

## Bicycle Tours in Cuba: **Bicycling Central Cuba**

### OVERVIEW

Cycle inland through the dynamic cities of Remedios, Trinidad, and Sancti Spiritus with their cobbled streets and tranquil countryside energy. You'll visit local farms, entrepreneurs and artists, pedal through national parks, snorkel in the Bay of Pigs, and taste some of the finest Cuban cuisine. Finally, you'll have a chance to take in Havana's colorful rhythm as you explore the city's culture, architecture, and history.

All of our itineraries meet the United States requirements for a **People-to-People** licensed trip and we will provide all licensing documents necessary for our American travelers. Recent loosening of regulations has allowed airlines to schedule direct flights from Miami and Houston into a variety of Cuban cities making this fascinating country more accessible than ever before.

If this sounds great but you'd like to explore more of Cuba, join us on the **Grand Cycling Tour of Cuba: Central and Western**.

**Please Remember:** With over 50 years of a trade embargo by the United States (and sanctions if other countries trade with them) and an economy that has boomed, busted and never truly found its way, Cuba is like no other place you have traveled. We choose to travel by bicycle because we know that getting off the buses and into the heart of a country on two wheels is one of the best ways to truly experience a place. With that said, you will notice that buildings are in need of repair, sometimes including portions of the hotels we use. Air conditioning, though present in 100% of your hotel rooms, may break down. Hot water and water pressure can vary. Internet access is sporadic and hard to find. But, the people in Cuba are some of the warmest and friendliest people on earth. They genuinely want to share and talk about their lives with travelers from all over the world - especially Americans.

We recommend you bring an attitude of flexibility and an understanding that you may not find the amenities that exist in other destinations. But, a trip to Cuba could be one of the most fulfilling travel experiences you can have.

### HIGHLIGHTS

Colonial cities and architecture of Cuba, Historic Trinidad, Bay of Pigs museum, Snorkel the Bay of Pigs, Take a swim in Playa Larga, Havana

### TOUR FACTS

<b>Tour Style</b>	📄 <b>Classic:</b> Learn more about our Classic tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/classic-tours">https://www.experienceplus.com/tours/bike-tour-styles/classic-tours</a>
<b>Includes</b>	7 nights' accommodation; full van support; bilingual tour leaders; 6 dinners, most lunches, all breakfasts; and the usual (see below).
<b>Countries</b>	Cuba
<b>Begin/End</b>	Remedios / Havana
<b>Arrive/Depart</b>	Santa Clara / Havana
<b>Total Distance</b>	235 km (146 miles) - 303 km (188 miles)
<b>Avg. Daily Distance</b>	47 km (29 miles) - 61 km (38 miles) per riding day
<b>Tour Level</b>	➤➤➤➤ Shuttles are used more frequently than most ExperiencePlus! tours because of lodging logistics.

We work hard to maintain consistency across all of our tours, but some trips have unique



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differences. Here are some things to keep in mind about this tour.

Please remember, Cuba is in a Zika prone area so be aware it is not recommended to travel there if you are pregnant.

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**Please Note:** We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  **online itinerary** for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/cuba/bicycling-central-cuba>

**Keep in Mind**



## Bicycle Tours in Cuba: **Bicycling Central Cuba**

### DATES & PRICES

**Dates**                      **Price**                      **Single Supplement\***

\*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

### DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	78km / 527m (49mi / 1729ft)	Rolling hills	▶▶▶▶▶	
3	55km / 382m (34mi / 1253ft)	Rolling hills	▶▶▶▶▶	
4	35km / 104m (22mi / 341ft)	Gentle	▶▶▶▶▶	Today's ride is an optional loop ride
5	40km / 379m (25mi / 1243ft)	Gentle	▶▶▶▶▶	
6	81km / 265m (51mi / 869ft)	Gentle	▶▶▶▶▶	
7	Rest day			
8				

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### ARRIVAL INFO

**Note:**

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, **check with us** if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

**Meeting time 1:30 p.m. - on Day 1: meet your fellow cyclists and Tour Leaders at the Santa Clara Airport (SNU) (right outside the airport, you can't miss them).**

**Book your flight arrival into Santa Clara no later than 1 p.m.**

Arrival at Santa Clara:

- Meet our shuttle (see information bolded above).
- In case you can't make the meeting time specified above, take a taxi from Santa Clara Airport to the tour starting location in Remedios (40 min/CUC 40-60)

Arrival into Havana (HAV):

- Bus from Havana Airport to the Santa Clara Airport - remember the meeting time above as you plan (4.5 hours/prices vary)

**Note:**

- Private transfers: We will gladly arrange a private transfer for you (this can be done about 3-4 weeks prior to your tour start date). Cost will be available upon request, but it will likely be more expensive than a taxi. If you arrive early, your place of accommodation can oftentimes help with transfers as well.
- If you spend time in Cuba before the tour start, we ask that you come meet the complimentary ExperiencePlus shuttle on Day 1

### DEPARTURE INFO

**Your trip ends on the final day after breakfast.**

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

**We recommend flying out of the Havana Airport (HAV)**

- Taxi from the ending hotel to the Havana airport (25 min/CUC 20-30)

## Bicycle Tours in Cuba: **Bicycling Central Cuba**

### Arrive in Santa Clara - transfer to Remedios

**Highlights** Exploring Remedios, Fit Bikes

Fly into Santa Clara and take a taxi (45 minute transfer) to the city of Remedios. Once in Remedios we will have an orientation talk and bike fitting. If you arrive in Santa Clara a day early, you'll see why the city is fittingly nicknamed Ciudad de Che for the spirit and history of this revolutionary figure.

### DAY 1

**Meals** Dinner

### Remedios to Sancti Spíritus

**Highlights** Quiet roads, sugar cane fields and colonial Sancti Spíritus

Ride today from Remedios to Sancti Spíritus, pedaling through rolling hills, past small villages, and regal colonial facades worn by time. Lunch is en route before we end our day in quaint Sancti Spíritus. Founded in 1514 by Diego Velázquez and one of the original seven villas, the city is full of historic and colonial charm. Before we enjoy a delicious dinner, take time to explore: Walk across the Puente Yayabo, a quadruple-arched bridge fit for an English countryside, stroll through the plaza and admire the Teatro Principal, Cuba's oldest theater.

### DAY 2

**Distance** 78 km (49 mi)

**Gain** 527 m (1729 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Lunch, Dinner

### Sancti Spíritus to Trinidad

**Highlights** Manaca Iznaga estate, walking tour of Trinidad

Today's ride takes you towards beautiful colonial Trinidad. Enjoy rolling hills as we cycle to 18th century Manaca Iznaga estate northeast of Trinidad. Climb up the town's 44-meter tower for a bird's eye view of Valle de los Ingenios and its stunning surroundings. Climb up the tower for the beautiful view before we shuttle into Trinidad for lunch. We check into our Casa Particulares (B&B) for the night before we hit the cobbled streets of this 16th century town for a walking tour. For those interested in the music scene, we recommend strolling the streets after dinner as there is often live music in the main square. Listen to salsa beats floating on warm Trinidad air turning in for the night.

### DAY 3

**Distance** 55 km (34 mi)

**Gain** 382 m (1253 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Lunch, Dinner



## Bicycle Tours in Cuba: **Bicycling Central Cuba**

### Trinidad Loop

**Highlights** Loop ride or rest and explore Trinidad

Take a rest day and explore Trinidad or join us on a short bike ride to the pristine waters of Playa Ancon and local fishing villages. This visit provides an interesting glimpse into the contrast between sleepy fishing towns and the tourism economy on the beach and in Trinidad.

### DAY 4

**Distance** 35 km (22 mi)

**Gain** 104 m (341 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Lunch

### Trinidad to Cienfuegos

**Highlights** Ride along the coast, fresh seafood lunch

We say goodbye to Trinidad and pedal toward the southern coast cycling past Cuba's fields, beaches and estuaries where you might be able to spy flamingos. Take a swim or stop for a snack at a beachside bar. At lunch we'll enjoy lobster and shrimp caught just a few miles away. We'll shuttle to Cienfuegos after lunch. Settle into our centrally located hotel before joining our tour of the colonnaded Paseo del Prado or the Punta Gorda with its grand 20th century palaces.

### DAY 5

**Distance** 40 km (25 mi)

**Gain** 379 m (1243 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Lunch, Dinner

### Cienfuegos to Playa Larga

**Highlights** Snorkeling the Bay of Pigs, Pedal the Coast

We shuttle out of Cienfuegos and then pedal past rice paddies toward Playa Girón, today's first stop, also known as the landing for the Bay of Pigs invasion. We continue to pedal along the Bay towards Playa Larga. We have a guided visit of the museum and then continue to pedal along the beautiful Bay. For those who want to take a swim, we'll stop at a spot where you can snorkel. From there you can extend the ride all the way to the hotel or jump in the shuttle to reach our final destination for the evening. Tonight's lodging is a fabulous example of how the tourist economy can vitalize a town through private enterprise. A wonderful home-cooked meal awaits us tonight at our hotel.

### DAY 6

**Distance** 81 km (51 mi)

**Gain** 265 m (869 ft)

**Terrain** Gentle

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Bicycle Tours in Cuba: Bicycling Central Cuba****Playa Larga to Havana****DAY 7**

**Highlights** Korimacao Community Project, tour Havana

**Meals** Breakfast, Lunch, Dinner

We shuttle to Havana today but not without first visiting the Korimacao Community Project and its teachers and young Cubans investing in local performance and musical arts. We'll be in Havana in time for lunch. After lunch we'll take a tour of town before checking into our hotel to unwind. After dinner in a local restaurant take advantage of the opportunity to enjoy some live music.

**Adios Havana!****DAY 8**

**Highlights** Havana

**Meals** Breakfast

We'll have breakfast together before sending you on your way to explore more of Havana or head home! If this sounds great, but you'd like more Cuba join us on the Grand Cycling Tour of Cuba: Central and Western.

**INCLUDED**

**WHAT'S INCLUDED**

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

**PRE-TRIP SUPPORT**

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- \*Traveler services including assistance booking extra nights at the tour starting and ending hotels. (\*Explorer Tours excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

**BICYCLES**

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a gently used helmet, please contact us.

**NAVIGATING, DAYSHEETS AND VAN SUPPORT:**

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes. Daily information also includes Tour Leader phone numbers,

hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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**Need More Miles?** On many days it is possible to add miles to the day, just talk to your tour leader about your options.

**Need Fewer Miles?** If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

**TIPPING YOUR TOUR LEADER TEAM:**

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. \*Tips are included in Expedition pricing.

**PHOTOS:**

By reserving space on tour, you agree that ExperiencePlus! Bicycle Tours may use, re-use and reproduce any images, photos or videos that you send to us, or that are taken by our guides and/or other travelers of you individually or in a group, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection, for promoting and publicizing our travel products and services worldwide. If you do not want us to use any images of you that are taken by us or other participants during the tour, you must inform us or your tour leader in writing at the start of the tour.

**STYLES** **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

**Classic Tours:** Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

**Explorer Tours:** Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

**Bike and Boat Tours:** Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

**Expedition Tours:** Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

**LEVEL 1 - 1.5**

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

**LEVEL 2 - 2.5**

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

**LEVEL 3 - 3.5**

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

**LEVEL 4 - 4.5**

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 – 6% grades for 6 kilometers or more.

**LEVEL 5 (EXPEDITION)**

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

**REMEMBER**

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

## CHECKLIST

### TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form:  
<https://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details  
at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

### 6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

### 6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists:  
<https://www.experienceplus.com/blog/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

### DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!