

CUBA

NEW
JUST UPDATED
FOR FALL
2013-2014

★ SPECIAL OPPORTUNITY ★

Experience the joy and beauty of Cuba
in the most authentic way possible —
through the eyes of its people.



**INTERNATIONAL
EXPEDITIONS**

World Leader in Nature Travel



IE guest sits in with the band



Valle De Los Ingenios



Cuban tody



Classic car in colonial Trinidad



10 Days from \$4,498

FOR YEARS, LEGAL TRAVEL TO CUBA HAS BEEN ALMOST IMPOSSIBLE FOR AMERICANS, making this island of salsa, Colonial architecture and Caribbean beauty a forbidden fruit for the adventurous. Now IE has been licensed to provide people-to-people Cuba travel for U.S. citizens. Not only does this allow you to travel to Cuba legally, but you can experience Cuba in the most authentic way possible — through the eyes of its people. This immersive, nature-focused itinerary offers a fascinating opportunity to interact with Cuban locals, birders and conservation groups on a deep level — making you a true ambassador and not a “tourist.”

“IE had a more interesting and inviting itinerary. We liked the idea that we were able to stay in different places around the island and see the country from that perspective and not just being in Havana. The variety of daily activities made it enjoyable.”

— Ed and Louise Mahoney, Ohio

10-DAY ITINERARY IN BRIEF

» Details online at www.IEtravel.com/Cuba

International Expeditions, Inc. is licensed (CT-2013-299822-1) 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.

Day 1 MIAMI Our program begins in Miami with an overnight at the Marriott for a briefing and welcome reception.

Day 2 CAMAGUEY OR CIENFUEGOS / SANCTI SPIRITUS Board our charter flight. Depending on your departure day, you will fly to Cienfuegos or Camaguey. In Cienfuegos, enjoy a performance by the Cienfuegos Choir or head to the Camaguey Ballet Company, meeting the dancers and talking to them about new

productions. Later interact with spirited vendors who line the atmospheric squares of these cities. Continue to Sancti Spiritus and overnight at Hotel Del Rijo or similar. (D)

Day 3 TRINIDAD See the ruined hulls of sugar estates in the Valle De Los Ingenios, and chat with villagers in Manaca Iznaga while enjoying a glass of cold sugar cane or mango juice. Experience Trinidad like a local, visiting with shop owners and sampling



1 TRULY TRINIDAD

Want to get an authentic people-to-people experience? Join locals at a music club or strolling the square on Saturday night in Trinidad!

2 BAY OF PIGS

Playa Larga is one of two beaches where anti-Castro forces landed in April 1961

3 PRESERVING TRADITION & BEAUTY

In 1999, UNESCO designated the beautiful Vinales Valley, where much of Cuba's tobacco is grown, as a World Heritage Site.

local fare as we walk through the heart of the city. At Casa Santander meet local artists and learn about traditional pottery techniques. This pottery studio has been run by the same family for decades, and the Santanders share their family history while inviting us to take a turn at the wheel. Stroll through town, visiting a music club to mingle with the locals. Spend two nights at Hotel Costa Sur or similar. (B,L,D)

Day 4 TOPES DE COLLANTES / TRINIDAD In the Sierra de Escambray, board Russian trucks for a journey in Topes de Collantes National Park. Join a local naturalist for a nature walk, finding endemic birdlife as we share stories about our favorite sightings. Meet a local farmer and join him for lunch. Chat with your guide and other locals at a coffee house. Visit a modern art museum. Dinner is in a privately owned *paladare*, where we learn about the

challenges and opportunities facing Cuba's new entrepreneurs. Sit down with local families to discuss daily life and enjoy a few laughs before being invited into their homes. (B,L,D)

Day 5 ZAPATA PENINSULA / BAY OF PIGS The Zapata Peninsula encompasses Cuba's most important wetland area. Join Orlando Ramirez, a local farmer, and his friends on a hike to observe the bee hummingbird. On the Bay of Pigs, discuss the importance of the wetlands with a local environmentalist. Overnight at Hotel Playa Larga or similar. (B,L,D)

Days 6 & 7 BAY OF PIGS / SOROA & VINALES At the Korimakao Project meet some of Cuba's finest

musicians and artists and discuss the transformative power of art. During a stop at a tobacco sorting factory, chat with the women preparing tobacco to become cigars. Enjoy two chances to meet families working the land while visiting an organic farm and the private Maria Lezcano Garden. Spend two nights at La Moka or similar. (B,L,D Daily)

Day 8 SOROA & VINALES / HAVANA Survey an orchid garden with staff from the University of Pinar del Rio. Meet local naturalists, business owners and farmers in the planned "green" community of Las Terrazas. Stop at Cafe de Maria for a cup of locally grown coffee and chat with the family who runs the business. Stop to pay homage to Ernest Hemingway by discussing his work with Cuban Hemingway specialists at his former home, Finca Vigia. Spend two nights at the Melia Cohiba or similar. (B,L,D)

Day 9 HAVANA In Old Havana present the children at a public library with books and share your favorite tales. At the Belen Convent discuss humanitarian programs with the volunteers. Interact with the locals as we explore an art market. (B,L,D)

Day 10 HAVANA / MIAMI Transfer to the airport for our charter flight to Miami. (B)





WHY PEOPLE-TO-PEOPLE TRAVEL?

IE's people-to-people travel license affords you an immersive opportunity to connect directly with the Cuban people, learning more about each other through direct contact and cultural exchange. Our license mandates that you participate in a daily slate of engaging activities focused on education and cultural exchange.



Cuban trogon



Donating books at a Havana library

IE's Cuba is for the Birds

Against a backdrop of dramatic limestone mogotes, tobacco-dotted valleys and wetlands hugging an historic coast, IE participants — along with experienced Cuban environmentalists — will search out some of Cuba's renowned endemic birdlife and the migratory species which stop over between November and April each year. Join resident birding enthusiasts to observe bee hummingbirds, Cuban trogon, Cuban emerald and some of the island's other 25 endemic species.



The accommodations used range from simple to comfortable; however, it is hard to guarantee specific hotels in advance as availability is controlled by the Cuban government. Please also be aware that Cuban hotels may not reflect the same standards and amenities found on other IE journeys. While in Las Terrazas, we plan to use La Moka (pictured left) an intimate boutique hotel set amid forested hills.

Bring Adventure, Poetry & Seuss to Havana's Children

In a country where government regulates what citizens see and hear, book donations can be problematic. With children's books, there is far less suspicion. While one children's library has operated with a small number of old, tattered books, IE guests are donating Spanish versions of popular children's stories. Guests spend a delightful afternoon with the children of Havana, sharing their favorite tales and chatting with librarian Adrian Guerra.

2013 DEPARTURES

Oct 31 | Nov 7, 14 | Dec 5, 12

2014 DEPARTURES

Jan 7, 9, 12, 14, 16, 19, 21, 23	May 6, 13, 27
Feb 4, 9, 13, 16, 18, 20, 23	Jun 3, 5, 10, 17
Mar 4, 6, 11, 13, 18, 25, 27	Nov 4, 11, 18
Apr 1, 8, 22	Dec 2, 9

Double Occupancy \$4,498
Single Occupancy \$5,048

Charter Air \$575

Charter airfare is subject to change and must be purchased through International Expeditions.

Please Note: Pricing based on estimates. Should pricing increase more than 5%, guests may cancel without penalty.

International Expeditions' experienced travel planners can easily assist you with the purchase of your airfare, travel protection plan or other travel needs.

WHAT'S INCLUDED

- Full schedule of engaging people-to-people activities
- Fully escorted by IE leader, Cuban expedition leader & local guides
- Exclusive excursion to Korimakao Project
- Visit to Hemingway's Finca Vigia
- Walking visits in Camaguey or Cienfuegos, colonial Trinidad & Havana
- Birding excursions with local farmers & naturalists
- Nature walks in Topes de Collantes National Park & Zapata Wetlands with local naturalists
- Cuban visitor visa
- 23 meals
- Hotel in Miami prior to departure
- Welcome reception in Miami
- Two drinks — choice of local beer or soft drink — at group lunches & dinners
- Bottled water on transfers & excursions
- Cuban-government mandated medical insurance
- Tips to porters, day guides & waiters for included meals

Expedition Price Does Not Include:

Airfare, passport fees, items of a personal nature, and tips to expedition leader.