



Email: [maggie@soulgypsies.com](mailto:maggie@soulgypsies.com) Website: [www.soulgypsies.com](http://www.soulgypsies.com) Address 2553 Ciro Ave, Thousand Oaks CA91360 Phone +1 (805) 390-8009

## ***Cuba with Soul Gypsies!***

- 12 days 11 nights to explore Havana, Vinales, Bay of Pigs, Cienfuegos and Trinidad.
- Feb 1st to 11th 2020. We begin and end in Havana.
- Cost per person: \$2740 pp sharing. (Single upgrade \$200 pp)



**Day 1 - Arrival Saturday 1<sup>st</sup> Feb 2020 :** We fly into Havana, direct flight from LAX. We are taken by bus to our first Home stay, in Old Town Havana. We settle ourselves and go to dinner at a nearby eatery. If not too late, we walk the iconic seaboard Malecon at sunset.

**Day 2: Sunday Feb 2nd** After a home cooked breakfast at your Casa Particulares, we take off together to tour Old Town Havana. We'll be on foot. We have an English speaking Cuban guide, to explore every nook and cranny for the three hour tour.



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We'll lunch together and have the afternoon free to explore further areas of interest. We can explore suggested activities or can go where our interest takes us. The best restaurants will be suggested for dinner.

After dinner we will go to the Gualjirito and Allstars Music and Dance Show at 9.30pm. Think Bueno Vista Social Club! Entrance and 3 cocktails included.

**Day 3:** Monday Feb 3rd. Start tour at 8:30am. Vintage Cars Tour! Yes we get to ride in the glamorous open cars to see more of the city, the beach and the Hemingway house and more. End the tour at iconic restaurant La Guarida for lunch at 12:30pm, table reserved.

The afternoon is free to explore or shop! How about Un Cafecito Cubano? A tiny cup of coffee for 5 cents! In the evening, get ready to go to the incredible Teatro in Old Havana. We don't yet know what will be showing, but Havana is famous for music and ballet. Tickets included!

#### **Day 4: Tuesday Feb 4th. Havana to Vinales**

We say goodbye to our casa particulares to leave the city and head out to rural Vinales.

Vinales is a Unesco site, an agricultural town with farms growing yucca, tobacco and sweet potatoes. It's approx three and half hour bus drive to our next homestays We'll stop for lunch at a quaint rural eatery on the way. In Vinales we will be housed in quaint alleys with views of the picturesque valley and the Mogote mountains.

In the afternoon we will be guided for a three hour walk through the valley, bring your walking shoes!

In the evening,-We'll have time for some yoga stretches and group meditation before finding an adorable place for dinner and hang out on the town square with the locals! We do what the Cubans do!

#### **Day 5: Wednesday Feb 5th: Vinales to Bay of Pigs**

After breakfast at our Casa, we have options to go cycling, horse riding or bird watching. Vinales is known for its variety of birdlife. Or you can choose to potter around the town.

Packing a sandwich lunch from our Casa, we board the bus for the afternoon drive to Playa Larga Homestays at Bay of Pigs. Here our central homestays have a large grass field to gather for yoga and the beach is 3 minute walk away.



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### **Day 6: Thursday Feb 6th. Bay of Pigs to Cienfuegos**

After breakfast we have options. How about the beach! Cuba is famous for pristine waters. We can snorkel, swim or lie around. There are also nearby museums and crocodile garden to visit on our own. We are in the National Park here. Our lunch at **Cueva de Los Pesces in the National Park of Zapata at Bay of Pigs** is included.

After lunch we board our bus and head to Cienfuegos, a French colonial town.

In **Cienfuegos** we will be housed at top colonial homestays in the historical city center. The central homestay has great views and options to yoga and meditate on the roof. Then go to the very nearby central square in the middle of the historical town. Lots to discover. Then a communal dinner and music and dancing on the square.

### **Day 7: Friday Feb 7th Cienfuegos to Trinidad**

After the guided tour of Cienfuegos, we board the bus with our packed lunches ordered from our Casa. Now we head out to the El Nicho waterfall, a power spot for high prana meditation. Then onwards to **Trinidad**

Our home stays in Trinidad are remodeled colonial houses with terraces at two different levels.

Yoga here! Then options for dinner and salsa dancing.

### **Day 8: Saturday Feb 8th**

Trinidad is also a Unesco site, wonderful to explore on foot. We have a two hour guided tour, as well as a tour of the sugar mill, where we learn about the role this crop has played in Cuba's history. Late afternoon free. Who wants to go to the beach? More snorkeling possible. That evening we dine locally and enjoy on the square for live music and dancing.

**Day 9 Sunday Feb 9th.** After breakfast we leave early for a full day outing to Topes Collantes. Leaving at 8am we arrive at Topes at 9am. Here we decide who will hike the three hours through pristine nature to the hacienda at the top, or to stay on the bus, and explore the gardens at leisure at the Codina hacienda. We all get to visit the coffee center to see how its made and to enjoy a cup of Arabica. The hikers will be guided by a local, through the pristine forests. Stop to swim on the way and perhaps enter the cave. We will lunch together on the hacienda's verandah where we will be offered a ginger cocktail. After our hosted lunch we continue with an easy walk through orchid garden, batcave, and viewpoint, bamboo garden, very nice place to be. Mid afternoon we return by a **Russian truck** out of the mountains to Topes Collantes from where we return to Trinidad on our own bus again.



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As this is the evening of the Full Moon, we could go to the nearby beach for a full moon meditation then return for the evening on the town square.

### **Day 10 Monday Feb 10th: Trinidad to Havana**

Today we say goodbye to Trinidad and return by bus to Havana. We have great stops along the way! Sancti Spiritus is a 16th Century village where we absorb the tranquility. We continue to Santa Clara to visit Che Guevara memorial and city center with some extra time included for lunch. Then onwards back to Havana and our final night at the homestay.

This evening we enjoy a fantastic farewell dinner together!

**Day 11 - Tuesday Feb 11:** Our very last day in Cuba. Depending on our flights, there may be time for last minute shopping and exploring in Old Havana. We are then transferred by bus to the airport to head home.

#### **Included:**

- All airport transfers and transport by bus as per itinerary.
- All tours as per program, with driver and local guide
- Daily breakfast at Casa with 11 nights homestay. (All have a/c and private bathrooms)
- Two lunches and our farewell dinner. The other meals are on your tab.
- Yoga/meditation when possible.

#### **Not included:**

- Rentals like Snorkeling gear, horse riding, cycles (very inexpensive!)
- Our Pink Tourist card (available via airline varies by carrier approx \$50)
- Required Cuban medical insurance which is \$2.50 per day total \$30 payable in Havana Arrivals.
- Flights to Havana from home city. (From LA between \$300 and \$400 return. Let's book early! Delta looks best, but this can change)

Wanna come? Here is what you do: Email Maggie to say YES: [maggie@soulgypsies.com](mailto:maggie@soulgypsies.com)

Fill out the registration form and sign the waiver, send with enclosed check deposit of non refundable \$740.00 or pay with your CC (3% extra): 2553 Ciro Ave. Thousand Oaks CA 91360

After that you are guided each step of the way. Pretty sure this popular trip will fill as it is a rare opportunity to travel to Cuba together.