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Western and Central Cuba by e-bike

Decelerated, authentic and in a small group with a maximum of twelve participants

"Experience" Cuba at a decelerated pace on an e-bike. In western and central Cuba you will experience authentic Cuba, always with enough time to let the **Caribbean island with its unique flair** take effect on you. The routes lead on **low-traffic roads, through traditional villages and along the wild Caribbean coast**. In addition to the vibrant capital Havana, you will get to know the nature reserve Las Terrazas, the spectacular limestone formations in Viñales, the beautiful coast of the Bay of Pigs, the Punta Gorda peninsula and the interesting colonial towns of Sancti Spiritus and Trinidad. The **almost daily cycling tours** allow for leisurely travel, the luggage is transported in the accompanying vehicle - which you are also allowed to get into when you are tired. Of course, there are also bathing breaks: Cayo Jutías, Playa Larga, Trinidad and Cayo Las Brujas are some of Cuba's still **pristine beaches**.

On this tour you will stay in Casa Particulares (private Cuban guesthouses) and in small hotels. This also allows for authentic travelling, as the warm host families lovingly take care of their guests. If you wish, they will also cook dinner for you (not included), alternatively you can have dinner in the nearby restaurants. All accommodation is carefully and regularly checked by our Cuban partner agency.



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The **daily cycling distances** are 15-80 kilometres on mainly **hilly roads**, without extreme climbs. An **average level of fitness** is required, and on the longer routes it is possible to hop on the accompanying bus along the way.

The dates

16.05.2022-30.05.2022
06.06.2022-20.06.2022
04.07.2022-18.07.2022
05.09.2022-19.09.2022
31.10.2022-14.11.2022

Further dates for winter 2022/23 are planned.

The travel itinerary

Day 1 To Havana / Arrival Havana

Flight e.g. with Luxair/Air France to Havana (Luxembourg-Paris/Charles de Gaulle 07.30-08.35, connecting flight Paris/Charles de Gaulle-Havana 10.55-14.50). Welcome at the airport by a representative of our local partner agency and transfer to your accommodation. At the casa particular, the warm hosts are happy about your arrival and welcome you. Overnight stay at the Casa Particular La Siguaraya or similar, Havana.

The **Casa Particular la Siguaraya** is located in Centro Havana, one of **Havana's most authentic districts**. Just two blocks from the legendary Malecón and a 15-minute walk from Central Park, there are many bars and paladares (private restaurants), including the world-famous La Guarida. The Casa Particular's five rooms, all with access to the central courtyard, have private bathrooms with modern showers, air conditioning, mini-fridge and safe. Delicious Cuban cocktails (not included) can be ordered at any time via the **24-hour bar service**.

Day 2 Havana

A coco taxi will take you through Centro Havana to the **Old Town**. There you walk through the **lively alleys** to the most important sights: Capitol, Plaza de Armas, Templete, Palace of the Captains General, Cathedral Square, Plaza Vieja, Hem-

ingway's "Bodeguita", etc. After lunch (not included), you will ride in style in an **American vintage car** towards the El Morro fortress and along the world-famous waterfront promenade, the **Malecón**. Afterwards, you will take over your **e-bike** and start **exploring modern Havana** (Vedado and Miramar districts). At Revolution Square you admire the iconic silhouette of Che Guevara and the monument to José Martí, past the legendary Colón cemetery you reach the Miramar residential district with its imposing villas. From there it is not far to the Casa Particular. Overnight stay at the Casa Particular La Siguaraya or similar, Havana. (F)

🚲 approx. 15 km, flat.



Day 3 Havana - Viñales, visit of a tobacco farm

On the tobacco route you reach Pinar del Río, the greenest of all Cuban provinces. It is known for its characteristic craggy limestone cliffs, the **Mogotes**, and for the best tobacco soils in the world. On a **tobacco farm** you will learn about the production process from the leaf to the cigar and can admire the skilled hands of the "torcedores", the cigar rollers. After the tour, a Cuban lunch is served and after coffee you can enjoy an exquisite cigar. From the provincial capital of Pinar del Río, you will ride the e-bikes through the scenic and hilly green countryside, which is one of the most beautiful in Cuba. At the end of today's tour, you will be rewarded with a **beautiful view of the Viñale Valley**. Overnight stay at the Casa Particular Joel Prieto or similar, Viñales. (B,M)

🚲 approx. 50 km, hilly.

The **Casa Particular Joel Prieto** is centrally located in a quiet side street of Viñales, only five minutes walk from the Plaza José Martí. Several terraces with numerous rocking chairs for relaxing, a spectacular view of the evergreen valley of Viñales and the warm host family promise an unforgettable stay. All eight rooms of the casa have two queen-size beds and private bathrooms.



Day 4 Day trip to Cayo Jutías with swimming opportunity

Today you will go on a day trip to the Cayo Jutías peninsula on the north coast of the province of Pinar del Río. **Passing fields, limestone formations and working farmers with ox carts**, you will ride your e-bikes through the wonderful green landscape towards the coast. There is time to swim and relax on a **paradisiacal white sand beach**, and you can have lunch in one of the small restaurants (not included). In the late afternoon, a bus takes you back to your accommodation. Overnight stay at the Casa Particular Joel Prieto or similar, Viñales. (F)

🚲 approx. 60 km, hilly.



Day 5 Viñales - Las Terrazas

By e-bike you start from Viñales to the **cave "Cueva de los Portales"**, Che Guevara's hiding place and base during the Cuban Missile Crisis, and continue through the beautiful landscape of the **National Park "La Güira"** with its stone sculptures. You will have lunch on the way (box lunch). After a refreshing break, the route leads to the main road on roads with little traffic. There the bus will be waiting to take you the last kilometres to the Las Terrazas eco-reserve. Dinner and overnight at Hotel Moka**, Las Terrazas. (B, LB, A)

🚲 approx. 90 km, hilly (Note: it is possible to board the bus at any time).

The ecologically oriented **Hotel Moka** Biosphere Reserve of the Sierra del Rosario is surrounded by wooded hills and wild nature. Perfectly adapted to the landscape in design and architecture, it is an idyllic place to relax and take quiet walks in the forest. There is also the opportunity to gain insights into the local projects of the village community. The rooms have two double beds, floor-to-ceiling windows and a balcony/terrace, they have private bathrooms, radio, satellite TV, safe, air conditioning, telephone and minibar (for a fee). The power supply is 110V/60Hz.

Day 6 Las Terrazas

Let yourself be enchanted by the nature and tranquillity of Las Terrazas. In the morning, explore the **biosphere reserve** and its forests by e-bike. The tour leads past the ruins of a former hacienda of a coffee farmer to the **Río San Juan**. The **bathing area** there is ideal for refreshment before the return journey. The afternoon is at leisure (without e-bike use). There are possibilities for a canopy tour or a boat trip across the lake of the local community. Dinner is at the El Romero Restaurant (subject to availability). This restaurant is part of the sustainable community and is considered a pioneer of vegetarian cuisine in Cuba. Overnight at Hotel Moka**, Las Terrazas. (B, A)

🚲 max. 25 km, hilly.

Day 7 Las Terrazas - Australia - Playa Larga

Today, a longer bus ride along the Cuban highway towards central Cuba is on the agenda. Before you reach the **legendary Bay of Pigs**, you will visit the former sugar village of Australia and gain interesting insights into Cuban sugar cultivation. From there you cycle with the e-bikes along the **Ciénaga de Zapata National Park**, a marshy area rich in birds, to the Bay of Pigs. Playa Larga is a quiet Cuban coastal town that has so far been spared the big tourist crowds and therefore gives an authentic impression. After check-in, there is time for a walk along the beach. Overnight stay at the Casa Particular Villa Playa Tropical or similar, Playa Larga. (F)

🚲 approx. 30 km, flat.

The **Casa Particular Villa Playa Tropical**, built only a few years ago, has only seven rooms and is located in the centre of Playa Larga/Matanzas. Each of the spacious rooms has two queen size beds, a private bathroom with hot and cold water, a TV and air conditioning. There are several restaurants and bars nearby, and the beach of Playa Larga is also



Day 8 Playa Larga - Cienfuegos

You cycle along the Bay of Pigs on a varied route. The road runs parallel to the coast a few metres from the sea, on the opposite side of the road the dense vegetation of the swamp rises up like a wall. The tour leads to Cuba's largest **cenote "La Cueva de los Peces"**, to "Punta Perdiz" (a paradise for diving) and to "**Playa Girón**" (the scene of bloody battles during the CIA-supported invasion of Cuba in 1961). In Playa Girón you will visit the local museum, where you can see, among other things, an old aeroplane from that time. The last e-bike stage of the day leads to Caleta Buena, where you will have lunch and time to relax by the sea. The bus takes you to Cienfuegos, the **pearl of the south**. Founded by the French, the city with its many colonial buildings still exudes **French flair** today. Overnight stay at Casa Particular Maikel or similar, Cienfuegos. (B/M)

🚲 approx. 54 km, flat.



The very personally run **Casa Particular Maikel** is located on the Punta Gorda peninsula, close to the old town. The seven rooms are modernly furnished, the Cuban cocktail bar and the billiard table invite you to a cosy evening. All rooms are decorated in light colours and have a private bathroom.

Day 9 Cienfuegos - Trinidad

After breakfast, explore the centre of **Cienfuegos** by e-bike. The city is considered the cleanest in Cuba. The main axis of the city, the Prado, is reminiscent of the Champs Elysées. The road to Trinidad leads through hilly greenery, with the **mountain ranges of the Sierra Escambray** to your left. You will have **lunch** in the middle of nature **on a farm**. Well fortified, you cycle on the **panoramic road along the "Caribbean coast"** to Trinidad - when you see the sign "**Bienvenidos a Trinidad**", you have made it! In the evening, there is the opportunity to take a foray into the lively musical nightlife (not included). There is live music in many bars, "Casa de la Música" or "Casa de la Trova" are particularly well-known. Overnight stay at Casa Particular Osmari y Alberto or similar, Trinidad. (B,M)

🚲 max. 80 km, first hilly, later flat.

The **Casa Particular of Osmari y Alberto** in Trinidad is like an oasis. The lush green courtyard invites you to linger and relax. Breakfast and, on request (payable locally), a tasty dinner can be taken here. The house has a bar and a small wine cellar. All six colourful and individually designed rooms have their own modern bathroom with shower.



Day 10 Trinidad

A city tour through **Trinidad**, which has been declared a UNESCO World Heritage Site, will transport you to another age - with its colonial architecture, the city centre looks like a living open-air museum. From the elegant "Plaza Mayor", lined with magnificent mansions, you walk through the cobblestone-paved alleys where the sugar barons' carriages once drove. After visiting the local museum, taste a typical **cocktail** from the region. In the afternoon, take an **e-bike excursion to Playa Ancon**. The beautiful sandy beach is made for a refreshing swim and a relaxing end to the day. Overnight stay at the Casa Particular Osmari Y Alberto or similar, Trinidad. (F)

🚲 approx. 22 km, flat.



Day 11 Trinidad - Sancti Spiritus

The first destination of today's cycling stage is the valley of the sugar cane mills and the **hacienda of the sugar barons** Manaca Iznagak. The look into the past, into the time of slavery, is at the same time a look into a time when sugar was the green gold and played an important role on the world markets. Many profited from the boom in the sugar industry and came into quick wealth. The large observation tower at the hacienda can be climbed at your own risk. After the visit, continue along the foothills of the Sierra Escambray to the provincial capital of **Sancti Spiritus**. The city is one of the seven first cities founded in Cuba, and to this day it has retained some of its original and **colonial flair**. In the evening you can walk to the oldest stone arch bridge in Cuba, the Yayabo Bridge - a wonderful photo motif when the bridge is reflected in the river of the same name! Overnight stay at Hotel E Rijo*** or similar, Sancti Spiritus. (B, LB)

🚲 max. 80 km, hilly (complete route)



The **Hotel Rijo***** is one of the beautiful, centrally located colonial style hotels. Built in 1514, it was extensively renovated in the early 2000s and converted into a hotel in 2007. All 16 rooms are equipped with air conditioning, WC, safe, minibar, room service, telephone, radio and cable TV.

Day 12 Sancti Spiritus - Remedios - Cayo Las Brujas

The bus takes you to Placetas, from where you ride the e-bikes through small villages to the **colonial town of Remedios**, one of the oldest towns in Cuba. Its historic centre is the scene of the "Parrandas" (local festivities and Cuban cultural heritage) every year around Christmas time. You get back on the bus and drive over the causeway to **Cayo Santa María**. The **long sandy beach** is perfect for a relaxing afternoon. Dinner and overnight at Hotel Villa Las Brujas or similar, Cayo Las Brujas. (B,A)

🚲 approx. 40 km, slightly hilly/ascending



Day 13 Cayo Las Brujas - Varadero - Havana

By bus you **return to Havana** via Varadero. Due to the long distance of almost 400 kilometres, you will arrive in the Cuban capital in the evening. Overnight stay at La Siguaraya or similar, Havana. (F)



Day 14 Farewell to Cuba

Check-out in the morning, depending on flight time transfer (with Spanish-speaking driver) to the airport and return flight to Europe, e.g. with Air France/Luxair at 17.10 hrs.

Day 15 Back home

If flying with Air France/Luxair: Arrival in Paris/Charles-de-Gaulle at 08.20 and onward flight to Luxembourg (09.35-10.35).

F=breakfast, M=lunch, LB=lunchbox, A=dinner
Programme and hotel subject to change

In a double room per person* from € 2,775.00 with the following services:

- Flights with Luxair/Air France Luxembourg - Paris/Charles de Gaulle - Havana - Paris/Charles de Gaulle - Luxembourg (Economy Class)
- Airport taxes & paraffin 331,00 € (as at 03/2022)
- Tourist Card (as of 03/2022)
- Round trip in air-conditioned vehicle (microbus/coach) of usual quality with chauffeur:
 - For 02 - 03 persons in a microbus (7 seats)
 - 04 - 07 persons in a minibus (16 seats)
 - 08 - 10 persons in a minibus (24 seats)
 - From 11 persons in a bus (34 seats)
- Transfer Havana Airport - Havana Hotel on arrival day / Havana Hotel - Havana Airport on departure day
- 12 overnight stays in the mentioned or similar accommodation incl. breakfast
- Excursions, sightseeing and entrance fees as per programme
- Trekking e-bike during the round trip days 2 - 12
- 2x lunch box, 3x lunch, 3x dinner
- 3l drinking water during the bike tours (days 2-13)
- Local multilingual (German-English-Spanish) tour guide during the round trip (days 2 - 13)
- Accompaniment by a mechanic (days 2-12, minimum number of participants 7 persons)

* Minimum number of participants two



The e-bikes

Our partner Caribbean Tours is proud of its high-quality e-bikes. **All bikes were imported from Germany**, and our own bike workshop ensures that the e-bikes are in perfect condition. For this tour, a **German trekking e-bike with a Bosch motor** is used, which is easy to ride and copes well with Cuba's potholes and rough asphalt. The **28-inch wheels, 4 support levels and 8 gears** make it the ideal e-bike for the hills and roads of the island. The **front suspension** absorbs the bumps from the rough Cuban asphalt, ensuring a comfortable ride. With these e-bikes you are well equipped for this unique adventure trip.

The bikes are equipped with normal pedals (**flat pedals**). If you prefer click pedals, you can bring your own click pedals, which will then be fitted when you pick up the e-bike. It is also possible to bring your own bicycle saddle.

13x CORRATEC E-POWER 28 ACTIVE¹



The most important facts:

- Trekking e-bike
- Motor: Bosch Active Line 36V, 250W, 25km/h / Bosch Intuvia Display
- Battery power: 400Wh
- Frame: Aluminium
- Shimano Nexus 8.gear drive with twist shifter
- Support levels: 4
- Magura HS 11 hydraulic rim brake
- Weight: 23.5 kg

¹ Technical specifications may vary.

Wearing a suitable bicycle helmet during the cycling tours is compulsory. We recommend that you bring your own bicycle helmet, as our partner Caribbean Tours can only provide helmets to a limited extent. Please also note that the use of the e-bike is only allowed in the presence of the guide. Participants of the tour should be at least 14 years old and at least 140cm tall.



Room example Casa Particular

Entry Cuba (as of 04/2022) with:

- For EU citizens with a passport valid for at least six months at the time of entry.
- Entry form "Declaración Jurada de Salud" completed online in advance (link will be sent with travel documents)
- Visa = tourist card (maximum validity 30 days)
- Overseas health insurance

Masks are still compulsory in public areas.

The "Caribbean factor"

The Caribbean, especially Cuba, is an up-and-coming tourist region, but cannot be compared to Europe in terms of standard. It is precisely the "Caribbean flair" so appreciated by all travellers that can lead to discrepancies, as many travellers get the wrong idea about the quality and availability of tourist services. Our partner Caribbean Tours therefore expressly points out that the standard of the hotels, restaurants, means of transport, public facilities etc. does not reach European standards. The hotels cannot be compared with Central European standards, despite their own statements about their categories (stars) and/or their affiliation to international hotel chains. Due to the colonial style of many city hotels in Cuba, not all rooms have windows or, under certain circumstances, only overlook the inner courtyard. Our partner Caribbean Tours always tries to reserve rooms with windows, but this cannot always be guaranteed.

The road conditions in Cuba are by no means up to European standards. Some of the roads are not in good condition (bumpy, with potholes and in places not asphalted). It is therefore often necessary to drive slowly. Animals and carriages are also not uncommon on the road. For these reasons, travel times may be longer. "Caribbean punctuality" does not correspond to European punctuality. This was taken into account when planning the trip, as well as in the trip description and travel information.

When purchasing services in Cuba, our partner Caribbean Tours is dependent on state tourism organisations and cannot conclude contracts directly with the individual service providers. This results in certain restrictions in the selection of service providers and the possibility to intervene directly with the service provider.



Room example Casa Particular

Electricity voltage

The electricity voltage in Cuba is 110-120V/60Hz.

Luggage

Please note that transport in Cuba is limited to one piece of luggage per person (approx. 20kg) plus hand luggage.

Add-on tour

We operate these tours together with our partner Caribbean Tours.

Private tour

This tour can also be booked as a private tour for two persons (from 3.995,00 € per person, subject to availability, subject to exchange rate fluctuations) on your preferred dates with a German or English speaking local tour guide. We would be happy to prepare a personal offer for you - please contact us!