



CUBA

CYCLING CUBA, FROM HAVANA TO TRINIDAD BY BIKE 9-DAYS

Cultural, rhythmic and evocative, Cuba promises to be like nowhere else you've cycled. This vibrant Caribbean island has many steep contrasts. It boasts beautiful beaches and tropical sun, crumbling but opulent architecture, cigar-smoking Cubans who groove to salsa beats in the streets, and a revolutionary history of both triumph and oppression. Cycling through Cuba is one of the best ways to experience this fascinating country. Most Cubans travel by bike, rendering the roads relatively car free. On this adventure we spend 9 days biking and exploring Central Cuba's most cultural and historically rich cities, including Havana, Cienfuegos, Trinidad, and the Bay of Pigs. We stay far from the all-inclusive beach resorts and experience the authentic Cuba.

Day 1

HAVANA

ARRIVAL

Upon arrival into the Havana International Airport, a BikeHike Adventures representative will greet you and transfer you to a comfortable hotel or casa particular in Havana. The remainder of the day is spent at leisure exploring this fascinating city. You'll find crumbling palaces, vintage American cars, and meet the local people who are frequently huddled together in the streets, smoking Cuban cigars.

Accommodation: B&B

Meals: None



Day 2

HAVANA - MATANZAS

BIKING

We'll start with a group orientation before fitting everyone with bikes. Then we're off for a morning cycling tour of Havana, exploring the Presidential Palace, the most important Colonial Squares, the Revolution Square, and the Prado promenade. This is the ideal way to see Havana, as we can get into the nooks and crannies of this eclectic city and really experience the pulsing rhythm of Cuba. It is important to drop any preconceptions at the door and enter Cuba with an open mind, being ready to be shocked and surprised by everything and everyone you encounter. Havana is a fascinating city, economically poor, but architecturally opulent, culturally rich but at the same time difficult to understand. We'll break for lunch in a restaurant and then have a bit more time to explore on your own before transferring to Matanzas, a beautiful colonial city on the coast. Here we'll check into a comfortable hotel or casa particular and have dinner.

Biking Distance: 22 km / 14 mi

Ascent: +171 m (561 ft)

Accommodation: B&B

Meals: Breakfast, Lunch, Dinner

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com

Day 3

MATANZAS - PLAYA LARGA

BIKING

Today we set off early from our hotel, cycling through Matanzas to the Peninsula of Zapata. We ride from north to south crossing many citrus orchards and what used to be prime sugarcane land. We'll have a few kilometres on the Carretera Central. This single lane road is now used for local traffic, so expect to share the road with ancient Soviet tractors, inner town buses, trucks, 50's American Cars, horses, and other cyclists. Cuba once became extremely rich farming sugarcane. We'll cycle through villages where entire families were once employed in the crops. About 20 km / 12 mi into the ride we'll reach Triumvirato where a monument commemorates a slave uprising and reminds us that Cuba was one of the last countries to relinquish slavery. At the 65 km / 38 mi mark, we'll stop cycling and transfer to Pio Cua for a late lunch, usually arriving there around 2PM or later. After lunch we transfer by vehicle to our accommodation in Playa Larga, near the beach where the CIA invasion of Cuba happened in April 1961 during the Bay of Pigs Invasion. Dinner will be in one of the seafood paladars (family run restaurant) in Playa Larga.

Biking Distance: 65 km / 38 mi
Ascent: +335 m (1076 ft)

Accommodation: B&B
Meals: Breakfast, Lunch, Dinner

Day 4

PLAYA LARGA - BAY OF PIGS

- CIENFUEGOS

BIKING

After breakfast, we'll spend the morning on our bikes. We'll ride around the biggest swamps in Cuba (Zapata's Peninsula). The road clings to the Bay of Pigs, giving us views of the emerald Caribbean Sea. We'll stop at Playa Giron to learn how the CIA backed the invasion of Cuba in the early 60's. From here we have a short ride to lunch in Caleta Buena, a natural sea pool teeming with tropical fish. There will be the opportunity to have a dip in the Caribbean after lunch. From here we'll continue by vehicle to Cienfuegos. Tonight we'll dine in a paladar on the waterfront of Cienfuegos. Overnight in a comfortable hotel or casa particular.

Biking Distance: 45 km / 28 mi
Ascent: +119 m (390 ft)

Accommodation: B&B
Meals: Breakfast, Lunch, Dinner



BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com

Day 5

CIENFUEGOS - TRINIDAD

BIKING

We're back on our bikes this morning, riding along an undulating coastal road with a few short steep hills that lead us through beautiful pasture lands. Around the 20 km / 12 mi mark we'll be rewarded with the spectacular view of the Escambray Mountain range across a valley of sugarcane fields. The road then sweeps up and climbs over gentle hills until we meet the coast just beyond Guajimico. We stop for lunch after 50 km / 31 mi. The final 30 km / 19 mi is on a flat road that clings to the glistening Caribbean coastline all the way to Trinidad. There are some hilly sections just before Trinidad, but once we enter Trinidad it's downhill all the way to our accommodation for the night. Tonight we'll be enjoying Cuban hospitality, staying in a Cuban style bed and breakfast (casa particular). The accommodation is simple but the rooms are air-conditioned and have en-suite bathrooms. We'll enjoy a typical Cuban dinner this evening, prepared by the hosts of one of our casa particulares, before heading out into Trinidad to explore this charming World Heritage Site. Overnight in a casa particular.

Biking Distance: 80 km / 50 mi
Ascent: +551 m (1807 ft)

Accommodation: B&B
Meals: Breakfast, Lunch, Dinner

Day 6

TRINIDAD

FREE DAY

Today we have a full free day in Trinidad. Trinidad is probably Cuba's most famous provincial town and rightly so. It's a picture-perfect colonial town with cobbled streets, pastel painted colonial homes and very little traffic in the centre – other than horses and the occasional vintage car. Walking around Trinidad is like stepping back in time. In the evenings, Trinidad welcomes visitors with live music and local bars where you can kick back and enjoy a rum cocktail or practice your salsa steps. Optional activities can be arranged locally including horseback riding, catamaran trips, and salsa classes. Overnight in the same casa particular.

Accommodation: B&B
Meals: Breakfast



Day 7

TRINIDAD - MANICARAGUA - SANTA CLARA

BIKING

This morning we set off from Trinidad and drive on a winding road up through a pine and eucalyptus forest. At the summit of Topes Mirador, we'll get on our bikes and ride downhill as we cycle through a national park. This is one of the most spectacular scenery days on the trip. Palm trees and other tropical plants will slowly replace pine forests. We cycle along the valley floor between impressive mountains before reaching the market town of Manicaragua where we'll stop for a picnic lunch. Our day riding ends here and, from here, we will transfer to Santa Clara by bus, arriving in time to visit Che's Mausoleum before checking into our hotel or casa particular for the night. Tonight you're free to wander through the centre of Santa Clara and pick up dinner in a restaurant or paladar of your choice.

Biking Distance: 40 km / 25 mi

Ascent: +539 m (1768 ft)

Accommodation: B&B

Meals: Breakfast, Lunch

Day 8

SANTA CLARA - HAVANA

VINTAGE CAR RIDE & HISTORIC TOUR

We'll transfer back to Havana this morning, arriving in time for lunch. After lunch we'll have a two-hour tour of Havana in a vintage American Car, finishing at a historic bar called Sloppy Joes for a cocktail. This evening we'll head into Old Havana for our final dinner in a central located paladar. We'll then return to our hotel in the Miramar district for our last evening in Cuba.

Accommodation: B&B

Meals: Breakfast, Lunch, Dinner



Day 9

HAVANA

DEPARTURE

You'll be transferred to the Havana Airport for your flight back home.

Meals: Breakfast

Important Note:

BikeHike Adventures is a Canadian based company and not a US company. Trips offered by BikeHike Adventures Inc. are land only tours within Cuba and are not official US sponsored trips. Anyone traveling through/from the US to Cuba is personally responsible for staying up to date on any regulations and travel to Cuba within one of 12 US categories.



TRIP INCLUSIONS

Trip Includes

Meals as indicated, all accommodation (twin shared), all internal transportation, mountain bikes, support vehicle, airport transfers and English-speaking guides.

Not Included

International flights, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com