

## Cuba Women-only Tour - April 2024

Itinerary Dates: April 2 – 9, 2024

Trip Leader: Beth Whitman

### Day 1 – Havana

Tuesday, April 2, 2024

Meals: Lunch, Dinner

Upon arrival into **Havana**, you'll clear customs and immigration and then be met by a guide and driver for the start of our Cuban adventure!

We'll start with lunch at a charming **paladar** (a small family-run restaurant) located on the waterfront. This will give us some time to get to know one another as well as our local guide, and to **learn a bit about Cuba**.

After lunch, we'll venture off to the home of **José Fuster**. José is a local artist best known for his ceramics, painting and drawings, and whose current work includes a cultural project called **Allegria de Vivir (Joy of Living)**.



In the late afternoon, we'll enjoy a **live jazz performance** in the back yard of our bed and breakfast. With such an intimate setting, we'll have the chance to chat with the artists and hear about their experiences as musicians in Cuba (and about their travels abroad).

Dinner will be at a **woman-owned paladar**. We'll learn all about her success as the owner of one of the most popular paladars in Havana!

Overnight in Havana at [The Lofts](#) or similar.

**Day 2 – Havana**  
**Wednesday, April 3, 2024**  
**Meals: Breakfast, Lunch, Dinner**

After a wonderful breakfast, we'll start our day with an informal discussion about **gender roles in Cuba** with a female sociologist. This will help us understand the importance of women in Cuban society.

We'll then take a **walking tour of Havana** with a local expert. The focus will be on private enterprise growth and we'll get to meet a number of **women who have started their own businesses**, including those in the fashion industry.



Lunch will be at a charming local restaurant in **Old Havana** before we have some **free time in the afternoon**. If you like, we can provide some suggestions for what you can do but you might also want to relax and retreat from the heat.

We'll have a **wonderful dinner** together this evening.

Overnight in Havana at [The Lofts](#) or similar.

**Day 3 – Havana (Viñales day trip)**  
**Thursday, April 4, 2024**  
**Meals: Breakfast, Lunch**



After breakfast, we'll head out for an early morning drive through the **Cuban countryside to Viñales** (about 2.5 hours away). From here, we'll take an easy hike through the valley to a remote and picturesque **pineapple farm** where we'll enjoy a traditional Cuban lunch.

We'll then visit a nearby **tobacco farm** to learn a little about the cultivation and processing of tobacco, which is so important to the Cuban economy.

In the afternoon, we'll make the drive back to Havana. Today will be a long day so dinner will be on your own to allow for some flexibility in your schedule.

Overnight in Havana at [The Lofts](#) or similar.

## Day 4 – Havana

Friday, April 5, 2024

Meals: Breakfast, Lunch, Dinner

After breakfast, we'll visit **Plaza de la Revolución** (Revolution Square), where many of the city's notable buildings are and where a number of rallies take place.

We'll then head to a **cooking class** that's led by a mother/daughter duo. These ladies have become so popular that they now **have their own cooking show** on Cuban television! Lunch will be what we prepare with these amazing ladies.

Afterward, we'll visit a **locally-owned bakery** (because who doesn't want fresh baked goods after lunch!?) that's also run by a mother/daughter duo.

Once we're well-fed, we'll visit a number of **private artist studios and galleries** to get a sense of the country's **vibrant art scene**.

We'll have dinner at a local restaurant and overnight in Havana at [The Lofts](#) or similar.

## Day 5 – Havana – Cienfuegos – Trinidad

Saturday, April 6, 2024

Meals: Breakfast, Lunch, Dinner

After breakfast, we'll check out of our accommodations and head to **Cienfuegos** (about 3.5 hours away). This charming city is called the **Pearl of the South** and is located on the Bay of Cienfuegos. It's here that we'll have lunch at a local paladar and have some time to take in the sights.

We'll then depart for **Trinidad** (about one hour away), where we'll check in to our accommodations.

Dinner and overnight in Trinidad at bed and breakfasts (the group will likely be split into two different accommodations due to the lack of larger hotels in this area).

## Day 6 – Trinidad

Sunday, April 7, 2024

Meals: Breakfast, Lunch

This morning after breakfast, we'll take a **walking tour of Trinidad**, led by a female architect and restoration specialist. She will tell us all about the colonial architecture of this **magical and vibrant city**.



We'll have lunch at a local paladar and then, in the afternoon, visit a **women's weaving cooperative** that showcases the embroidery work of 30 women from around Cuba. We'll also have a chance to visit a **ceramics studio**, an art form for which Trinidad is famous.

Dinner will be on your own tonight to allow for some flexibility in your schedule. Our local guide will provide info on a number of options.

Dinner and overnight in Trinidad at bed and breakfasts (the group will likely be split into two different accommodations due to the lack of larger hotels in this area).

### **Day 7 – Trinidad – Havana**

**Monday, April 8, 2024**

**Meals: Breakfast, Lunch, Dinner**



After breakfast, we'll make our way back to Havana (about 4 hours away).

Along the way, we'll stop for lunch in **Cojimar, a small fishing village** known as the inspiration for Hemingway's *Old Man and the Sea*.

Once back in **Havana**, we'll check into our accommodations and have some time to settle in before enjoying a **dance performance** from a well-known dance troop where we'll see

a **variety of dances** for which Cuba has become famous.

We'll also have time for a private tour of the **Fabrica de Arte**, a cultural and art center, before a **final dinner together!**

We'll have dinner at a local restaurant and overnight in Havana at [The Lofts](#) or similar.

### **Day 8 – Havana – Return home**

**Tuesday, April 9, 2024**

**Meals: Breakfast**

While we won't have a scheduled time for breakfast this morning, it will be the last chance to say goodbye to our travel-mates before heading to the airport for our flights back home (boo hoo!).

**\*\* Itinerary subject to change without notice.**