

# TREK CUBA



## KEY INFO

Duration: 10 days

Distance: 90km approx.

Challenge Grade: Tough ?

Location: Cuba

## CHALLENGE HIGHLIGHTS

- Explore the capital of Cuba, Havana, and tour the UNESCO World Heritage Site of Old Havana
- Visit Trinidad and wander through its brightly coloured streets
- See the awesome Caballero waterfall and swim in its crystal-clear pool
- Follow the beautiful interpretative paths of Centinelas del Rio Melodioso and Encantos de la Codina, with spectacular sights of mountains, forests, waterfalls and caves

## THE CHALLENGE

Join us for an incredible trek through the Cuban countryside, as we pass through jungles, coffee plantations and orange and mango orchards, stopping off at waterfalls and farms along the way! Follow historic routes through some of Cuba's most stunning landscapes and explore the bustling city of Havana. We'll even have a morning free to spend in stunning Trinidad! This trek will push our boundaries, but the awesome sights and sounds of this beautiful country along with our team spirit will keep us going. Make memories to last a lifetime and join us as we explore Cuba!



### Day 1

#### Depart UK

We depart the UK for Cuba, and transfer to Havana for our overnight stay. Here we enjoy dinner and a good night's sleep before starting our trek!

### Day 2

#### Havana to Santa Clara

After breakfast we take a guided tour of Old Havana and visit Revolution Square. After lunch we transfer to Santa Clara, where we visit the Che Mausoleum. We then transfer to our hotel on the shore of Lake Hanabanilla. After dinner in the evening, we will have a briefing about the challenge ahead!

### Day 3

#### Hanabanilla to Guanayara

This morning we get a boat across the Hanabanilla Reservoir to the southernmost tip of the lake. Our route today is very pretty, skirting between the forested hillside and the water. This afternoon we trek on an interpretative path, Centinelas del Rio Melodioso (Guards of the Melodic River). These interpretative paths have been developed to highlight specific aspects of local history and ecology. We then continue upstream again to waterfalls and a swimming pool, before reaching our camp for the night.

**Trekking distance –  
18km approx. / 6 - 8 hours**

### Day 4

#### Guanayara to Codina

Today's trek is more challenging, climbing from 380m to 750m on mule tracks and footpaths. Leaving Guanayara, we follow 2 sharp climbs through orange and mango orchards to our first water stop. From there we encounter tougher uphill sections through coffee plantations for a magnificent view back over the Hanabanilla Reservoir. Our route then dips steeply to join the road before dipping again to the farm of El Sirio for a snack stop. After lunch, we cross the creek at the foot of land and climb again to La Codina for dinner and overnight camp.

**Trekking distance –  
21km approx. / 7 - 8 hours**



### Day 5

#### Codina to Topes de Collantes

Our day starts with a second interpretative path, Encantos de la Codina (Spells of Codina). We then trek through coffee plantations on medium intensity gradients to a farm. From here it's a short trek down to La Batata, where the river pushes dramatically through a crack in the limestone. We have lunch at Casa de Juárez followed by a short and gentle walk along the river to the Arboretum of Topes. It's then a short, steep climb to the hotel for a mid-afternoon arrival and rest.

**Trekking distance –  
14km approx. / 5 - 6 hours**

### Day 8

#### Free morning in Trinidad

We spend some time sightseeing in the city of Trinidad, before departing mid-morning for our return to Havana, with a break for lunch in Cienfuegos. We arrive in Havana in the middle of the afternoon, then check in to our hotel and relax. This evening we enjoy our celebratory meal in a Paladar (a family-run restaurant serving homemade Cuban food.)

### Day 6

#### Topes de Collantes to Mi Retiro

This is the toughest, yet probably the most enjoyable day of our challenge! We trek to Caburni Falls along a path that is well-maintained, stepped and railed, but testing nonetheless. We then dogleg back up what is perhaps the most challenging ridge of the trek. A narrow path through the jungle leads to Vegas Grandes Falls, and we continue climbing to lunch at Julio's Farm, famous for its guarapo (sugar-cane juice). Nearby is the concealed entrance of a cave hideout used by the CIA-sponsored contras during the 1960s. After lunch, we cross farming areas and trek through villages to reach the restaurant for an early dinner and then transfer to our hotel.

**Trekking distance –  
22km approx. / 8 - 9 hours**

### Day 9

#### Depart Cuba

We start our morning with a sightseeing tour of Havana, including a panoramic tour of Modern Havana and a walking tour of Old Havana. This afternoon we transfer back to the airport, before departing for the UK.

### Day 7

#### Topes to El Cubano

Our day begins with a short transfer to Topes by Russian army truck! We set off trekking along a hillside path towards our first snack/water stop at Casa de Ignacio. From there it's a short, steep climb to the Mirador, from where we'll enjoy beautiful, panoramic vistas! We continue trekking through the forest to Casa de Fabian, a local farm where lunch will be waiting for us. Afterwards we follow a downhill stony trail to the spectacular Caballero waterfall, for a swim in the crystal-clear pool at its base! From here it's just a short walk to our finish line over a suspension bridge at El Cubano. After taking our celebratory photos, we then transfer to our hotel in Trinidad!

**Trekking distance –  
15km approx. / 5 - 6 hours**

### Day 10

#### Arrive UK

We arrive back in the UK.

**Please note, this is a complex itinerary and is subject to change.**

# YOUR QUESTIONS ANSWERED...

## Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## How fit do I need to be?

This challenge has been graded as tough (2) on our challenge grading scheme, meaning the trek has been designed to push your boundaries - however it is achievable by most people as long as you fitness train beforehand. You will be trekking for 5 consecutive days and in hot temperatures so good cardiovascular fitness is required - the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register and this is also available to download via our website. Why not join one of our challenge training weekends - it's a great opportunity for you to meet our team and other participants and train together prior to the event!

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

On the first night and nights six and seven, we will stay in a hotel on a twin-share basis, with en-suite washing facilities. Whilst on trek we will be camping - all tents will be provided but participants are expected to bring their own sleeping bags.

## 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 broken in trekking boots and possibly trekking poles you do not need any specialist kit.

## Do I have to carry my own luggage?

No. All participants will only have to carry a day pack (for items such as sunscreen, water, sun hat, camera etc) and whilst on trek your main piece of luggage will be transported by the support vehicle.

## Food Matters...

All meals will be provided whilst on trek as well as breakfast on Days 7 and 8. Water will be provided free of charge on trekking days. We can cater for most dietary requirements as long as we know in advance - just fill in the appropriate section on your registration form. Meals will be a mixture of local and Western style meals.

## What's included?

- Return flights from a London airport to Havana
- All accommodation
- Luggage transfers
- Tents and other camping equipment
- Local English-speaking guides
- All meals from dinner on Day 1 to breakfast on Day 9
- Global Adventure Challenges leader from the UK
- Comprehensive first aid/medical kit
- Local Doctor
- Local English-speaking guides

## What's not included?

- Personal Travel Insurance
- Tips and gratuities
- Alcoholic drinks
- Sleeping bag
- Your personal kit

## What support is there on the challenge?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive first aid kits will be taken and mobile telephones will be used to ensure your safety and security at all times.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks - there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember 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?

You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking - all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will send you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

# REGISTER ONLINE TODAY!