

Canada Cuba farmer to Farmer Project
Chef's Tour of Cuba
Draft Itinerary
Monday Jan 29 to Monday Feb 12, 2007

DAY 1. MONDAY 29 Jan. 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 30 Jan. VARADERO.

- Morning introduction to agriculture in Cuba.

DAY 3. WEDNESDAY 31 Jan. VARADERO.

- Morning introduction to history of Cuban cuisine.

DAY 4. THURSDAY 1 Feb. VARADERO TO CIENFUEGOS.

- Check out of hotel after breakfast.
- 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:
 - Langosta Varadero*
 - Enchilado de Jaiba*
 - Filete de Pescado Sobre Uso Varadero*
 - Arroz a la Marinera*
 - Bistec de Kawama a la olla*
- Afternoon: Transfer to Cienfuegos City.
- Check in at Jagua Hotel, dinner at the hotel.

DAY 5. FRIDAY 2 Feb. CIENFUEGOS TO TRINIDAD.

- Check out of hotel after breakfast.
- Visit to Plaza Marti and surrounding buildings such as The Cathedral, The Theatre Tomas Terry, Maroya Art Gallery, etc.
- Welcome at Casa del Chef in Cienfuegos. Buffet lunch prepared by local chefs to highlight typical cuisine of the Cienfuegos area, to include:
 - Filete Pescado Canciller*
 - Arroz Mar y Tierra*
 - Harina con Jaiba*
 - Camaron al Rio Arimao*
 - Pierna de Cordero al pastor*
- Afternoon: departure to Trinidad City, one of the oldest cities founded by the Spaniards in the XVI century.
- Visit the historical centre declared World Heritage Site by UNESCO.
- Visit Casa del Alfarero, one of the most traditional pottery making family in Trinidad.
- Check in at Costa Sur Hotel, in Peninsula de Ancon.
- Dinner at Paladar Casa de Estela
- Evening venue: Casa de La Trova.

DAY 6. SATURDAY 3 Feb. 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. The mountains are home to small mountain villages and are a delight for birders and walkers alike. Slopes are swathed in Caribbean pines, ancient tree-ferns, bamboo, and eucalyptus.
- Arrival at Hacienda Codina, an old Spanish Hacienda, once part of a large Spanish coffee plantation where we will have a typical lunch. Followed by a walk around this area to admire the beauty of the surrounding landscape. Visit a small, private farmer's coffee plantation.
- Late afternoon return to Hotel.
- Dinner at Paladar Sol y Son
- Enjoy music in the open square in Trinidad

DAY 7. SUNDAY 4 Feb. TRINIDAD TO CIEGO DE AVILA.

- After breakfast, depart for Ciego de Avila.
- Lunch at Organoponico El Rabanito followed by visit and explanation of Cuba's system of organoponicos (urban organic gardens).
- Visit to an agricultural cooperative.
- Check in at Ciego de Avila Hotel, dinner at the hotel.
- Evening is free: Your guide will keep you updated on night venues. Optional: Cuban baseball - Ciego de Avila vs. Sancti Spiritus.

DAY 8. MONDAY 5 Feb. CIEGO DE AVILA TO CAMAGUEY

- After breakfast, depart for Cayo Coco beach.
- Morning on the beach, lobster lunch at restaurant on the beach.
- Transfer to Camaguey City.
- Check in at Gran Hotel of Camaguey, dinner at the hotel.
- Evening is free: Your guide will keep you updated on night venues.

DAY 9. TUESDAY 6 Feb. CAMAGUEY.

- After breakfast, tour the historical center of Camaguey on Bicitaxis. Visit a state market, a bustling farmers market and a ration store. (optional, arranged by Wendy).
- Meeting at Casa del Chef in Camaguey. Buffet lunch prepared by local chefs to highlight typical cuisine of the Camaguey area, to include:
 - Tasajao a la Camagueyana*
 - Rollitos de Tasajo*
 - Montiera Camagueyana*
 - Costilla de Cerdo a la Camagueyana*
 - Matajibaro Camagueyano*
 - Ajiaco a la Camagueyana*
- Visit to Palacio de Pioneros "Agricultural Circle"
- Dinner at the hotel.
- Evening: Casa de La Trova (optional/ not included).

DAY 10. WEDNESDAY 7 Feb. 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.
- Lunch on your own. The rest of the day is free for personal exploration.
- Evening: Dinner at the hotel. Enjoy Cuban Traditional Music at Casa de La Trova (optional)

DAY 11. THURSDAY 8 Feb. 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.
- 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:
 - Cerdo asado en pua*
 - Bistec de cerdo a la Santiaguera*
 - Pollo a la Santiaguera*
 - Filete de Pescado a la Santiaguera*
 - Chilindron de Chivo*
- Afternoon flight to Havana, check into Hotel Nacional, dinner on your own.

DAY 12. FRIDAY 9 Feb. HAVANA.

- 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'Rileys 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.

DAY 13. SATURDAY 10 Feb. 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
- Dinner with local chefs at Paladar Le Chansonnier.

DAY 14. SUNDAY 11 Feb. HAVANA.

- Breakfast at the Hotel.
- Free day.
- 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:
 - Papa rellena Guanabacoa*
 - Arroz con Pollo a Chorrera*
 - Gran Plato Hemingway*
 - Sopa de Quiquilla*
 - Cayuca a la Mirepoix.*

DAY 15. MONDAY 12 Feb. HAVANA.

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

SERVICES INCLUDED:

- 3 nights at Melia Varadero Hotel (All Inclusive)
- 1 night at Jagua Hotel (Breakfast & Dinner included)
- 2 nights at Costa Sur Hotel (Breakfast included)
- 1 night at Ciego de Avila Sur Hotel (Breakfast & Dinner included)
- 2 nights at Camaguey Gran Hotel (Breakfast & Dinner included)
- 1 night at Royalton Hotel (Breakfast & Dinner included)
- 4 nights at The National Hotel (Breakfast included)
- Bilingual expert English speaking guide all through the itinerary.
- One Group Transfer in Havana Airport to Melia Varadero included.
- One Group Transfer Out National Hotel to Havana Airport included.
- Luxury transportation for all activities listed in the itinerary; except those listed "optional/not included" ones.
- One group transfer in & one group transfer out.
- All meals as described.
- All meetings/ visits and exchanges as listed in the program. (CubaNatura Tours does its best to keep everything as listed but the program is subject to changes)
- Domestic flight from Santiago de Cuba to Havana.

MEALS:

- BREAKFAST: all included.
- LUNCHESES: all included; except for day 10, 12 & 13.
- DINNERS: all included; except for on day 11, 12.

SERVICES NOT INCLUDED:

- International Round Trip.
- Tourist Card.
- Lunches listed as "not included/ optional/ on your own"
- Personal expenses.
- Cuba Departure Tax at Airport (25.00 CUC)
- Gratuities (Guide, Driver, Chambermaids, etc.