

THIRD BIENNIAL COOKS' TOUR OF CUBA

November 24 – December 8, 2008

DRAFT PROGRAM

DAY 1. MONDAY NOV 24th ARRIVAL.

- Arrival at Varadero or Havana Airport. The group will be welcomed by CubaNatura Guide. Private Transfer and Check-in at Melia Varadero Hotel (all inclusive).

DAY 2. TUESDAY NOV 25th VARADERO.

- 2 Videos (morning, evening): Fidel by Estela Bravo and The Power of Community, How Cuba Survived Peak Oil. Remainder of day to relax, all inclusive

DAY 3. WEDNESDAY NOV 26th VARADERO.

- 2 Videos in the morning: CBC Country Canada Special on the Canada Cuba Farmer Project and The Accidental Revolution (Suzuki The Nature of Things). Remainder of day to relax.

DAY 4. THURSDAY NOV 27th VARADERO TO CIENFUEGOS.

- Morning lecture on the origins and evolution of Cuban Cuisine by Journalist Alberto Pozo at Casa del Chef at Varadero. Discussion. Buffet lunch prepared by local chefs to highlight typical cuisine of the Varadero area, to include:

<i>Langosta Varadero</i>	<i>Enchilado de Jaiba</i>	<i>Arroz a la Marinera</i>
<i>Bistec de Kawama a la olla</i>	<i>Filete de Pescado Sobre Uso Varadero</i>	
- Afternoon: Transfer to Cienfuegos City.
- Check in at Jagua Hotel, dinner at the hotel.

DAY 5. FRIDAY NOV 28th CIENFUEGOS TO TRINIDAD.

- Visit to Plaza Marti and surrounding historic buildings.
- Welcome at Casa del Chef in Cienfuegos. Buffet lunch prepared by local chefs to highlight typical cuisine of the Cienfuegos area, to include:

<i>Filete Pescado Canciller</i>	<i>Arroz Mar y Tierra</i>	<i>Harina con Jaiba</i>
<i>Camaron al Rio Arimao</i>	<i>Pierna de Cordero al pastor</i>	
- Departure to Trinidad City, one of the oldest cities founded by the Spaniards in XVI century.
- Visit the historical centre declared World Heritage Site by UNESCO.
- Check in at Costa Sur Hotel, in Peninsula de Ancon.
- Dinner at Paladar Casa de Estela
- Evening venue: Street dancing in Trinidad

DAY 6. SATURDAY NOV 29th TRINIDAD.

- After breakfast, depart on former Russian army trucks for Topes de Collantes in the Escambray Mountain Range, Cuba's second highest mountain range - reaching 3,700 feet atop Pico San Juan – and home to small mountain villages, Caribbean pines, ancient tree-ferns, bamboo, and eucalyptus.
- Arrival at Hacienda Codina, once part of a large Spanish coffee plantation for a walk and a typical lunch.
- Late afternoon return to Hotel.
- Dinner at Paladar Sol y Son

DAY 7. SUNDAY NOV 30th TRINIDAD TO CIEGO DE AVILA.

- After breakfast, depart for Ciego de Avila.
- Visit to Organoponico El Rabanito followed by visit and explanation of Cuba's system of organoponicos (urban organic gardens)
- Depart for Cayo Coco beach.
- Lunch at CATEC restaurant on the beach, afternoon to swim.
- Check in at Ciego de Avila Hotel, dinner at the hotel.
- Evening is free: Your guide will keep you updated on night venues.

DAY 8. MONDAY DEC 01st CIEGO DE AVILA TO CAMAGUEY

- After breakfast, check out of Hotel
- Visit to an agricultural cooperative.
- Lunch at Casa de Visita ANAP.
- Transfer to Camaguey City.
- Check in at Puerto Principe Hotel. Dinner at the hotel.
- Evening is free: Your guide will keep you updated on night venues.

DAY 9. TUESDAY DEC 02ND CAMAGUEY.

- After breakfast, tour the historical center of Camaguey on Bicitaxis. Visit a state market, a bustling farmers market and a ration store.
- Meeting at Casa del Chef in Camaguey. Buffet lunch prepared by local chefs to highlight typical cuisine of the Camaguey area, to include:

<i>Tasajao a la Camagueyana</i>	<i>Ajiaco a la Camagueyana</i>	<i>Montiera Camagueyana</i>
<i>Matajibaro Camagueyano</i>	<i>Rollitos de Tasajo</i>	<i>Costilla de Cerdo a la Camagueyana</i>
- Visit to Palacio de Pioneros "Agricultural Circle"
- Dinner at local paladar (Las Terrasses, or La Tinajita)
- Evening: Casa de La Trova

DAY 10. WEDNESDAY DEC 03RD CAMAGUEY TO BAYAMO.

- After breakfast, depart for Bayamo, the second oldest city in Cuba.
- Guided panoramic tour of historical centre on arrival.
- Check in at Royalton Hotel in downtown or Hotel Telegrafo if Royalton not open.
- Lunch on your own. The rest of the day is free for personal exploration.
- Evening: Dinner at the Casa del Chef in Bayamo.

DAY 11. THURSDAY DEC 04TH BAYAMO TO SANTIAGO DE CUBA.

- Early check out of hotel after breakfast, depart for Santiago de Cuba, former capital of the country, and second largest city of Cuba with a population of over 1 million inhabitants.
- Visit to Parque Cespedes, loomed over by the Cathedral, originally built in 1522 and where the remains of Diego Velasquez are buried.
- Visit the oldest house in Cuba, today Museo de Ambiente Historico Colonial, formerly the residence of Diego Velázquez in the XVI century, and other interesting sites. **Nota: que el guia Jordan los espere.**
- Meeting at Casa del Chef in Santiago de Cuba. Buffet lunch prepared by local chefs to highlight typical cuisine of the Santiago de Cuba area, to include:

<i>Cerdo asado en pua</i>	<i>Pollo a la Santiaguera</i>	<i>Bistec de cerdo a la Santiaguera</i>
<i>Chilindron de Chivo</i>	<i>Filete de Pescado a la Santiaguera</i>	
- Check in at Melia Santiago. Dinner at the hotel.

DAY 12. FRIDAY DEC 05TH . HAVANA.

- Morning flight to Havana, check into Hotel Nacional, dinner on your own.
- After breakfast, an optional 2 hour COCO-TAXI tour of old Havana, Miramar and Chinatown to orient you to craft markets, museums, the Old City and other places of interest that you may want to see over the next few days.
- Lunch on your own, optionally at O'Reilly near Plaza de Cathedral. Afternoon free to explore.
- Dinner on your own, optionally at Meson de al Flota, a Spanish tapas restaurant with superb Flamenco dancers in the heart of the old city, or Havana Paladar Cocina de Liliam.

DAY 13. SATURDAY DEC 06TH HAVANA.

- After breakfast, spend a few hours at local farmers' markets selecting ingredients for our dinner with host chefs from Havana *paladar* Le Chansonnier.
- Lunch on your own, free afternoon
- Farewell dinner at Casa del Chef in Havana City. Discuss experiences acquired during the tour, collaboration opportunities, dinner prepared by local chefs to highlight typical cuisine of Cuba's western area, to include:

<i>Papa rellena Guanabacoa</i>	<i>Arroz con Pollo a Chorrera</i>	<i>Gran Plato Hemingway</i>
<i>Sopa de Quiquilla</i>	<i>Cayuca a la Mirepoix</i>	

DAY 14. SUNDAY DEC 07TH HAVANA.

- Breakfast at the Hotel.
- Free day.
- Dinner on your own – optionally **La Guarida**

DAY 15. MONDAY DEC 08TH HAVANA.

- Depart for Canada from the same airport you arrived through.