



TREK CUBA

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ITINERARY- OUTLINE FOR BESPOKE TRIPS

The time to visit Cuba is now. It beckons us all with its picturesque colonial towns, intriguing Afro-Cuban culture, rousing revolutionary monuments, catchy popular music, unblemished beaches, enchanting countryside and potent rum. We spend 5 days trekking in the tranquil Sierra del Escambray mountains, through delightful terrain of forests, orchards, gardens and spectacular waterfalls, all with beautiful views and a swim in the cool pools. We end our journey in the old-sugar growing, colonial centre of Trinidad, before joining the salsa beat of Havana. A perfect trip!

DAY 1 **HAVANA**

We depart early, arriving into Havana in the afternoon. We transfer to our central hotel where we have a welcome meal and meet our team of guides who will be with us for the coming days.

DAY 2 **TRINIDAD – TOPAS DE COLLANTES** **5HRS TRANSFER**

From Havana, we drive south into the Sancti Spiritus province and our base for the week; Topes de Collantes, located in the heart of the Escambray Mountains. En route we travel through the historic centre of Trinidad, founded in 1515 and declared a UNESCO World Heritage site. We stop for a typical Cuban lunch and for the afternoon we make our way to our hotel on the shores of Habanilla Lake where we have dinner and relax.

DAY 3 **CASA DE LA GALLEGA** **18KM TREK**

The challenge begins with a boat crossing of Lake Habanilla to Casa de la Gallega surrounded by coffee estates and abounding in natural spectacular beauty with scenic views along unspoilt trails. Our lunch of Chicken de la Gallega is at a local house and in the afternoon the path takes us to the highlight today: the stunning 50 metres waterfalls of 'El Salto del Rocio'. After a refreshing swim in the calm and crystalline waters, we make our way to Casa de la Gallega camp in time for a great dinner.

DAY 4 **LA HACIENDA CODINA** **14KM TREK**

Our trek today is mostly uphill through the magnificent Escambray Mountains through incredible forests of Caribbean pine and eucalyptus that are full of historical and cultural landmarks. This was the site of resistance during the revolution and it abounds in natural spectacular beauty with scenic views along unspoilt trails, with orchids and many medicinal plants, originally sown by the African slaves that worked on the estate in the 18th century. After lunch, we cross the creek at the foot of El Sirio's land and climb again to the old Hacienda Codina coffee estate, which is now a post for birdwatchers and hikers.

DAY 5**LOS HELECHOS****10KM TREK**

Today we have a much easier day as we finally reach a hotel shortly after lunch. This morning we have a couple of short sharp climbs and descents before arriving at our lunch spot which is the lovely restaurant at La Represa. This afternoon we then make our way to Los Helechos Hotel which should take us a little over an hour and we have the rest of the afternoon to relax and enjoy the surroundings and services.

DAY 6**PARQUE CABURNI****11KM TREK**

Today is a much tougher day as we trek to the Salto de Caburni waterfall, the natural monument and symbol of Escambray Trinitario. From here its trekking on towards Parque Caburni with its spectacular 150m waterfall. This sight is enough to revive even the most exhausted trekker! With steep terrain, a variety of flora and fauna as well as a great abundance of birds and 2 great waterfalls this makes for a fantastic day. Our trek takes us through 'Comunidad 28 Septiembre', before continuing back to our hotel.

DAY 7**PARQUE EL CUBANO,****16KM TREK**

After breakfast we leave our hotel and transfer to Ignacios farm for the start our final trek. On the way we pass the highest point of our trek that gives us great views of the coastline beyond Trinidad. We then walk into the Parque El Cubano stopping at a farmstead where if we are lucky the farmer will squeeze some fresh cane juice and then at a beautiful waterfall where we break for our last chance to swim in the beautiful crystalline Cuban waters. It's then a short walk to lunch at El Cubano restaurant after which we walk the last few kilometres along the dirt road to our hotel on the outskirts of Trinidad. After freshening up we have dinner and then venture into the colonial city for a great celebratory dinner and party Cuban style to mark the end of an incredible challenge.

DAY 8**HAVANA**

Today we return to Havana where we have the rest of the day free to get to know the city a little better.

DAY 9**FLIGHT HOME**

Today we transfer to the airport in time for our flight home.

DAY 10**ARRIVE HOME**



LOGISTICS

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COSTS OF CHALLENGE

From £1795 per participant
For groups less than 15, please get in touch

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff
International flights
Action Challenge Representative
Action Challenge medic
English-speaking local guides
All accommodation
All meals, except in free time
All participant and luggage transfers
All National Park fees
3 litres of water provided daily
All entrance fees as per the itinerary
Pre-event client support

NOT INCLUDED

Alcoholic drinks
Travel insurance
Visas
Local departure tax
Fuel supplement

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

FOOD

As a very poor country that still has communist ideals, Cuba has limited food ranges outside of the main cities. We should be aware of this, but as always we try to have freshly prepared food that is nutritional, appropriate and ultimately tasty. Three meals are provided throughout the challenge days unless during free time.

ACCOMMODATION & ROUTE

All the accommodation will be at good 3 star hotels. Hotels and the routes mentioned in the itinerary are those that we will book but due to Cuba's complicated state booking system there are often last minute and unexplained changes to bookings. We do constantly try and avoid these changes though but will inform you as and when we learn of amendments.

RATING & FITNESS

This is a moderate challenge and requires a good level of fitness. The total distance trekked is approximately 95km.

WEATHER

The best time of year for this trek is early May and mid/late November when the hurricane season is over and the temperature is good for trekking.