

The challenge of a lifetime...
...for the charity of your choice

Cuba

Cycle



Cycle Cuba - pedal 350km and Salsa in Havana!



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**GLOBAL
ADVENTURE
CHALLENGES®**

From the salsa dancing streets of Havana to the shimmering Coast of the Caribbean Sea...

Your cycle challenge...

The destination for this fantastic cycle challenge is the Caribbean island of Cuba. Our ride takes us on an incredible journey beginning in Havana, for approximately 360km. We ride along shimmering coastlines, past tobacco and sugar cane fields and through thriving farming communities, where for many aspects of Cuban life, time has stood still. Cars and Salsa will definitely feature highly as we travel through this beautiful country.

Your itinerary...

Day 1

We depart the UK for our flight to Havana. Upon arrival, we are met by our local guides and transfer to our hotel for dinner.

Day 2

Havana to Bay of Pigs

Early morning departure for Guama. After our bike fitting we set off for Playa Giron. If there is time, we will visit the small museum, dedicated to the Bay of Pigs invasion in 1962 when a CIA backed attempt to topple Fidel Castro's revolutionary government met with strong resistance and was ultimately unsuccessful. Nowadays it seems hard to believe that this dusty little village was once the focus of the world for a few days!

En route to Playa Giron we'll stop for lunch and maybe a swim in Punta Perdiz. From here we continue to Giron where we then board a bus and transfer to the Cienfuegos Coast and our hotel for the night.

Cycling distance – approx. 45km

Day 3

Cienfuegos to Hanabanilla

This morning we start our ascent into the Escambray Mountains, leaving behind the Bay of Cienfuegos. It's a spectacular but tough morning's cycle with undulations and short sharp hills! We are rewarded with a stunning view over sugar cane fields to the Escambray Mountains – our destination this evening. We cycle through small farming villages, citrus and mango orchards and trees dripping with epiphytes or 'air plants', stopping for a picnic along the way.

The big challenge is at the end of the day – a 7km hill, slowly climbing into the mountains to reach our overnight hotel and a welcome cocktail on arrival to celebrate!

Cycling distance – approx. 67km

Day 4

Hanabanilla to Trinidad

The first part of today's cycle is all downhill as we retrace our tracks towards Cumanayagua. Next the route follows close to the coastline and through gentle hills. The final 30km is on a flat road which clings to the shimmering Caribbean coastline almost all the way, with some undulations just before we reach Trinidad. We head down to the waterfront, and the final few kms to our hotel is flat, with glimpses of the Caribbean Sea. We reach our beach hotel and check in for dinner and a good night's rest.

Cycling distance – approx. 85-95km (depending on hotel)





Day 5
Trinidad to Sancti Spiritus

We have a short visit to Trinidad by bus, before continuing on our cycle challenge through a scenic valley of sugar mills and tobacco fields and heading for the market town of Sancti Spiritus. The route today is challenging. We arrive at our hotel and enjoy a relaxing evening soaking up our surroundings.

Timekeeping is key today so we can enjoy our visit to Trinidad in the morning, but still have time to tackle the tough day's riding ahead.

Cycling distance – approx. 77km

Day 6
Sancti Spiritus to Santa Clara

Our final morning will be quite busy, with traffic heading towards the Cuban Highway. Once past this junction, we share the road with local traffic – 1950s American cars, horse traps, Soviet tractors and bicycles! We cycle through agricultural communities until Santa Clara, where we regroup and enter the city, 'Tour de France' style, in a peloton. We finish our ride in front of the Che Guevara Mausoleum where we celebrate with an iconic 'Cuba Libre' cocktail! After our visit to the mausoleum we transfer (approx. 3 hours) to Jibacoa Village, where we celebrate the end of our epic journey with a special dinner!

Cycling distance – approx. 82-89km (depending on hotel)

Day 7
Varadero

A free morning to relax on the beach before we drive to Havana for an orientation tour in the old town.

The evening is free to explore Havana on your own, perhaps having dinner in a Paladar and then going dancing in a salsa club!

Day 8
Havana

This morning is free to relax, explore on your own or do some last minute shopping at the handicrafts market in Old Havana before we transfer to the airport for our return flight to the UK.

Day 9
Arrive UK.

(Please note, this is a complex itinerary and subject to change)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals.

How fit do I need to be?

This ride has been designed to be challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are cycling for five consecutive days across Cuba, on hilly and varied terrain with some climbs and descents and in very hot temperatures – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction and we'll also be holding non-profit training weekends for everyone to meet and train together prior to the event.

Where will we stay?

Accommodation will be in hotels with twin share rooms and en-suite washing facilities.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some cycling shorts, a cycling helmet and maybe some cycling gloves, you do not need any specialist kit. Participants can bring their own pedals, bar-ends and any other personal cycling equipment they see fit to modify the bikes supplied, although it is not compulsory. You may wish to consider bringing a hydration backpack, although all bikes have at least one water bottle cage and some have two.

Do I have to carry my own luggage?

No. All luggage will be transported each day by our support vehicles. You will only have to carry a small day pack/bum bag/bike bag while cycling, for items such as camera, sun-screen, etc.

Food matters...

All meals will be provided, apart from dinner on Day 7. Whilst cycling, lunch will be a packed lunch or picnic and breakfast and dinner will be in our hotels or nearby restaurants. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form. Food will be varied and nutritious.

What's included?

- Return flights from a London airport to Havana
- All accommodation - twin share
- All meals throughout the itinerary starting with dinner on Day 1 to lunch on Day 8, except dinner on Day 7
- Drinking water and snacks during cycling days
- Private air-conditioned vehicles for back up, support and transfers
- Local English speaking cycling guides
- Local doctor during cycling days
- Local bike hire with spares and cycle mechanics
- Global Adventure Challenges Leader from the UK
- Full comprehensive Global Adventure Challenges medical kit

What's not included?

- UK Airport Taxes and Fuel Surcharge – these are currently approximately £260 per person
- Visa for Cuba
- Tips – we recommend a contribution of £25 from each participant to be divided equally between local crew
- Alcoholic drinks and drinks during dinner
- Personal Travel Insurance – it is strongly advised to obtain this through Global Adventure Challenges
- International Airport Departure Tax at Havana – currently CUC25 (Cuban convertible peso, approx. US \$25)

Can I stay in Cuba after the challenge?

Yes, we can offer extension packages on this challenge, but all extensions are strictly limited, subject to availability and are given on a first come first served basis. You will need to complete an extension request form, available from Global Adventure Challenges on enquiries@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges Leader from the UK, as well as local English speaking guides, cycle mechanics and a local doctor accompanying the group on cycling days. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. Satellite/mobile telephones/radios will be used to ensure your safety and security at all times and an air-conditioned vehicle will follow the group providing support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks after approximately every 20 miles of cycling – it is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your chosen charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and are allocated on a first come first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and return it to Global Adventure Challenges, along with the registration fee - all costs and payment options are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact with you to discuss your fundraising.

Cycle Cuba &
celebrate with Salsa!

Register online today!

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