



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 West **20 January - 4 February 2013** **Tour 1266**

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. 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 and Trinidad. The cycling will be at a relaxed pace, covering 70-100kms per day, allowing time to fully immerse in the 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. There will be full vehicle support and a local guide.

Itinerary

Sun 20 Jan	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 21 Jan	Free day to see Havana at leisure. Assemble bikes.
Tues 22 Jan	Cycle to Soroa. Stay 1 night.
Wed 23 Jan	Cycle to San Diego de los Banos. Stay 1 night.
Thurs 24 Jan	Cycle to Vinales. Stay 2 nights.
Fri 25 Jan	Cycle to Cayo Jutias. Time on beach and return to Vinales by coach.
Sat 26 Jan	Cycle to Las Terrazas. Stay 1 night.
Sun 27 Jan	Coach transfer to Santa Clara. Visit derailed train museum and Che Guevara Mausoleum.
Mon 28 Jan	Cycle to Remedios via Zulueta. Stay 1 night.
Tues 29 Jan	Cycle to Sancti Spiritus. Stay 1 night.
Wed 30 Jan	Cycle to Trinidad. Stay 2 nights.
Thurs 31 Jan	Trinidad at leisure and/or optional ride down Ancon Peninsula for a swim in the Caribbean.
Fri 1 Feb	Cycle to Cienfuegos. Pack bikes for the journey back to UK. Stay 1 night.
Sat 2 Feb	Vehicle transfer to Havana. Rest of the day at leisure. Stay 1 night.
Sun 3 Feb	Afternoon transfer to the airport for Virgin Airlines flight VS064 to London Gatwick, departing at 1910.
Mon 4 Feb	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 two per room. Breakfasts and evening meals are included on all nights with the exception of 21 January (breakfast only).



Price – £1999

The price is based on a minimum number of 16 participants taking part in the tour and is calculated at a rate of US\$1.53 to £1 sterling (based on exchange rates published on www.x-rates.com on 25 September 2011; please note Booking Conditions, clause 4). If there are insufficient bookings by the closing date of 25 November 2012, 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
- 13 nights hotel accommodation, half board, sharing rooms
- 1 night hotel accommodation, breakfast only, sharing rooms
- Light lunches on cycling days
- 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
- Evening meals on one night in Havana
- Entrance fees to Train Museum and Che Guevara Mausoleum – budget £10
- VISA costs – budget £20
- Havana airport departure tax – budget £17 (25 CUC)
- Gratuities for support crew
- Any other personal expenses
- Travel Insurance

Payment schedule

A deposit of £200 per person must accompany the Booking Form, and an interim payment of £400 per person is due by 31 July 2012. The final balance of £1399 per person is to be paid ten weeks prior to departure, by 11 November 2012. 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 31 July 2012	Deposit (£ 200)
31 July 2012 to 11 November 2012	27% (£ 600)
12 November 2012 through to departure	100% (£1999)

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).

Passports, Visas and Health

EU citizens must hold a passport that is still valid on the date of their return to their home country. A tourist card is required for Cuba. Information on how this can be obtained will be provided by the leader.

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.

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.

LEADER'S INFORMATION SHEET

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

Cuba West

20 January - 4 February 2013

Tour 1266

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 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 Soroa, San Diego Los Banos and Vinales. We'll cycle to Cayo Jutias in the far west before returning by a different route east to Las Terrazas in the dripping tropical forest. Much of this area has been declared a Unesco Biosphere reserve. From Las Terrazas we have a vehicle transfer east to Santa Clara, with a visit to the derailed train museum and Che Guevara's Mausoleum.

Cycling east from Santa Clara we'll overnight at Remedios before going on to Sancti Spiritus and Trinidad, one of the jewels of Cuba. Always considered a national monument by Cubans, the whole city has been declared a World Heritage Site. Two nights are spent in Trinidad for exploration of the town and an optional ride down the Ancon Peninsula to the Caribbean. Our final ride will be from Trinidad to Cienfuegos, where we pack the bikes and return to Havana by coach.



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, Santa Clara and Trinidad. There are also two days when we use the coach to transfer the group to our next destination. 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 £20.

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 all foreign currencies out of 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). US Dollars are not accepted for payment, 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, we 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

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 20 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

2 The Retreat, Off Camp Road

Weston-super-Mare, Somerset, BS23 2EN

Tel: 0870 235 1356 - Mob: 07766 091627

comebiking@btinternet.com

www.comebiking.com/

