



Cuba: A Journey Through Music, Art and Tradition

DURATION | 9 Days

TRIP LEVEL | Active

Trip Overview

Cuba invites you on a once-in-a-lifetime adventure with AdventureWomen, where vibrant art, architecture, and Afro-Latin rhythms come to life. Begin in Havana, where you'll enjoy a heartfelt welcome, indulge in authentic Cuban cuisine, and experience the city's captivating charm. In Viñales, explore breathtaking landscapes, orchid gardens, caves, and iconic tobacco farms that shape Cuba's heritage. Continue to Trinidad, where colonial history blends with vibrant local art. Visit sugar mill ruins and meet Yudit Vidal, an award-winning female painter, who shares her artistic journey. In Havana, immerse yourself in the art scene, learn Cuban dance, and savor fusion cuisine. Ride vintage cars through the streets before a farewell dinner. This special AdventureWomen trip offers a rare, deep connection to Cuba's soul, blending cultural exploration, inspiring women, and unforgettable experiences that will leave you with lasting memories.

Trip Highlights

- Experience Cuba's vibrant culture in Valle de Viñales, Trinidad, and Havana, enjoying live music, local art, and charming accommodations with traditional meals.
- Engage with local businesswomen and artists, learning about Cuba's rich cultural heritage and entrepreneurial spirit through personal stories and insightful exchanges.
- Unleash your inner salsa dancer, explore Havana with a classic car cruise, embrace cooking lessons, and historic neighborhood strolls.

Map View



Trip Itinerary



Day 1

Welcome to Cuba!

Arrive at Havana Airport (HAV) by 4 PM today where a Meet & Greet is waiting for you outside the arrival's terminal. After arriving at your accommodation, take time to settle in and relax after a busy travel day. Share stories and discover the unique reasons each woman in your group is excited to explore Cuba as you end the day with a welcome dinner at La Bodega. Tucked away in the serene and beautiful gardens of an early 20th century Vedado home, La Bodega surprises with its elegant opportunity to enjoy elevated, authentic Cuban fusion cuisine.

Meals: dinner | Overnight: La Reserva Bed & Breakfast



La Reserva Bed & Breakfast

La Reserva is a freshly renovated Colonial Mansion with a mixture of vintage, colonial, and mid-century designs. The in-house art gallery contains works by contemporary Cuban artists. A stay here feels like being at your best friend's home, if your best friend had an impeccable sense of style.

Amenities: complimentary toiletries, hair dryer, limited Wi-Fi, air conditioning



Trip Itinerary



Day 2

Orchid and Cave Explorations

After an early breakfast, check out and meet your guide for a journey west to Pinar del Río, Cuba's westernmost province, and Viñales Valley, your home for the next two nights. En route, visit the Sierra del Rosario Biosphere Reserve, known for its large orchid collection. Enjoy a guided walk through the botanical gardens, learning about Cuba's flora. On arrival in Viñales, have lunch at a local paladar with views of the mogotes, then explore the Caverna de Santo Tomás, Cuba's largest cave system, with a two-hour, 2-mile guided tour. Long pants and sleeves are advised

Meals: breakfast, lunch, dinner | Overnight: Local Casas (to be specified)



Local Casas (to be specified)

In Viñales, your group will be using 2-3 casas. More details will be provided closer to departure.

Trip Itinerary



Day 3

Yoga, Tobacco Farm, and Town Visits

Start your day with a revitalizing yoga session amidst the mogotes, followed by a picnic breakfast. Then, embark on an easy 2.5-hour hike through Viñales Valley, visiting a local tobacco farm to learn about the harvesting process. Enjoy a farm-to-table lunch at Finca El Paraiso. Then, join your guide on a walk around the center of Viñales to see what life is like in rural towns outside of Havana as you meet locals, visiting a bodega, and enjoying a refreshing drink at a local tavern. End the day with a delicious dinner at a paladar featuring live traditional music.

Meals: breakfast, lunch, dinner | Overnight: Local Casas (to be specified)



Trip Itinerary



Day 4

Journey to Trinidad

Enjoy your journey to Cuba's colonial jewel: Trinidad, with your first stop at Finca Wajay, a farm located on the outskirts of Havana offering a traditional meal in a warm, tropical setting. Your gracious host, Eddy will tell you about the experiences of entrepreneurs currently in Cuba. Then, continue your journey to Trinidad, with a stop in Cienfuegos city, learning about the French influences and a visit to the local Museum of Art. Enjoy a rooftop bar overlooking the skyline and bay before dinner at the hotel.

Meals: breakfast, lunch, dinner | Overnight: Melia Trinidad Peninsula



Melia Trinidad Peninsula

Accompanied by the warm waters of the Caribbean Sea, views of the stunning Sierra del Escambray mountains and all the charms of the colonial city of Trinidad, this modern hotel promises a stay full of exceptional experiences. The Meliá Trinidad Peninsula's prime location offers both spaces for relaxation in the heart of nature and proximity to several of the top historical and cultural attractions. Spacious rooms, a wide range of dining options, infinity and swim-up pools, are just some of the features on offer in this attractive destination.

Amenities: complimentary toiletries, hair dryer, minibar, cable/satellite TV, safe, air conditioning, Wi-Fi



Trip Itinerary



Day 5

Meet a Local Artisan and Sugar Mill Ruins

A short morning drive takes you to the UNESCO World Heritage Site of Valle de los Ingenios (Valley of the Sugar Mills). Visit the ruins of the former sugar cane mills and be sure to sample a glass of fresh-pressed sugar cane juice! After lunch today, meet Yudit Vidal, an award-winning painter adept at bringing intricately woven objects into her pieces. Begin the night with drinks in an art gallery & lounge in the center of Trinidad with a lovely rooftop, offering views across the town. After dinner, enjoy an outdoor music venue, Casa de la Musica, for another taste of traditional Cuban music.

Meals: breakfast, lunch | Overnight: Melia Trinidad Peninsula



Trip Itinerary



Day 6

Walking Tour of Old Havana

It is time to wave goodbye to colonial Trinidad, as the vibrant capital of Cuba awaits! Lunch today is at a paladar in Old Havana, owned by a woman trained as a physicist who became a restaurateur. Next, discover the 4 main plazas during a walking tour of Old Havana and learn about the history, culture, architecture, and romance over the centuries. Then, join your guide on a walking tour of La Habana Vieja as you meet locals to gain a more profound understanding of what life is really like in Cuba today before dinner on your own.

Meals: breakfast, lunch | Overnight: INNSide Habana Catedral by Melia



INNSide Habana Catedral by Melia

Nestled in a prime location, INNSide Habana Catedral is a delightful place to stay to visit the city rich of history and tradition. The hotel also features bright and comfortable rooms, with unique design and modern decoration. The rooftop allows visitors to admire Havana from above. The swimming pool has breathtaking views of the lighthouse and the sea.

Amenities: complimentary toiletries, hair dryer, safe, coffee/tea, air conditioning, Wi-Fi



Trip Itinerary



Day 7

Salsa Lessons and Cuban Art History

This morning, discover classic and modern Cuban art with an art expert. First up, Bellas Artes, Havana's fine arts museum, a uniquely curated collection of Cuban art. Your art expert will bring Cuba's history to life through the museum's fascinating exhibits. Fast forward to Havana's current art scene, with a visit to a contemporary studio next. Meet the artists and learn more about their work and challenges under Cuba's government. Then, feast on lunch at 5 Sentidos, serving fusion Cuban food with a European flair. Next, travel to the Marianao neighborhood to witness a rehearsal/presentation by an innovative dance company. Meet the young dancers who walk us through different dance styles and rhythms while you enjoy a presentation that is filled with powerful drumming, energetic moves, and lots of passion before a dance lesson.

Meals: breakfast, lunch, dinner | Overnight: INNSide Habana Cathedral by Melia



Trip Itinerary



Day 8

Experience a Cooking Class, Ride Vintage Convertibles and say Farewell!

Visit Cojimar, the seaside town inspiring Ernest Hemingway's *The Old Man and the Sea*, for a cooking class where you'll prepare a traditional Cuban lunch and mojitos. After afternoon free time, explore Havana in vintage 1950s convertibles, cruising along the Malecón and through eclectic neighborhoods, stopping at can't miss landmarks. For your farewell dinner, dine at La Guarida, Cuba's iconic paladar, known for its role in *Fresa y Chocolate*. Enjoy a rooftop cocktail, followed by a memorable dinner and experience Havana's vibrant nightlife with live music or a dance performance.

Meals: breakfast, lunch, dinner | Overnight: INNSide Habana Cathedral by Melia



Trip Itinerary



Day 9

Farewell to Havana!

After breakfast, your journey home begins with convenient group or private transfers to Havana Airport (HAV), tailored to fit your departure time. To make the most of your final day, we recommend booking a flight after 3 PM, as check-out time is 11 AM. Whether you're heading home with unforgettable memories or planning your next adventure, we'll ensure a smooth and stress-free departure, so you can savor the last moments of your Cuban experience. Safe travels, and we hope to welcome you back soon!



What's Included

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- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- All ground transportation
- Airport transfers on the scheduled arrival and departure days
- Guided sightseeing and activities as indicated in the itinerary
- English-speaking guide(s) throughout the trip
- Two non-alcoholic drinks (water or soda) per person with included meals at paladares
- Bottled water in the vehicles
- Gratuities for local guides and waitstaff

Not Included

- International airfare to and from Cuba
- Mandatory Cuban Tourist Card (arranged through the airline)
- Enrollment in Cuba medical emergency insurance (required by Cuban government and provided through US airlines)
- Optional activities
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities for head guide and drivers

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

