



Cycling Havana and Western Cuba

Day 1: Arrival to Havana, Cuba

Upon our arrival at José Martí Havana international airport of Cuba, we will be welcomed by our professional naturalist guide. We will be transferred to our hotel where we will have a briefing about the bike tour.

Accommodation is at the hotel Copacabana or similar

Day 2: Mafia tour

The capital the largest Caribbean Island in the years before the of Revolution of 1959, was particularly shaped by the dictator Fulgencio Batista and his machinations with the American mafia: gambling, prostitution, drugs, hotels, palaces and also the famous Havana conference that took place at the "Hotel Nacional" in 1946, with around 500 leading mafia members participating. Where did Batista, his family and some of his followers live? Where did Meyer Lansky and Lucky Luciano live? How did the Mafia intend to organize its own state and why did its plans fail? These topics and a "Mafia Mojito" will be the focus of this tour.

On our bikes, we will be following today the historical traces of the Mafia in Cuba, especially in Havana. Of course, a tour on a vintage car from this period, through the vibrant metropolis will be included. We'll take a look at the former hotels of the notorious mafia members. Interesting will be also, to realize that there are places in Las Vegas with the same names like here. On the full-day tour we'll be visiting the ruins of what was, perhaps, the most famous casino in Havana at the time, located at a small promontory near the Marina Hemingway, as well as "Ciudad Libertad",

the former military headquarter "Columbia, where Batista and many of his followers flock together, place that became a school in January 1959. Of course, the hotels that belonged to the Mafia are included in both tours, as well as some of their favorite bars and many interesting stories about relationships, both private and political, that these "personages" had in Cuba. Our tour will certainly be exciting and maybe you can even recognize some of the places we will visit, having them seen before in movies or documentaries about the mafia. **Biking is ca. 24-30 km**



Capitolio, Gran Teatro, Malecón, Habana Vieja, Centro Habana, Parque Central, Museo de la Revolución, Hotel Nacional, Plaza de la Revolución, Teatro Nacional, Vedado, La Rampa, Playa, Miramar



Lunch and free time

Free dinner

Accommodation is at the hotel Copacabana or similar

Day 3: Pinar del Río, Cuba

Breakfast at your hotel and transfer to Pinar del Río the famous tobacco region in western Cuba. We will visit both a tobacco factory and a rum distillery where "guayabita" is produced and go on a tour through the town. It's a ca. 14-19 km ride with an option for more. B & D included.



Accommodation is at the Aguas Claras hotel or similar



Day 4: Cayo Jutias, Cuba

Breakfast and ride to Cayo Jutías, a small island located on the north coast of pinar del río cuba connected by a small road to the picturesque beach of Cayo jutías. The island is connected to the mainland by a man-made causeway. Once there, we can have lunch at the beach, hire a boat or swim in the beautiful sea. After that, ride back to Viñales hotel. Biking is ca. 64 km. B & D included.

Accommodation is at hotel Rancho San Vicente or similar

Day 5: Jagua vieja road

After breakfast today's tour will take the jagua vieja road to la Palma at Ancón valley – a tour of quaint landscapes and untouched valleys. En route, there is the possibility of visiting the country lodge where Fidel Castro held secret meetings during the Cuban revolution. We will have a picnic lunch in the lush valley and then be taken to our next destination: Aguas Claras hotel, nestling in idyllic surroundings which are perfect for a short hike or walk. Biking is ca. 56 km. B, I & D included.

Accommodation is at the Aguas Claras hotel or similar

Day 6: Soroa, cuba

After breakfast, a van will transfer us to la Palma. From there we will ride to Soroa. On our way we will visit the famous orchid gardens and then we continue on to Cueva de los Portales (caves) this beautiful area was the hide out that Che Guervara used during the '62 standoff with Kennedy and this will be the site for our picnic lunch. Afterwards we continue on our way to Soroa. Biking is ca. 80 km. B, I & D included.

Accommodation is at hotel Villa Soroa or similar.

Day 7: Soroa-las Terrazas

After breakfast we'll leave for las Terrazas found in Sierra del Rosario, a protected rural area of sustainable development. The river San Juan and its little waterfall flow through the thick forest, where one can see little lakes, ruins and coffee plantations from the 19th century and sulphureous sources. The most well-known is las Terrazas. En route we will have a stop for lunch on your own. B & D included. Biking is ca. 19-28 km.

Accomodation is at hotel Moka or similar

Day 8: Las Terrazas – Havana – city tour in la Havana.

After breakfast we cycle from las Terrazas to the entrance of Havana. Once in Havana enjoy a city tour in la Havana, in which we will visit the "malecon," el Prado, Miramar area, Bosque de la Habana (Havana Forest) Columbus cemetery and Revolution main square. We will visit the national School of Ballet to speak with one of the teachers that will be sharing with us what ballet



and danza represent to the Cubans in general. Havana has a very deep story and sightseeing places that we cannot leave behind: Hemmingway Museum, the beautiful view of Cojimar, the Morro fortress and the monument of Christ the Redeemer. We will enjoy a talk with one of the scholars of the University of Medicine that will share with us about the medical social security in Cuba. Hiking in la Habana Vieja. Biking is ca. 57 km. B & D included – lunch is on your own today.



Accommodation is at the hotel Copacabana or similar

Day 9: departure from Havana Cuba

Breakfast and transfer to the airport in Havana. Return flight

.....end of arrangements.....

Please contact our team for your tailor-made program, more information and bookings.

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