Crocodile Breeding farm

We travel from Vinales via the Medicinal Plants Farm. We then continue towards the coastline and the famous Bay of Pigs where we visit the museum dedicated to this famous battle. We head from here to the crocodile breeding farm where we learn about the endemic crocodile species that was nearly extinct, and how conservation is bringing them back from decline. Time permitting we may then visit a Sugar Plantation. Later, we head to our guesthouse in beautiful Playa Larga where will overnight.

Day
7

Travel to Playa Larga, snorkelling

Cuba's tropical beaches are a sight to behold and have a vibe and rhythm that only the Caribbean can conjure. Today we have the opportunity to go snorkelling with a local expert, eat a fabulous lunch and time permitting visit a local arts school funded by the community. This tour has been described by some visitors as the best experience they had in Cuba and Playa Larga is widely thought to be one of the best beaches in Cuba. The water is pristine and the bay is smooth as glass with the water still waist deep 30 meters out. We head back to the hotel to enjoy this amazingly beautiful beach and discuss who saw what under the water today!

Day
8

Playa Larga to Havana & home!

Today we head from Playa Larga back towards Havana & the airport. Depending on flight schedules, there may be a last opportunity for some souvenir buying en-route.

Day
9

Arrive in UK

We will return to the UK on day 11 refreshed, exhilarated and ready to tell our stories from this amazing educational trip.

Further information

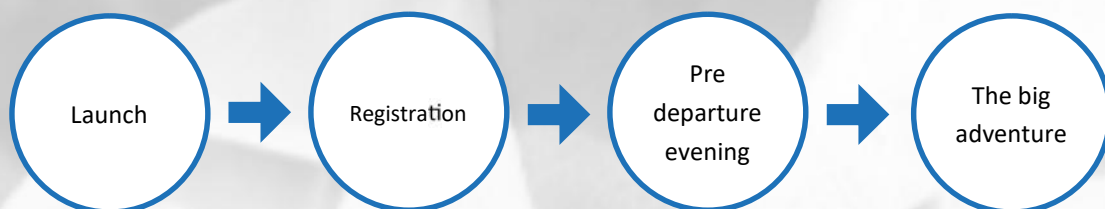
Look what's included!

-)] International flights
-)] All accommodation
-)] All food
-)] All transportation and activities
-)] Bi-lingual, first-aid qualified local tour leader
-)] Parent and student trip launch evening
-)] Pre-departure preparation evening
-)] 1-day offsite safety INSET day for staff
-)] ATOL financial protection
-)] Medical Emergency / Repatriation Travel Insurance
-)] Group first aid kit and prescription meds pack
-)] BS8848 safety management and risk assessments
-)] Detailed pre-departure information and kit lists
-)] Comprehensive teacher travel packs
-)] Permanent operations team in your destination
-)] 24-hour UK operational support whilst overseas
-)] Carbon offsetting of all flights
-)] Free t-shirt for every participant and teacher

What's excluded?

-)] Transport to airport in UK
-)] Drinks (advice will be given on purification of water)
-)] Visas or tourist cards if required
-)] Any required inoculations
-)] Personal spending money
-)] Tips for guides, drivers and porters
-)] Airport departure taxes paid locally
-)] Cancellation and personal effects insurance

Your educational journey timeline



Physical journey rating:



Anyone fit and healthy should be able to actively participate in this trip. There is very little physical activity although you will be expected to carry your own luggage at times. Walking around markets, city tours and such like is common and so you could be spending a few hours on your feet

Culture shock rating:



Expect to find local life broadly familiar to that in the UK, however aspects of the trip are likely to be in remoter areas where differences are more profound. Whilst English may not be the native language, you can expect it to be widely spoken. There may be some cultural differences and although western pallets should be well catered for there will be the opportunity to try new dishes.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.

1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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