



CYCLE CUBA

 **actionchallenge**  
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# CYCLE CUBA – OUTLINE FOR BESPOKE TRIPS

The time to come to Cuba is now and the way to see the cities and the rest of the island is by bicycle. It is a paradise for cyclists and apart from the beautiful beaches, rolling hills and tropical forests, it will be the people that leave the lasting impression. From the cities that have life and energy like no other island in the Caribbean, to the chilled out Cuban smoking a fine cigar under a palm tree, it is a land of contrasts – come and see it for yourself!

## DAY 1 ARRIVE HAVANA

Depart for Havana. We arrive in the afternoon and transfer 2hrs to our Hotel in Ciénaga de Zapata, in Matanzas province. Depending on which flights we take, we have time to refresh and stretch our legs a little before a briefing with our local guides. We end the day with a typical Cuban meal with our new friends.

## DAY 2 CIEN FUEGOS 92KM CYCLING

If we wake early enough there will be a chance to have a quick dip before breakfast. For our first riding day we are on mostly flat roads, heading north through the towns of Bermejas, Horquitas and Navara before arriving for lunch in Rodas. This afternoon we head south past Damuji Lake, through Ariza and El Salata and rolling farmland and drop into Cienfuegos.

## DAY 3 TRINIDAD 93KM CYCLING

Today brings no relief to the legs as we begin with a short stretch of hills. Once over this rollercoaster of a ride, the rest of the day is flat roads in rural settings with nature all around us. We ride into the World Heritage town of Trinidad, famous for its summer carnivals when the city explodes to the sound of salsa and meringue. Our ride ends on the coast at Playa Ancon where we are once again cooled by the sea breezes and sit with our feet up after a good days ride watching the sun set with a classic Cuban cocktail.

#### **DAY 4**

#### **LAKE HANABANILLA**

**96KM CYCLING**

Today is one of the highlights of the challenge especially for those that love the hills. As we head out of Trinidad we soon head north into the cooler climates of the Escambray mountains. This area is covered in good tropical forest and the hills should have us fighting for breath as we climb to the lookout point at 500m. We descend into the centre of the mountain range for Lunch at los Helechos and then continue north to arrive at our hotel on the shores of Lake Hanabanilla. This is a magical setting and a great place to relax after a tough cycling day.

#### **DAY 5**

#### **SANTA CLARA**

**98KM CYCLING**

is a fairly flat ride in an area of green pastures. We continue inland with the sea and mountains behind us. Exhausted but exhilarated we roll into our penultimate city. Santa Clara is a vibrant metropolis with lots of street life. This is yet another Cuban town that is great for people watching and soaking up the atmosphere. Here we visit the mausoleum of Che Guevara before going to our hotel to collapse after cycling almost 400km of Cuban roads.

#### **DAY 6**

#### **SANTA MARIA ISLAND**

**110KM CYCLING**

Our final day of cycling is quite special as is the destination, the island of Santa Maria off the north coast of Cuba. Our route there starts with 65km of good fast cycling to the town of Caibarien where we have lunch and this is followed by 40km of riding on the incredible road that has been built into the sea to get us onto the island. Once at our hotel by mid afternoon we have time to relax and take in the scenery on one of the most beautiful beaches of the island.

#### **DAY 7**

#### **FREE DAY**

Today is a free day to enjoy the hotel and Santa Maria Island before we start our celebratory meal to mark the end of another incredible challenge.

#### **DAY 8**

#### **HAVANA & DEPART**

Today we make our way back to Havana for a quick lunch and tour of some of the highlights before making our way to the airport in time for our return flight to the UK

#### **Day 9**

#### **ARRIVE HOME**



LOGISTICS



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## **COSTS OF CHALLENGE**

From £1995 per person  
For groups less than 15, please get in touch

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff  
International flights  
Action Challenge Representative  
Expedition Medic  
English-speaking local guides  
Luggage Transfer  
Bike  
All accommodation  
All meals, except in free time  
All transfers  
All National Park fees  
3 litres of water provided daily

## **NOT INCLUDED**

Alcoholic drinks  
Travel insurance  
Personal kit  
Single supplement  
Tips for local guides  
Local departure tax  
Fuel supplement

## **RATING**

Tough

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **EQUIPMENT**

An equipment list will be forwarded at a later stage.

## **TOTAL DISTANCE CYCLED**

Approximately 489-500km

## **FITNESS**

This challenge requires a good level of fitness to cycle the route.

## **ACCOMMODATION**

Accommodation is in comfortable hotels, based on a twin/triple share basis. Hotels are named within the proposal although these may change and are subject to availability at time of confirmation/deposit payment.

## **FOOD**

Breakfasts are continental, with a picnic/restaurant lunch en route on cycling days and a dinner in our hotel or a local restaurant.

## **WEATHER**

Mid October marks the end of the hurricane season in Cuba so this is an excellent time generally to stage an event in Cuba.