Join us on this tour in “Support of the Cuban People.” The U.S. Government permits legal travel to Cuba under 12 different categories that range from professional meetings and sporting competitions to religious and humanitarian travel. One of the broadest and most common categories of travel is “Support for the Cuban People,” which requires travelers maintain a fulltime schedule of activities that involve meaningful interaction with individuals in Cuba and that those activities help Cubans become more independent. There are many ways in which travelers can fulfill this requirement while having an incredible experience in Cuba and enjoying thoughtful, respectful and kind interactions with the many Cubans you will meet with during your travels.

*The Nation and our tour operator Cuba Educational Travel (CET), have a long history of working with entrepreneurs, cultural groups, religious organizations, community projects and families and individuals that are involved in interesting and exciting initiatives in Cuba. Our trips have always been aimed at supporting the Cuban people through connecting them with travelers visiting the island, so that all parties can benefit from the friendships and professional relationships that result. Moreover, we believe strongly in supporting innovative and impactful businesses and social and cultural initiatives and make sure there are economic benefits to our partners on the island.*

Your program will vary based on your specific interests, number of days on the island and other factors, but will include activities that directly benefit the Cuban people through conversations, knowledge sharing, follow-up initiatives, donations, normal business dealings and a variety of other actions. Excessive free time and recreational activities are not permitted, and travelers are required to work with CET and our local partners to maintain a full-time program that includes incredibly fun and interesting site visits, discussions, performances, tours, happy hours and meals that help our incredible neighbors on the island.
MARCH 13

- **L, D**
  - Arrive in Havana by late morning.
  - Meet fellow travelers and your local CET hosts at Río Mar for welcome lunch.*
  - Check-in at the **historic Hotel Capri**, which was one of the first hotel casinos built by the American mafia in Cuba. Owned by mobster Santo Trafficante, and run by George Raft, the hotel was at a time one of the largest casinos in Havana. Located blocks from the University of Havana, Coppelia ice cream, and the Havana seawall, the historic Hotel Nacional.
  - Later attend an orientation meeting with your CET representative and tour leader.
  - **Interactive Cuba Today:** Network with top Cuban thinkers and doers, including entrepreneurs, independent media and economists, who will share their thoughts on opportunities and challenges in Cuba, and display their work. **
  - Dinner at **Paladar La Habanera**. Located in an historic house that was built in 1930, the property has been beautifully renovated and features stunning architectural details and a lush patio.*
  - After dinner enjoy a private performance by **Victor Campbell and his jazz trio**. Victor is one of the most talented pianists in Cuba, and he has played with all of the island’s top musicians. ***

MARCH 14

- **B, L, T**
  - Attend a socio-economic discussion with urban planner **Miguel Coyula**, whose presentation will touch on housing, infrastructure, investment and restoration programs. It’s bound to leave you with a better understanding of why Havana looks the way it does today and possibilities moving forward.
  - Also learn about community projects that tackle development issues and social programs that visitors can help support.
  - Depart on a behind-the-scenes **walking tour of Old Havana**. Explore the historic center and learn about the history and architectural importance of Old Havana, a UNESCO World Heritage Site since 1982. Venture to the side streets to witness Cuban life first-hand stopping at local bodegas, markets and the popular gathering places where Habaneros play dominos and discuss sports, transportation, jobs and other topics of their daily life. During the walking tour we will also **visit a community center and neighborhood projects**. Please read the pre-trip briefing materials for information about how to support a number of different community initiatives in Cuba. ****
  - Enjoy lunch at **Doña Eutimia paladar**. Famous for its **ropa vieja** and frozen mojitos, this cozy paladar made Newsweek Magazine’s top 100 restaurants in the world in 2012. The restaurant’s location in the beautiful cathedral square is unbeatable. *
  - **Visit a local church** for an overview of Church-State relations and an opportunity to support their community programs. ****
  - Take a **sunset ride in classic cars from the 1950’s** along the Malecon and Vedado neighborhood. Classic cars as taxis are one of Cuba’s first private businesses that emerged after an economic opening in 2010, becoming an important source of income for local families. **
  - Spend the early evening at **Café Madrigal with Frank Delgado**, renowned singer and songwriter, for a discussion about the nueva trova movement in Cuba, followed by a musical performance. Café Madrigal, owned and run by film director Rafael Rosales, is housed in a beautiful colonial mansion with the walls lined with captivating artwork. Enjoy tasty tapas and cocktails. ***
• Dinner this evening is on your own to enjoy local paladares. Your tour leader will give suggestions and can assist with reservations. You may also opt to enjoy live music, art and dancing at the popular, La Fábrica de Arte Cubano. Rock star X Alfonso has turned this into meeting spot for a young, eclectic crowd of Cubans and foreigners. ***

MARCH 15

• Attend a discussion with Ricardo Torres, economist from the Center for the Study of the Cuban Economy. Get an overview of the Cuban economy, reforms, and growth outlook from one of the leading economic minds in Cuba. The discussion will include useful information about how US travel supports Cubans and ways to support the Cuban Entrepreneurs through your visit.

• Visit with La Reyna y Real, a female hip hop/jazz duo. The group’s music focuses on breaking down stereotypes in Cuban society, including machismo, healthy relationships, gender relations and race. They will share info about their interesting musical journey and insight into the challenges and opportunities young Cubans face.***

• Lunch at Paladar La Moraleja. Havana knows about yearnings and, for those who caress them, this Paladar was born out of the dream of a family that always wanted its own space to explore and offer gourmet pleasures. *

• Visit a health clinic to learn about the health care system. We will receive a tour of a typical neighborhood health clinic and have the chance to ask questions to doctors and nurses.

• Learn about how Cubans maintain classic Fords and Chevys from the 1950s at a private Havana Car Garage. **

• Meet with the owners of a privately run art, antique and design businesses in the Old City and have enjoy behind-the-scenes access. **

See your tour representatives to make reservations at Havana paladares (meal not included).*

MARCH 16

• This morning depart for Trinidad, a UNESCO World Heritage Site, known for its cobble stoned streets, pastel colored homes and small-town feel.

• En route visit Don Yogi Fly Shop, where Yorgis Morejon (Yogi) gathers the work of a group of creative artists specialized in handicraft, woodwork and painting as well local environmentalists. Discuss environment protection, current projects in the area and have the opportunity to support local efforts by donations of fishing supplies.**

• Stop at Playa Girón, the site where the famous Bay of Pigs invasion took place in 1961, including a visit to the Bay of Pigs Museum.
• Enjoy lunch at a private paladar in Bay of Pigs or Playa Larga. *

• Arrival to Trinidad. **Visit an art studio or artisan market** to get a sense of how the local crafts and trade are indigenous to the region; and to learn about how tourism has helped to support their livelihoods with sales. ***

• Check-in at bed and breakfasts, known as “casas particulares,” or “private homes.” Since the 1990s Cuban families have been permitted to rent rooms out of their family homes to foreigners. **

• This evening **visit local artisans** to learn about their work and support their initiatives. ***

• Dine at Real Café, a private restaurant set in a beautiful house in the historic center of Trinidad. Support local entrepreneurs and learn about the local private sector by visiting this private restaurant. *

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**MARCH 17**

• Attend a discussion with Nancy Benitez, a local architect, historian and restoration specialist. Ms. Benitez will provide an overview of the city’s history from an architectural, economic and infrastructural point of view. **

• Join a walking tour of Trinidad’s historic center. Along the way, meet with local entrepreneurs and artists such as Carlos Mata, “the painter of the night,” who collects and restores antiques. Mr. Mata will discuss his passion for antiques and show you part of his collection, as well as his superb artwork. Stop at family homes for interactive discussions with Trinidad natives. **

• Enjoy lunch at Paladar San José, a private restaurant with a diverse menu featuring everything from lobster to pizza. The owner will tell us about his experience running this business. *

• **Meet with local artists and private business entrepreneurs** to learn about their startups in Cuba. CET will offer guidance on different ways of supporting their businesses during and after your visit. Options include Airbnb owners, ceramic artist Alejandro Bastida, jeweler Orbein and an embroidery shop and cooperative of local women. Local hosts will arrange these encounters. **

• Take part in a salsa lesson with private instructors to learn the moves of Cuba’s most famous type of dance. **

• Attend a happy hour with local artists and musicians, followed by dinner at Paladar Sol y Son, a restaurant with a typical decoration of all Cuba with very old elements. Enjoy live music by their amazing local band. *

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**MARCH 18**

• Check-out and depart for Havana.

• Stop in Cienfuegos along the way, one of the country’s oldest and most beautiful cities. Cienfuegos, referred to as the “Pearl of the South,” is one of Cuba’s only cities to display French and Spanish architecture. Housed on one of the country’s largest bays, the city offers beautiful ocean front landscapes, and is deeply rich in culture.
• City tour of Cienfuegos with a specialist form the City Historian’s Office. See Parque Marti, a UNESCO World Heritage Site and national monument, drive along Prado promenade and the Boulevard all the way to Punta Gorda and stop at the beautiful Palacio del Valle. Visit the local Jewish community for a discussion with its members at a family home. ****
• Lunch at Paladar El Lagarto. With views and breezes from the bay of Cienfuegos, the location of El Lagarto is unbeatable. Support local entrepreneurs and learn about the private sector in Cuba by visiting this private restaurant. * During lunch, meet with a local cultural group for a presentation of their work and discussion about ongoing cultural projects in Cienfuegos. ***
• Continue on to Havana and check-in at Hotel Capri.
• Dinner at Paladar Atelier. This restaurant is equally known for its atmosphere and exquisite cuisine. The lighting and textures of the house, which was home to a pre-revolutionary senator, coupled with walls adorned in modern art, create a cozy but modern setting. We will be welcomed by the owner, Niuris Higueras, a successful entrepreneurs and member of Cuba Emprende. *

MARCH 19 B, D
• Take pedestrian ferry across Havana Bay to the community of Regla, a working-class, Afro-Cuban community with a thriving local culture. Regla was hit by a deadly tornado in January 2019 that caused a lot of damage, especially to homes. We’ll be hosted by the hip-hop/jazz duo Obsesion to meet local youth and discuss their daily life, and their experiences and views on race and gender equality in Cuba. ***
• Behind-the-Scenes Art Tour. Visit the homes and studios of independent Cuban Artists to view their work and learn about their inspiration as well as the challenges they face to promote and sell their art. **
• Lunch on own. See your tour representatives to make reservations at private restaurants.*
• Visit the Lízt Alfonso Academy, a dance school and community program for local children and youth. We will watch a private performance by the adolescent dance group and sit with the dancers afterward to discuss how they came to join the school and the impact it has had on their lives. ***
• Meet with Barrio Habana, a nonprofit organization that leads a community sports-arts program in Old Havana for children, at-risk youth and elderly people, while also contributing to preserve the heritage of the city. ****
• Reception at AltaMira art loft, the home and studio of a family of artists. A few years ago, Edel Bordón and his family embarked on a journey to establish an art collective in their apartment building. He and his wife, Yamilé Pardo, created the art space, which features an exhibition and workspace off its main lobby and displays the couple’s collaborations with their neighbors. **
• Farewell dinner at Grados, a private restaurant defender of the traditional Cuban cuisine and member of the slow food movement. Meet its owner and chef, Raulito Bazuk, an example of Cuba’s young, up and coming entrepreneurial class of creative professionals pursuing their dream. *

MARCH 20 B
• Check-out and depart for return flights home.

COMMITMENT TO LOCAL COMMUNITIES
As part of our commitment to local communities and their members, all businesses, cultural projects and community organizations are vetted and prioritized based on the quality of their products and services as well as their labor policies and community development practices.

* Paladar: Private Restaurant run by local entrepreneurs. Our visit helps local development and supports Cuban entrepreneurs and workers.
** Private business or business initiative, run by local entrepreneurs. Our visit helps local development and supports Cuban entrepreneurs and workers.
*** Cultural group. Our visit will help them financially and in their professional development.
**** Civil society Organization. Visit will provide useful support to their educational, cultural and humanitarian programs.
CUBA March 13–20, 2021

Pricing

Ground Package Pricing*

Per person double occupancy: $4,970
Single Supplement: $400

*Rates are based on standard accommodations. Suites, superior rooms and other upgrades carry an additional fee.

Included

- Five nights in four-star accommodations in Havana and two nights in casa particulares in Trinidad
- Daily breakfast
- Lunches and dinners as listed on the itinerary
- All local ground transportation
- Speaker fees
- Admission to all museums and public buildings listed in itinerary
- Coordination of all listed activities
- Pre-trip departure information
- Cuba visa
- Compliance with US Treasury Department regulations
- Tips for meals included with the tour

Not Included

- Round-trip airfare to/from Havana, Cuba
- Tips to guides, drivers and others
- Airline baggage fees
- Individual hotel expenses (mini bar, room service, laundry fees, etc.)
- Meals other than those listed on itinerary
- Anything not specifically mentioned as included

Flights

Round-trip airfare to and from Havana is not included. A recommended flight schedule from Miami/Havana/ Miami will be provided to registered travelers.