



Cuba Solidarity Campaign
C/o Unite, 33-37 Moreland Street, London EC1V 8BB
Tel 020 7490 5715 E: office@cuba-solidarity.org.uk
W: www.cuba-solidarity.org.uk

May 2025

Dear friend

Cuba Solidarity Campaign
CYCLE CUBA EXPERIENCE: Revolutionary Rebel Route
8 – 18 November 2025

Thanks for your enquiry about the Cycle Cuba Experience 2025.

The Cycle Cuba Experience follows our own specially designed **Revolutionary Rebel Route** which runs 326 exhilarating kilometres through western Cuba. From the Las Terrazas biosphere reserve, via Soroa to San Diego de los Baños, climbing to the remote and rugged La Güira National Park to visit Che Guevara's secret underground HQ during the 1962 October Missile Crisis. The route passes through the lush forests of Sierra del Rosario, the tobacco fields of Pinar del Río following the Viñales Valley, with its soaring limestone *mogotes*. We cycle to the salsa beat through dramatic scenery and along quiet rural roads away from the usual tourist trails, with opportunities to experience vibrant Cuban culture at first hand. From the finishing line we return to Havana, where you will have plenty of time to visit this wonderful city. We will also celebrate our group achievement with our famous celebratory meal at an authentic Cuban restaurant.

The Cycle Cuba Experience is a fully supported tour which is open to everyone from beginners to experienced cyclists. Bike hire in Cuba is included in the trip. You can take your own bike if you prefer subject to extra costs. As well as a full time bilingual tour guide and mechanic, there is vehicle back up at all times. This means that while most participants complete each stage, it is also easy to opt in or out of the various stages of the ride.

We have run sponsored cycle rides in Cuba since 1999. Hundreds of people have taken part in these events and successfully raised funds for vital educational and medical aid projects in Cuba, including over 20,000 asthma inhalers, 50,000 contact lenses to a children's hospital, specialist Braille printers, musical and recording equipment and speaking watches to schools for visually impaired children as well as contributing to the complete repair and renovation of the Miramar Community Theatre in Havana.



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Funds raised will go towards purchasing essential educational equipment for young Cuban school children with disabilities and supporting the vital campaign work of the Cuba Solidarity Campaign. The cycle group will deliver aid directly to the Abel Santamaria School for visually impaired students, where many essential items are in critical short supply.

The Cycle Cuba Experience is promoted by Cuba Solidarity Campaign in association with a UK ABTA tour company, Cubanía Travel, and airline.

To be part of the Cycle Cuba Experience simply complete and return the registration form and pay your deposit of £200. You will then need to raise the remaining minimum sponsorship £2599. We will send you fundraising tips and we're only a phone call away if you need any help.

You need to pay total £2799 (including the deposit), plus £159 single room supplement (if required). This includes the costs of the trip as detailed below.

The minimum sponsorship also covers the tour costs which include

- Return flights from London to Havana, hotel transfers and Cuban Tourist Visa
- 10-nights accommodation based on two people sharing a twin room
- Hotel 2-4* (including most meals). Packed lunch on cycle days.
- Bike hire
- Dedicated support team including an English speaking tour guide, a cycle tour leader, a cycle mechanic who will be with the group at all times.
- Transfers in air-conditioned coach. Luggage and spare parts carried on support vehicle.
- Detailed route descriptions and daily briefing sessions.
- Special invitation to participate in a Trade Union event in Pinar del Río, a provincial capital.
- Specialist visits to Abel Santamaria School for visually impaired students, a local health care centre, a rural school and a Committee for the Defence of the Revolution neighbourhood community project.
- Guided cultural and historical visits, including Che Guevara's secret underground HQ during the October Missile Crisis and Comandancia del Che Museum, walking tour of Old Havana, a UNESCO World Heritage site.
- Celebratory evening meal at a Havana restaurant.

Bikes will be provided in Cuba The hire bikes will be Trek 8.3DS, hybrid, with 29" wheels, 24 speeds, front fork suspension, so are easy to ride and handles Cuba's potholes and rough tarmac and have gel saddles and a water bottle holder. You should let us know your height to make sure we provide the right bike for you. You must bring your own cycle helmet. You should have some experience of cycling on roads and be reasonably fit. We will ask you to declare medical conditions. We recommend you follow the suggested training schedule before departure.

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We will provide:

- Sponsorship forms and tips on fundraising to help you reach your sponsorship goal.
- CSC Cuba T-shirt.
- Cycle info pack including recommended kit list and suggested training schedule.

What is not included: travel and health insurance (You must have this to enter Cuba), single room supplement if required (£159 per person), some meals, all drinks and any visits listed as optional. If you decide you prefer to bring your own bike, flight baggage fees for transporting it on the flight are not included.

The trip is offered on the basis of a minimum 15 people booking by 30 June 2025. After the first 15 people there may be a flight supplement to pay. In the unlikely event of the minimum number not being reached and we cannot run the trip, all funds received will be returned in full.

Once you have paid your deposit we can secure your flight place; the closer to the departure date then there may be flight supplements to pay. **We recommend that you book as early as possible to avoid disappointment.**

We look forward to welcoming you on the Cycle Cuba Experience 2025,

Please don't hesitate to get in touch with us at any time to discuss any aspects of this tour,

Best wishes,

Rob Miller
Director

CYCLE CUBA EXPERIENCE 2025 ITINERARY

TRIP PROFILE

A fully supported point-to-point road tour in the western part of the island. The total cycling distance is approximately 326km with 5 main cycling days. The average distance per cycling day is 60km and the longest day is 83km. However the lengths of each cycling day can be shortened or increased dependent on your needs. The route is classified as moderate to challenging. The terrain ranges from undulating to hilly, with several steep and demanding climbs and downhill descents. Though many roads are in fair to good condition you should expect numerous potholes and poor surface conditions

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on some sections. The roads are tarmac and generally free of heavy traffic. It is suitable for recreational riders and above, or fit and confident novices who are comfortable on a bike. Average national daytime temperatures in Cuba are 28°C in November. You cycle at your own pace and there is vehicle support at all times, enabling you to take a lift at any point if you get tired.

DRAFT ITINERARY

Sat 8 November - Day 1: Arrival in Havana:

Welcome to Cuba!

Transfer from group flight arriving at Jose Marti International airport to Las Terrazas Biosphere Reserve where we'll spend the first two nights in a hotel located within the community.

Overnight: La Moka Hotel in Las Terrazas

Meals Included: Dinner (if the flight arrives late, we'll offer a packed dinner to be eaten on the bus heading for Las Terrazas)

Cycling Distance: n/a Cycling Elevations: n/a

Sun 9 November - Day 2: Las Terrazas Biosphere Reserve:

Breakfast at the hotel. After breakfast, we will start off introducing the staff who will accompany the group and have an arrival briefing to detail the entire programme for the next 10 days. After this, time to assign and prepare the bicycles with the help of our bicycle mechanic who will take care of the preparation and accompany the group while they cycle. We pick up a packed lunch and take a short bike ride through the community to test the bicycles, maybe heading to the Rio San Juan for a picnic lunch and a refreshing dip in the river.

In the evening, we will have dinner at the restaurant 'La Fonda de Mercedes'.

Overnight: La Moka Hotel in Las Terrazas

Meals Included: Breakfast, Packed Lunch, Dinner

Cycling Distance: 12km Cycling Elevation: +209m/-209m

Mon 10 November - Day 3: To San Diego de los Baños:

Setting off early from Las Terrazas, enjoy riding through the hilly Biosphere Reserve. After about 10 km you reach the exit gate and turn right to cycle along the highway for 10km until you reach Soroa. At Soroa, there will be an obligatory regrouping so that we can cross the highway together safely and join the Carretera Central in Candelaria at the valley floor. From here take the old Carretera Central which links small towns and villages and enjoy sharing the road with local traffic – 1950's American cars, Russian Kamaz lorries, Chinese Flying Pigeon cycles and horses and carts.

Finish the ride in San Diego de los Baños. Check in to Hotel El Mirador San Diego de los Baños. Here we have the optional opportunity to revitalise tired muscles with an invigorating immersion in hot sulphurous waters from natural mineral springs at the local spa complex.

Overnight: Mirador San Diego de los Baños

Meals Included: Breakfast, Packed Lunch, Dinner

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Via San Cristobal

Cycling Distance: 83 Km Cycling Elevation: + 809m / - 910m

Tue 11 November - Day 4: To Pinar del Rio:

Breakfast. Our ride today takes us from San Diego de los Baños to Pinar del Rio city. Today's route is undulating and continues along the old Carretera Central passing through several busy, bustling market towns of this rich agricultural region. There is ample opportunity to sample local homemade Cuban foods and drinks at roadside stalls including guarapo (sugar cane juice), a natural energy booster. We may share the road with tractors, oxen and cowboys on a cattle drive. Check in to Hotel Vueltabajo in Pinar del Rio.

Overnight: Hotel Vueltabajo

Meals Included: Breakfast, Packed Lunch, Dinner

Cycling Distance: approx. 53 km Cycling Elevation: +384m / - 399m

Wed 12 November - Day 5: Pinar del Rio:

Today we will visit the City of Pinar del Rio and make some visits organized directly by CSC. The group has a special invitation to join Cuban workers taking part in a local Trade Union event, as well as a visit to a local polyclinic (healthcare centre). In the afternoon, there will be a visit to the Abel Santamaria school for visually impaired students where we will hand over material aid donations. Please note that no lunch or dinner is included today.

Overnight: Hotel Vueltabajo

Meals Included: Breakfast

Cycling Distance: n / a Cycling Elevation: n / a

Thu 13 November - Day 6: To Viñales:

Today we'll be exploring the best tobacco-growing region in the world. We'll begin by riding from Pinar del Rio through the small village of San Luis with its imposing colonial church, before turning left towards San Juan where we'll visit Hector Luis Prieto's tobacco farm. Hector's legendary harvests earned him a reputation as one of Cuba's best tobacco farmers. After visiting Vega Hector Luis, we cycle along country roads to La Guabina, a lakeside cattle ranch with its own small hotel and restaurant. Enjoy a typical Cuban meal in La Guabina's traditional *ranchon*. After lunch we transfer by bus to Viñales, a rural valley many consider the most beautiful in Cuba. Tonight, we'll be staying in the local Hotel.

Despite being a quiet country retreat, Viñales has several venues with live music so if you wander out tonight you're sure to find somewhere to hear some local musicians.

Overnight: Hotel La Ermita or similar

Meals Included: Breakfast, Lunch

Cycling Distance: approx. 56 km Cycling Elevation: +457m / -445m

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Fri 14 November - Day 7: To Cayo Jutías:

Today we cycle from Viñales to Cayo Jutías (via Pons), a 3km-long white sand beach with idyllic turquoise water. The terrain is hilly as we climb through the Viñales Valley, a UNESCO World Heritage Site, punctuated by soaring limestone mogotes rising up from the valley floor like massive haystacks. We pass distinctive tobacco fields with characteristic deep red earth and drying barns full of tobacco leaves. Crossing the causeway over turquoise blue waters, with views of the mountains to our right, we are rewarded with a swim in the crystal clear waters of the Gulf of Mexico and sandy white beach to relax on with a well-deserved Cuba Libre. We transfer back to the Hotel La Ermita by bus. Dinner tonight will be in an organic farm where local produce is used to cook delicious (and organic!) Creole food. Dinner Wilfredo Farm.

Overnight: Hotel La Ermita

Meals Included: Breakfast, Lunch, Dinner

Cycling Distance: approx. 60 km Cycling Elevation: +537m / -728m

Sat 15 November - Day 8: Viñales:

This is a relaxing day to enjoy Viñales and the local area. After breakfast we will set off for a great circular ride around the Viñales loop through glorious Cuban farmland (14km). There are some lovely places for coffee, and we can visit the famous Mural of Pre History.

You can then return to explore the lovely town of Viñales which is good for shopping and cafes before returning to the hotel at a time that suits you. We will leave the hotel by coach in the late afternoon for an early evening dinner at La Casa Don Tomas Restaurant.

We then have an invitation to attend a welcome party with the local Committee for the Defence of the Revolution (CDR). A wonderful opportunity to meet with, chat and dance with local people and gain a valuable insight into present day Cuban society.

CSC will organise this activity with the CDR.

Overnight: Hotel La Ermita

Meals Included: Breakfast, Lunch

Cycling Distance: approx. 14 km Cycling Elevation: n / a

Sun 16 November - Day 9: Cycle to Cueva de los Portales and Transfer to Havana:

The last day's cycling from Hotel La Ermita follows a hilly terrain with sections of broken road surfaces and demanding climbs. Cycling past small villages and rural communities you may see rice maize and coffee beans dry on the roads in the hot sun. Passing through an area of sweet-smelling coffee plantations we reach the end of the ride at Los Portales, the secret HQ of the legendary Che Guevara during the 1962 October missile crisis. After a tour of the HQ and our lunch we transfer directly back to Havana and check into the Hotel where we have a free evening to explore the city. No Dinner included. Opportunity to eat out in one of the many restaurants and *paladars* in beautiful Old Havana.

Overnight: Hotel Sevilla

Meals Included: Breakfast, Packed Lunch

Cycling Distance: approx. 48 km Cycling Elevation: +544m / -617m

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Mon 17 November - Day 10: Havana walking tour: Celebration Dinner

This morning we'll have a walking tour of Old Havana, a UNESCO World Heritage Site, with a wealth of impressively restored colonial-era buildings and interesting historic sites and visit Comandancia del Che Museum in the San Carlos de la Cabaña Fortress where Che Guevara set up his HQ immediately after the Revolution.

The rest of the day is free for you to explore on your own.

We'll have a special last dinner together at a *paladar* restaurant enjoying authentic Cuban cuisine.

Overnight: Hotel Sevilla

Meals Included: Breakfast, Dinner

Cycling Distance: n / a Cycling Elevation: n / a

Tue 18 November - Day 11: Havana Morning free; Transfer to Airport:

In the morning we'll have free time to go for visits or souvenir shopping and spend your last few hours before our group transfer to the airport to arrive home Wed 19 November.

Overnight: n/a

Meals Included: Breakfast

Cycling Distance: n/a Cycling Elevation: n/a

FLIGHTS

Air Europa - London Gatwick to Havana via Madrid

Depart London Gatwick 10.00 Sat 8 November. Short stop in Madrid. Arrive Havana 19.50.

Depart Havana 22.00 Tue 18 November. Short stop in Madrid. Arrive London Gatwick 16.25 Wed 19 November. (subject to confirmation)

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CYCLE CUBA EXPERIENCE 2025 CONDITIONS OF ENTRY

Please read in conjunction with the tour operator Booking Conditions

1. You must be at least 18 years old before date of departure.
2. You are required to pay a deposit of £200 which is used to reserve your flight seat and accommodation and once this is received it becomes non-refundable.
3. You agree to raise a minimum sponsorship of £2,599 (in addition to the deposit). This includes the costs of the trip and **must be paid to CSC by 29 August 2025 (10 weeks before departure)**.
4. If you are booking late, or after the first 15 people, a flight supplement may be payable.
5. You must be fit enough to undertake the Cuba Cycle Experience and complete the form about your medical history. If you are over 65 years of age or have any medical condition that could be adversely affected by this event you will need to provide a doctor's certificate stating that you have a suitable level of health and fitness to participate.
6. You are responsible for ensuring that you have sufficient supplies of any medication that you are taking and all the necessary vaccinations for travel to Cuba. It is your responsibility to take the requisite medical advice.
7. Cuba Solidarity Campaign and the tour operator reserve the right to refuse entry to any individual who is deemed medically unfit to take part.
8. Participation in the event is at your own risk and you agree to indemnify Cuba Solidarity Campaign and the tour operator against claim for loss of or damage to personal property, accidents, personal injury or death howsoever arising and any claim arising from your own actions.
9. You need to bring your own cycle helmet. Cycle helmets must be worn whilst cycling.
10. If we are unable to allocate a twin room due to odd numbers of participants, then a single room supplement will be payable.
11. Any increases in UK airport departure taxes will have to be passed on as an additional cost.
12. The Cuban Ministry of Tourism require all visitors to Cuba to have a valid comprehensive travel insurance policy, including full medical cover. You must check with the insurance provider that your policy is recognised and valid in Cuba. An insurance cover note must be carried to Cuba and presented to immigration authorities if requested. The policy must provide adequate cover for the payment of the costs and expenses relating to medical treatment, repatriation costs, loss of or damage to personal items and claims made by third parties and cover cycle touring.
13. You must hold a current passport valid for the duration of your stay in Cuba. A Cuban Tourist Visa will be provided.
14. If you cancel before full payment date, all sponsorship forms must be returned to Cuba Solidarity Campaign and donations already received to the relevant donors. Monies can still be donated to Cuba Solidarity Campaign if the sponsors agree.

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