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WESTERN SKYLINE RIDE 2019



- 8 Days
- Western Cuba
- Moderate/Challenging Cycling
- 100% Supported rides
- Bike Hire included

DAY 1: ARRIVAL IN HAVANA

- Hotel Memories Miramar

Welcome to Cuba! A Cubania representative will meet you upon arrival in Havana before transferring to the start Hotel. The largest island in the Caribbean, Hemingway's much-loved abode and one of the last planned economies in the world. You're soon to discover that Cuba is all that and much, much more, but first sit back, relax and enjoy your first night in enchanting Havana.



DAY 2: BIKE FITTING AND CITY TOUR

- 34 km
 - +208m -209m
 - Hotel Memories Miramar •
- Breakfast and Lunch

This morning we start by getting acquainted with our bikes before setting off on a panoramic tour of Havana. We'll visit the well-to-do 1950s Miramar district, home to some of Havana's most striking 20th century architecture. Keep an eye out for the imposing Russian embassy and the elegant neoclassical homes, many of which are now embassies. We'll then cycle through Parque Metropolitano de la Habana and Nuevo Vedado, before stopping at Plaza de la Revolución, the hub of Revolutionary Cuba. From here we wheel through cultural and vibrant Vedado towards the famous Hotel Nacional, which has offered shelter to many a celebrity over the years, including Winston Churchill and members of the Mafia. Now we whizz through bustling Centro Habana to the famous Capitolio building, a mirror-image of Washington's Capitol Building. With the Capitolio behind us we veer left down the regal Prado promenade, a favourite with street artists and skateboarders alike before ending the cycling portion of our tour in Plaza de las Armas. From here we continue on foot to discover Old Havana's four beautifully renovated colonial plazas and stop for lunch in a local restaurant. After a creole lunch in a in Old Havana, we cycle back to our hotel along Havana's romantic Malecon, a sea-wall that follows the city's entire coastline. The rest of this afternoon and afternoon are free to relax or continue exploring Havana at your own pace.

TODAY GROUND TURISMO LTDA.

EMBRATUR Nº 042590041.1 – ABAV Nº 409 – IATA Nº 5767844.5

RUA VISCONDE DE PIRAJÁ, Nº 82 – Grp. 1012

IPANEMA – CEP 22410-000 – RIO DE JANEIRO – RJ

TEL: (21) 2247-8999 – FAX: (21)2513-5139

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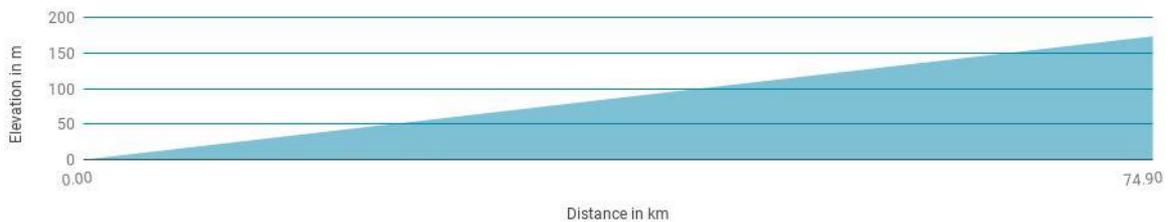


DAY 3: TO LAS TERRAZAS ECO-COMMUNITY

- 75km
- +580m -417m
- Hotel La Moka / Villa Soroa, Las Terrazas
- Breakfast and lunch



After breakfast we set off heading west, swapping the hustle and bustle of Havana for the calmer climes of Pinar del Rio Province. We stick to the coast before turning inland at the small seaside town of Mariel and following winding backroads (watch out for the fairly frequent potholes!) towards the Sierra del Rosario Mountain range. These impressive mountains form part of the Guamuha range, which stretches across the Western part of Cuba and provides the spectacular tropical scenery for the next few days. After stopping at a scenic spot for a picnic, we continue to the "Las Terrazas" Biosphere Reserve. Upon arrival you can cycle straight to the hotel or down to the Rio San Juan for a refreshing dip. Enjoy an evening at leisure in this beautiful Biosphere Reserve.



DAY 4: 'SKYLINE' ROUTE TO VIÑALES



- 78km
- +1334m -1445m
- Casa Particular, Viñales
- Breakfast, Lunch and Dinner

We start out early this morning and wind our way through Las Terrazas' hilly landscape. Around 20 km into our ride we exit the Biosphere and continue uphill to join a skyline road through the Guaniguanico hills. Though today is our most challenging cycle, the mountain trail affords spectacular views across the island and on a clear day it's even possible to see both Cuba's northern and southern coastlines. We'll picnic en route. Once we descend from the Skyline road we'll join the main Havana-Pinar del Rio highway where traffic will be light but varied - expect to share the road with vintage American cars, oxen and horses! Our ride will end in San Diego de los Baños

where we'll enjoy a well-deserved drink before taking a 1.5-hour transfer to Viñales, where more luscious scenery awaits. Tonight we'll be staying in local casa particular, where your hosts will prepare you a delicious home-cooked dinner. Despite being a quiet country retreat, Viñales has several venues with live mu-sic so if you wander out tonight you're sure to find somewhere to hear some local musicians.

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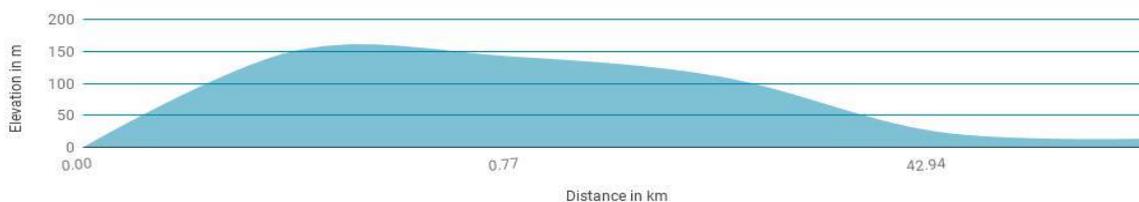
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DAY 5: TO CAYO JUTIÁS

- 56km
- +530m -669m
- Casa Particular, Viñales
- Breakfast, Lunch and Dinner

After breakfast in our casas we hop on our bikes and head westward, following rural roads through the Parque de Viñales, eventually bringing us to Santa Lucia close to Pinar del Rio's northern coast. Though this rural route offers poor road conditions, the relative flatness will be sweet relief after yesterday's undulations. Once we reach the coast we'll be following a causeway over a collection of islets to picture-perfect Cayo Jutiás: a 3km-long white sand beach with idyllic turquoise water. Lie back on the sand and bask in the inviting shallows. We'll lunch on the beach and then you'll have the option of cycling back to Viñales or soaking in more of Cayo Jutiás' delights before transferring back to Viñales for the night. Tonight we'll enjoy a sunset meal at Finca Wilfredo, an organic farm that uses its own produce to cook delicious Creole food.



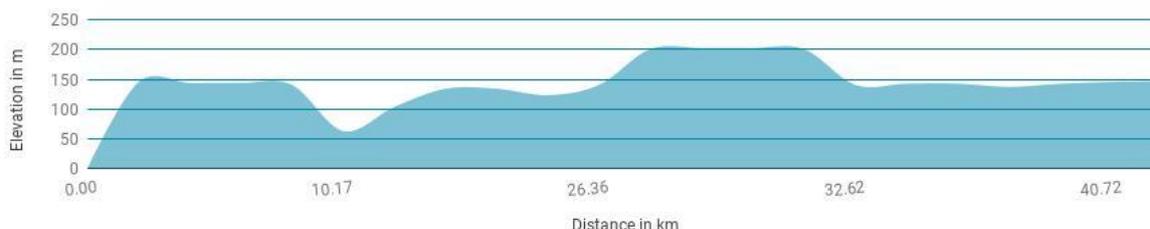
DAY 6: VIÑALES CIRCULAR ROUTE

- 41km
- +441m -441m
- Casas Particulares, Havana
- Breakfast and Lunch



After breakfast we saddle up and head out on a circular route around Viñales. The valley's Jurassic landscape is one of Cuba's finest and it's not hard to see why it's a UNESCO World Heritage Site. It's also a key player in two of Cuba's major industries: tourism and tobacco. Viñales is home to Cuba's and the world's best tobacco and we'll stop at a farm to learn a little about the tobacco-growing process. Towering around the farm you'll notice mogotes, strange rounded mountains that seem to bubble out of the valley floor, creating Viñales' unique and spectacularly lush landscape. After a scenic picnic lunch we will transfer back to

Havana and check in to casas particulares in the heart of the city.



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DAY 7: FREE DAY IN HAVANA

- Casa Particular, Havana
- Breakfast

We dedicate the morning to sightseeing in Old Havana, taking a walking tour of its historical centre. The afternoon is free for you to continue exploring Old Havana on your own; it is full of colonial charm and the streets are buzzing with activity. Alternatively walk up the famous Malecon coastal road and visit the gardens at the emblematic Hotel Nacional. If you're worn out from your week of cycling, you can buy a day pass to relax by the hotel pool (optional). This evening enjoy some of Havana's world-famous live music dance venues or cabaret shows. Ask your guide for their recommendations.

DAY 8: DEPARTURE DAY

- Breakfast

The morning is free for last minute sight seeing or shopping. Check out of your accommodation at midday, so it's Adios, or, as we prefer to say hasta luego, see you later! Afternoon transfer (30–40 minutes approx.) to Havana airport. Have a safe onward journey and we very much hope to see you in Cuba again soon.



WHAT IS INCLUDED?

- Accommodation: 3 nights in hotels, 4 nights in casas particulares
- Meals: All Breakfasts, 5 Lunches, 2 Dinners
- Staff: English-Speaking Cuban tour guide, bus driver, mechanic (day 2 only)
- Support: 100% vehicle support during rides, Cubania office 24 hour contact
- Gear: Bike Hire (Trek hybrid mountain bikes)

WHAT ISN'T INCLUDED?

- Flights
- Travel Insurance
- Vaccinations
- Visas
- Tips for guide, driver and local staff
- Cycling Helmet (compulsory)
- Water Bottle

IS THIS TOUR RIGHT FOR ME?

- Travel style: Cycling

Discover Cuba on a bike while immersing yourself in local culture.

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- Difficulty Level: Moderate/Challenging
- You are used to exercising, have a good level of fitness and enjoy being active.
- Group style: Small
- 4 - 18 people, mixed nationalities and cycling ability. Minimum age 16 years (accompanied by an adult).
- Notes: Mostly on paved, quiet rural roads, with some pot-holes. Hot and humid conditions, especially during summer months.

THE CYCLING:

- Mostly on paved, quiet rural roads, with some pot-holes.
- Some challenging climb sections (see daily ride profiles in itinerary)
- No. of days cycling: 5
- Total Distance: 285km
- Average Daily Distance: 57km
- Moderate Pace: approx. 20-25 kmph
- 100% vehicle support throughout rides—jump on the bus whenever you like!

WHAT TO BRING?

- Cycling helmet compulsory
- Water bottle
- Padded cycling shorts (with loose 'over-shorts' if you prefer)
- Lightweight waterproof /windproof top or jacket
- Breathable clothing
- High factor sun cream (50+), sunglasses and sun hat
- Hand sanitiser
- Most people bring a small back pack which they keep on the bus for easy access during the day. Typically they will carry a spare T shirt, their valuables, snacks and a camera.
- Shoes with relatively stiff soles are better for biking but are not essential
- Cycling gloves
- Comfortable trainers for walking
- Torch
- You may like to bring your own pedals and saddle (excluding the seat post) or gel saddle cover to fit to the hire bikes. However, please remember to retrieve your own equipment at the end of the trip!

PRICES:

ARRIVAL	PRICE (DBL ROOM)	SUPL. SINGLE
Saturday 04/06/2019	£1,199	£220
Saturday 10/19/2019	£1,109	£160
Saturday 11/09/2019	£1,199	£220
Saturday 11/30/2019	£1,199	£220
Saturday 12/21/2019	£1,199	£220

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