



TOUR PROSPECTUS

This prospectus sets out the contents of the tour and together with the Booking Conditions and Booking Form is the basis of our contract with you.

Cuba

28 February – 15 March 2010

Tour 0968

Politically isolated from the west, Cuba is an island paradise suspended in time, though the warming of relations with the USA could be the start of rapid change. This will be an exploratory tour, taking in west and central Cuba. Experience the vibrancy, rhythm and old world charm of Havana; visit Trinidad, Cuba's best preserved colonial city; ride through the spectacular landscape of Vinales and enjoy the fabulous scenery of the Escambray Mountains.

This is a moving on tour with rest days in the main centers of interest, Havana, Trinidad and the Escambray mountains. The cycling will be at a relaxed pace, covering 70 – 100kms per day, allowing time to fully immerse in the unique ambiance of a unique but threatened way of life. Roads are surfaced but poorly maintained in places. Traffic is light. There are some hilly days. Vehicle transfers will be necessary, but these have been kept to a minimum and on most days you will ride from hotel to hotel. There will be full vehicle support and a local guide.

Itinerary

Sun 28 Feb	Fly from London Gatwick on Virgin Airlines flight VS063 to Havana, Cuba, departing at 1145. Arrive Havana 1640. Transfer to hotel. Stay 2 nights.
Mon 1 March	Free day to see Havana at leisure. Assemble bikes.
Tues 2 March	Cycle to Laz Terrazas. 70kms. Stay 1 night
Wed 3 March	Cycle to San Diego de los Banos. 70kms. Stay 1 night.
Thurs 4 March	Cycle to Vinales. 70kms. Stay 1 night.
Fri 5 March	Cycle to Soroa. 90kms. Stay 1 night.
Sat 6 March	Vehicle transfer to Cienfuegos, visiting the Playa Giron museum on route. Short walking tour of Colonial Cienfuegos on arrival. Stay 1 night.
Sun 7 March	Cycle to Trinidad. Stay 2 nights. 85kms.
Mon 8 March	Free day to see Trinidad at leisure.
Tues 9 March	Cycle to Sancti Spiritus. 75kms. Stay 1 night.
Wed 10 March	Cycle to Santa Clara. 100kms. Visit train museum and Che Mausoleum. Stay 1 night.
Thurs 11 March	Cycle to Hanabanilla. 56kms. Stay 2 nights.
Fri 12 March	Free day to see Hanabanilla at leisure.
Sat 13 March	Vehicle transfer to Havana. Pack bikes for the journey back to the UK. Stay 1 night.
Sun 14 March	Afternoon transfer to the airport for Virgin Airlines flight VS064 to London Gatwick, departing at 1910.
Mon 15 March	Arrive London Gatwick 0845.
Distances	70-100kms per day

Luggage carrying

A coach for the transfer of luggage will accompany the group on all moving on days and will transfer the group and cycles as per the itinerary.

Accommodation and meals

All nights in Cuba will be spent in hotels of 2-4 star rating. Rooms will be shared 2 per room. Breakfast will be provided in Havana and Cienfuegos, and breakfast and evening meal will be included at all other hotels.

Passports, Visas and Health

EU citizens must hold a passport that is still valid on the date of their return to their home country. Holders of non-EU passports are advised to check whether they require a visa.

There are no compulsory health-related requirements for EU residents, although it is strongly recommended that you are up to date with typhoid, hepatitis A, diphtheria, tetanus and polio vaccinations. You should consult your doctor at least 3 months prior to travel to obtain these.



Price – £1685

The price is based on a minimum number of 10 participants taking part in the tour and is calculated at a rate of US\$1.45 to £1 sterling (based on exchange rates published on www.x-rates.com on 24 April 2009; please note Booking Conditions, clause 4). If there are insufficient bookings by the closing date of 20 December 2009, we will contact you and return all monies paid, though in certain circumstances the tour may still run at below minimum numbers but at the same price.

Price includes:

- Return flight from London Gatwick to Havana
- Coach transfers between hotels and airports in Cuba
- Coach to transfer luggage and group where necessary
- 10 night's hotel accommodation, half board, sharing rooms
- 4 nights hotel accommodation, breakfast only, sharing rooms
- Services of an English speaking guide throughout the tour
- CTC Cycling Holidays & Tours costs

Price does not include:

- Travel to and from London Gatwick airport
- Meals in transit
- Drinks with evening meals
- Lunches
- Evening meals on 3 nights in Havana and 1 night in Cienfuegos
- VISA costs – budget £15
- Havana airport departure tax – budget £15
- Gratuities for support crew
- Any other personal expenses
- Travel Insurance

Travel Insurance

It is a condition of booking that you are adequately insured for this tour.

Whether you already hold a policy or will be taking out a new one, the cover it offers must be comparable to that stated in clause 8 of the Booking Conditions, and you must complete the enclosed Insurance Declaration Form and return it with your Booking Form.

CTC Cycling Holidays & Tours Ltd can accept no responsibility for any costs you may incur due to insufficient insurance cover.

Payment schedule

A deposit of £200 per person must accompany the Booking Form, and an interim payment of £300 per person is due by 30 September 2009. The final balance of £1185 per person is to be paid ten weeks prior to departure, by 20 December 2009. Cheques should be made payable to **CTC Tours** or complete the credit/debit card slip in the booking pack.

Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

Written notice received:	Cancellation charge:
Before 30 September 2009	Deposit (£ 200)
30 September to 20 December 2009	30% (£ 500)
21 December 2009 through to departure	100% (£1685)

To make a booking

Complete, sign and return the Booking Form together with your deposit and the relevant part of the Travel Insurance Declaration Form **directly to the leader** (address on Booking Form).

LEADER'S INFORMATION SHEET

The information below is given by the tour leader to help enquirers decide if the tour is suitable for them.

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The area covered by the Tour

The hotel in Havana is in the old quarter, giving easy access to the newly restored heart of the city. From here, we take a short vehicle transfer beyond the city limits then cycle west through the Pinar Del Rio. This picturesque rural area is the region where the world's finest tobacco is cultivated in the shadow of the Mogotes, strange rounded limestone mounds reminiscent of Guilin.

Passing through the Sierra del Resarto hills, we overnight at Laz Terrazas, San Diego Los Banos and Vinales before returning by a different route east to Soroa, in the dripping tropical forest. Much of this area has been declared a Unesco Biosphere reserve. From Soroa we take a vehicle transfer east to Cienfuegos, a town of once gracious mansions and grand plantation houses.

Cycling east to Trinidad, the road hugs the coast, offering views of coves and beaches. The following day is at leisure in Trinidad, one of the jewels of Cuba. Always considered a national monument by Cubans, the whole city has been declared a World Heritage Site.

Skirting south of the Escambray Mountains, we cycle on to Sancti Spiritus and then turn west for the lovely town of Santa Clara in Cuba's rural heartland. Our final ride takes us through the stunning landscapes of the Escambray Mountains to Hanabanilla, where we enjoy a well earned day off the bikes for local exploration before taking a vehicle transfer back to Havana in time to spend a final day in this most vibrant of Caribbean cities.

Rides and rest days

This tour is best suited to regular cyclists. Daily mileages are not excessive, and there are rest days for sightseeing in Havana, Trinidad and Hanabanilla. There are also two days when we will use the coach for transfers. It is hilly in places and roads are surfaced but sometimes poorly maintained.

It is not practical to ride as one group, thus riding in smaller groups of similar speed and ability is recommended, re-grouping occasionally. You will be supplied with route information.

VISA

It is necessary that all travellers to Cuba obtain a tourist visa card before departure from the UK. Information will be provided on how to apply. Budget £15.

Group Size

The maximum group size will be 20 including the leaders.

Weather and Clothing

The weather should be mainly fine and hot with day time maximum temperatures around 80 degrees F, but rain is possible, so bring waterproof clothing.

Cycles / Equipment

A well maintained touring or ATB will be suitable. You will not need to carry luggage, but a bar bag or rack-top pack will be useful for spare clothing, camera, sun lotion, snacks etc. You should be able to carry a water bottle. It is advisable to fit a calibrated cycle computer, as this will aid navigation. Lights should not be necessary. Each participant will be expected to carry sufficient spares and tools to deal with punctures and minor repairs; cycle spares will not be available on route. Helmets are not mandatory, but if you do **not** intend to wear one, please check that your travel insurance will cover you in the event of a claim.

Money

The official currency is the Cuban Peso (CUP), but the Cuban Convertible Peso (CUC) was introduced by the Cuban authorities to take out all foreign currencies from circulation, and it offers an alternative that is in almost all senses equal to the US dollar. It replaces the dollar as currency where previously dollars were quoted in places such as hotels, restaurants and so called 'dollar shops', and it is the new 'tourist' currency. Some places only



accept Cuban pesos and others only Pesos Convertible (usually tourist related establishments). Since 8 November 2004, US Dollars are no longer accepted, and a 10% commission is charged to exchange them. Money should only be changed at official exchange bureaus or banks to avoid scams confusing the two currencies. There are currently 1.50 CUC to £1.

Map

A copy of a map showing the route will be provided. If you wish to purchase your own map, I have used International Travel Map – Cuba – ISBN 155341184 - 6.

The “Lonely Planet Cuba” ISBN 1 - 74059 - 120 - 8 and “Cuba Insight Guide” ISBN 10 - 981 - 258 - 606 - 9 are good sources of information.

Travel Insurance and Advice

Information on CTC Cyclecover Travel Insurance is available from CTC (0870 873 0068) or can be found at www.cyclecover.co.uk/

Before booking you should check the Foreign Office ‘Travel Advice by Country’ at www.fco.gov.uk/ or on 0845 850 2829.

About the leaders

We are both enthusiastic cyclists and have been CTC members for 17 years. We have led tours to many worldwide destinations. Each year we look forward to the reunion with regular travelling companions but also get great satisfaction from introducing new members to the unique camaraderie of CTC holidays. We do not have a set style of leadership but adapt to suit the needs of the group. We encourage all prospective participants to contact us to talk through the tour prior to booking.

John and Pat Ashwell

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