



INTERNATIONAL EXPEDITIONS

World Leader in Nature Travel

CUBA

People-to-People Program



10-Day Itinerary

Day 1 ARRIVE MIAMI Our program begins in Miami with an overnight at the Marriott and welcome reception. (Meals Aloft)

Day 2 MIAMI / CAMAGUEY / SANCTI SPIRITUS Board our charter flight to Camaguey. Head to the Camaguey Ballet Company, meeting the dancers and talking to them about upcoming productions. A walking tour introduces you to the city's colonial architecture while you enjoy spirited interactions with vendors who line the atmospheric squares. Continue to Sancti Spiritus and spend tonight at the Hotel Del Rijo or similar. (B,L,D)

Day 3 SANCTI SPIRITUS / VALLE DE LOS INGENIOS / TRINIDAD Drive through the spectacular Valle De Los Ingenios where we see the ruined hulls of 19th century sugar estates. Chat with villagers in Manaca Iznaga while enjoying a glass of cold sugar cane or mango juice. Once we arrive in the architectural jewel of Trinidad, experience the community like a local, visiting with shop owners and sampling local

fare as we walk through the colonial heart of the city. At Casa Del Alfarero Santander, an artisan workshop, meet local artists and learn about traditional pottery techniques. Stroll through town, with the chance to visit a music club to mingle with the locals and enjoy authentic Cuban music. Spend two nights at Hotel Costa Sur, Hotel Ancon or similar. (B,L,D)

Day 4 TOPES DE COLLANTES / TRINIDAD Enjoy a spectacular morning drive into the Sierra de Escambray, boarding Russian trucks for this off-road journey in Topes de Collantes National Park. Join a local naturalist for a nature walk, finding endemic birdlife, including the Cuban trogon and Cuban tody, as we share stories about our favorite sightings. Meet a local farmer and join him for a lunch of traditional roast pig before stopping in at a local coffee house. Relax over a cup of coffee, where you are free to chat with your guide and other Cubans. Visit a modern art museum, seeing pieces by important artists. This evening, dinner is in a *paladare*,



Cuba's national bird — the Cuban trogon

a privately owned, family run restaurant. Sit down with locals Fanny Rosas, Jorge Ortega and their families to discuss daily life and enjoy a few laughs before being invited into their homes. (B,L,D)

Day 5 TRINIDAD / ZAPATA WETLANDS / BAY OF PIGS The Zapata Peninsula is a UNESCO Biosphere Reserve encompassing Cuba's most important wetland area. Join Orlando Ramirez, a local farmer, and his friends for a hike to observe the world's smallest bird, the bee hummingbird. On the Bay of Pigs, discuss the importance of the Zapata Wetlands with a local environmentalist and his family before dancing to local music. Spend tonight at Hotel Playa Larga or similar. (B,L,D)



Vinales Valley



Meet Cuban musicians

Day 6 BAY OF PIGS / BOCA DE GUAMAA / VINALES An exclusive stop for IE travelers, begin our day at the Korimakao Project, where we meet one of the directors Hilda Tamayo. The project houses some of Cuba's finest musicians, dancers and artists, who refine their skills before traveling to remote villages to perform and teach. Present art supplies to Ms. Tamayo and the project staff before an open discussion on the transformative power of art in the lives of ordinary Cubans. Continue to Boca de Guamaa, where during a boat excursion learn about the fate of the fish in the famous Treasure Lake, once thought to be the home of world's record largemouth bass. Set out toward the western part of Cuba, traveling to Pinar del Rio Province. Spend two nights at La Ermita, Villa Soroa, Las Jazmines or similar. (B,L,D)

Day 7 VINALES Visit a tobacco sorting factory, chatting with the 50 women who prepare tobacco to become famed Cuban cigars. Sample the homegrown vegetables grown at an organic farm while meeting the family who is responsible for the land. Enjoy a boating excursion into one of the huge limestone caves running through a mogote — limestone karst outcroppings. While in Vinales, visit the private Maria Lezcano Garden, where the family shares openly about the garden's joys and difficulties, and

browse a *bodega*, where locals shop with their ration books. (B,L,D)

Day 8 VINALES / HAVANA Survey a lush orchid garden in Soroa with the local gardeners and staff from the University of Pinar del Rio. Head into Havana to the Antonio Nunez Jimenez Foundation for Nature and Humanity. Meet the staff to discuss how this non-profit organization addresses Cuban environmental issues. Stop to pay homage to Ernest Hemingway at his former home Finca Vigia, preserved as it was on the day of his death. Drive along the oceanfront Malecon Avenue, seeing Revolution Square. Spend two nights at the Melia Cohiba or similar. (B,L,D)

Day 9 HAVANA Begin our day in Guanabacoa, once a slave-trading outpost, for an immersive look at the Afro-Cuban culture. Meet practitioners of the Santeria religion, who share the history and beliefs of this faith. Returning to Old Havana, continue to a public library, where we meet librarian Adrian Guerra and local children. Present the children with Spanish versions of popular books and share your favorite classic tales. At the Belen Convent community social project discuss humanitarian assistance programs with the volunteers, meeting the senior citizens and children participating in program activities. Interact with the locals as we explore an art market along the harbor's edge. (B,L,D)

Day 10 HAVANA / MIAMI

Transfer to the airport for our charter flight to Miami. (B)

Please Note: IE's people-to-people program itinerary and /or specific hotel accommodations may vary depending on license regulations or other local conditions. Remember, we are not traveling to a "tourist" destination and must plan to be flexible. Our hotels will be comfortable and you will enjoy a truly engaging experience. A people-to-people license does not allow for time to explore independently.

International Expeditions, Inc. is licensed (CT-19235) by the United States Treasury Department's Office of Foreign Assets Control to engage, organize and conduct authorized people-to-people travel to Cuba that engages participants in meaningful interactions with individuals in Cuba.

2012-2013 DEPARTURES

2012		
Nov 1, 8, 15, 22, 29	Dec 6, 13, 27	
2013		
Jan 10, 17, 24	Feb 7, 28	Mar 7

Double Occupancy \$3,998
 Single Occupancy \$4,748
 For the December 27 departure, add \$300

Charter Air \$550

Airfare subject to change and must be purchased through IE. Expedition pricing based on estimates, should prices increase more than 5%, guests may cancel without penalty.