

CUBA + Panama



CONTENTS

Introduction	1
Trip Summary	3
Cuba	5
Things To Know Before You Go	6
Itinerary 1: Havana	9
Itinerary 2: Cuba and City of Trinidad	17
Accomodations: Habana Libre	23
Accomodations: Brisas Trinidad Del Mar	25
Flight Information	26

INTRODUCTION

As though being an island in the tropics and having breathtaking beaches weren't enough of a draw, Cuba stands out from its neighboring island countries due to the fact that visiting can feel like taking a trip back in time! The 1960 trade embargo with the U.S. has left Cuba frozen in that very time period. Cars we label as classics are a common means of transportation and the architecture has remained untouched since the Soviet era. That same embargo has also left many of us Stateside with an insatiable yearning to experience what this island has to offer!

Everything changed in July 2015 when President Obama declared that diplomatic relations with Cuba have been restored. Along with restoring those relations came an easing of the travel restrictions that kept so many Americans away. The number of U.S. citizens traveling to Cuba has since risen to the point where it is only a matter of time until Cuba starts to change to satisfy the new demand. Because of this, we at AAT immediately put visiting Cuba at the top of our list, to ensure we get a truly authentic Cuban experience.

However, because of the remaining restrictions that do not allow Americans to visit Cuba solely for tourism, we've designed a fully-inclusive trip that aligns with the OAFC's "people to people" requirements. In addition to your airline cost and hotel, for the first time ever, the cost of the trip will also cover all tours and 13 out of 16 possible meals.

This in no way means that we are not able to incorporate our approach of giving each traveler the option to customize their trip to their own liking. As with any AAT trip, you will still have the option to upgrade your flight seat to first class and have your own room (*if you got it like that*). You will also have the option to choose where in Cuba you would like to spend your time as there are **2 official itineraries** for this trip! Each traveler, upon registering, will have the choice of spending 7 days touring Havana, or spending 4 days in Havana with 3 days in the city of Trinidad experiencing its rich Afro-Cuban heritage. And oh yea, on the way back from Cuba, each traveler will have the option to extend their stay for 3 days in the equally beautiful and enchanting country of Panama!

So with all that said, we at AAT would like to thank you for considering joining AAT on the first stop of **our 5 journeys** in 2017! \odot

TRIP SUMMARY

Base Cost

\$3500.00 payable in a \$300 deposit due September 20^{th} + 6 payments of \$533.33 due on the 20^{th} of each month from October 2016 – March 2017.

Trip Dates

April 9th 2017 - April 15th 2017

Included in Base Cost

- Roundtrip Airfare from JFK via Copa Air
- 7 Day Hotel Stay at Roc Presidente Hotel
- All tours listed on the itinerary
- All meals indicated on the itinerary
- Free T-Shirt

- Professional On-site Photographer
- All Transfers in Cuba
- Ongoing Support from AAT Staff
- Emergency cash advances for tour participants who have any unforeseen complications accessing funds while in Cuba

Not Included in Base Cost

- Cuba Entry Visa (\$20 at the Panamanian Airport)
- Gratuities (Budget \$2 for the guide, and \$1 for the hotel maid; Daily)
- Cuban Travel-Required Health Insurance (\$3 per day via Asistur)

Available Add Ons

Tivaliable flad Olio		
3 Days in Trinidad (double occupancy only)	\$200 Total	\$33.33 Per Month
Single room upgrade in Havana	\$1050 Total	\$175.00 Per Month
First Class Flight Seat Upgrade	\$1739 Total	\$289.33 Per Month
Round-Trip Transfers Phila-JFK	\$85 Total	\$14.17 Per Month
3 Day Extension in Panama	TBD	TBD

The Refund Policy

The policy is simple and one I'm sure you will find quite agreeable!

- · Your deposit is 100% refundable up until the day before the first monthly payment is due, which would be October 20th. After that, your deposit is non-refundable.
- Each payment received after October 20th is fully refundable up until the midway point, which is December 20th.
- · After December 20th All payments made before that become non-refundable, all payments made afterwards and prior to the departure date are fully refundable
- · After March 20th the trip is non-refundable. If you are in need of a refund, you will need to consult your travel insurance.

Traveling Alone?

While the option is there for you to get a single occupancy room if you choose, by no means do you have to select it if traveling alone. We understand that the extra money spent in getting your own room, takes away from the money available to you to splurge on the streets of Cuba.

For that reason, we extend each traveler the option of having us pair you with a suitable roommate for no additional cost. Roommates are paired based upon the answers to their

personality questions on their registration form, as well as their ages and even astrological signs. Prior to departing you will give the contact information of your roommate, giving each of you the opportunity to get properly acquainted.

The "Tell-A-Friend" Discount

Do you know someone who may be interested in joining our trip but isn't a member of AAT? Here is your chance to save a little money while bringing them on a trip of a lifetime!

For every traveler that you refer to our trip, you can subtract \$50 from the cost of your trip. There is no limit to the amount of people you can bring, as long as that person has not already traveled with AAT.

Be sure to tell your friend to enter your name in the registration form under "How did you hear about this trip?".

CUBA

Fast Facts	
Official Language	Spanish
Population	11.3 Million
Currency	Cuban Peso and the Cuban Convertible Peso
Average Weather	76 F
for April	



THINGS TO KNOW BEFORE YOU GO

Entry Requirements

In order to enter Cuba, you are required to have a valid passport, a visa, a return ticket, and Cuban Medical Insurance.

Visas: Your Cuban visa can be purchased at the Panamanian airport for \$20 during your layover.

Cuban Medical Insurance: All visitors and non-Cuban residents must hold a Cuban medical insurance policy as American health plans do not cover you in Cuba. Failure to carry the correct documents could result in a visitor having to purchase mandatory coverage at the airport through Asistur for \$3 per day. However, many travelers who've been to Cuba stated that while they were asked if they had coverage, they were not asked to provide proof of insurance at immigration.

Can Americans Go to Cuba?

While the Cuba trade embargo is still in effect, regulatory changes have been made to further engage and empower the Cuban people by facilitating authorized travel to Cuba by those under US jurisdiction.

The types of travel that is authorized by the Office of Foreign Assets Control (OFAC) can be split into 12 categories:

- 1. Family Visits
- 2. Official Business of the US Government
- 3. Journalistic Activities
- 4. Professional Research
- 5. Educational Activities
- 6. Religious Activities

- 7. Public Performances
- 8. Support for the Cuban People(People To People Travel)
- 9. Humanitarian Projects
- 10. Transfer of information material
- 11. Activities of Private Foundations
- 12. Authorized Export Transactions

Under no circumstance is travel to Cuba permitted by those under U.S. for the purposes of tourism. For this trip we will be visiting Cuba under the travel type of Support for the Cuban People.

What constitutes "people-to-people travel" for generally authorized travel?

This category authorizes persons under U.S jurisdiction to engage in certain educational exchanges in Cuba either individually or under the guidance of an organization that is a person subject to U.S. jurisdiction and sponsors such exchanges to promote people-to-people contact.

Each traveler must be sure to maintain a full time schedule of educational activities intended to enhance contact with the Cuban people, support civil society, or promote the Cuban people's independence from Cuban authorities.

The predominant portion of the activities must NOT be with a prohibited official of the Government of Cuba.

In addition, persons relying upon this authorization must retain records related to the authorized travel transactions, including records demonstrating a full time schedule of authorized activities.

Money in Cuba

Cuba has 2 currencies - the Cuban Convertible Peso (CUC), for visitors and tourists, and the National Peso, for Cuban locals.

The CUC is often pegged at 1:1 parity to the U.S. dollar, but there is a 10% fee charged for exchanging U.S. dollars to CUC.

The CUC is not traded internationally, so you will want to bring ALL of the money you plan to spend in cash and exchange it at the airport or hotel upon arriving, and exchange any remaining amount back to U.S. dollars before leaving.

Debit/Credit Cards and ATMs

While this may change, <u>U.S.-issued Credit and Debit cards do not work</u> in Cuba at businesses or ATMs. It is best to bring all of the money you plan to spend with you in cash and exchange it at the airport or hotel.

Crime and Safety

Cuba is considered to be a safe country with very low occurrences of violence or crime. With that said, it's always a good idea to exercise caution in any foreign country. Because of the economic system in Cuba, there are huge wealth disparities between Cubans and those that visit. So try to avoid showing any signs of wealth and leaving any valuables unattended.

Electrical Outlets

You will find a mix of electrical currents and plug types used in Cuba. **Around 90% of the hotels use a 110-volt current with standard U.S.-style two or three-prong outlets.**

Food in Cuba

Be aware that if you have dietary restrictions, travel could be problematic as there is little variety in food in Cuba, and if you take medicine regularly, bring a supply with you.

Drinking Laws

Cuba has no firm or clear liquor laws. Beer, wine, and liquor are served at most restaurants and are available at most gift shops and hard-currency stores.

Emergency Contact Numbers

Dial 106 for the police. Dial 104 for the ambulance. Dial 105 for the fire department.

Taxes

While there are no direct taxes for goods and services, restaurants in high tourist locations often add a 10% service charge. This money goes to the restaurant management and state, so please leave a tip!

Tipping

Because wages for Cubans are extremely low, they depend heavily on tips. It is customary to tip any servers 5% - 10%. You should tip your hotel maid \$1 per day and leave a .25 tip for any public bathroom attendant.

Soap and Toilet Paper Shortage

It's likely that any public restrooms you use will not have soap and/or toilet paper. It's a good idea to pack hand sanitizer before departing and carry toilet paper/tissues with you before leaving for your excursions.

Water

The tap water in Cuba is considered to be safe, but it's still smart to purchase bottled water for drinking.

Cell Phone Service

Contrary to popular opinion, some American cell phone carriers support roaming in Cuba. You can expect to have 2G to 3G service.

You will want to contact your cell phone provider for the latest roaming and cost information for Cuba.

Area codes in Cuba/Making local calls

The phone numbering system inside Cuba is being modernized, but it remains confusing. Havana's city code is one digit; other area codes are two digits. Individual phone numbers can range from five to seven digits. You do not need to use the city or area code for local calls, but you must dial 01 followed by the city or area code for any long-distance call within Cuba or to a cellphone, except when calling to or from Havana. Calling from Havana to any other province or from a province to Havana, you would dial only a zero before the area code.

Making calls to the U.S.

To make international calls from Cuba, first dial 119 and the country code (1 for U.S.), and continue to dial the area code and phone number as normal.

Are you allowed to purchase Cigars and Rum?

You are allowed to purchased Cigars and Liquor for consumption while there and return to the U.S with no more than \$100 worth of alcohol and/or tobacco.

ITINERARY 1: HAVANA



Square of Arms

An ancient military parade ground for Spanish soldiers, surrounded by impressive buildings such as:

Palacio de los Capitanes Generales, former seat of colonial government. Today the building houses the Museum of the City.

Palacio del Segundo Cabo [Palace of the Second Lieutenant] dates from 1770. Today it houses the Instituto Cubano del Libro [Cuban Book Institute] and the Galería Raúl Martínez (famed poster artist).

San Francisco Square

One of the oldest plazas in the historical quarter. The square is named after magnificent Iglesia y Monasterio de San Francisco de Asís dating from the 16th century. The basilica is a striking example of Cuba baroque architecture.



Plaza Vieja

The only civic square of colonial times. Absent are churches and government buildings, and it is instead surrounded by opulent aristocratic 17th century mansions.

12:00 PM | Lunch at El Templete Restaurant (Included)

This bayside fish joint is the latest newcomer to the city's list of upscale eateries. Basque chef, Arkaitx Etxarte does wonderful things with seafood. Opened in late 2004, it is situated less than 100m from its namesake temple, where the city of La Habana was founded in 1519. Overlooking the harbor, the eating space is split into two halves: an outdoor alfresco area accommodated under a large awning, and a pleasant indoor dining room with



starched tablecloths and expensive-looking wine glasses. The quality of the food lives up to the pretensions of its fancy decor, with seafood specialties spearheaded by shrimps and lobster.

1:30 PM Visit Partagás Cigar Factory

The Real Fabrica de Tabacos Partagás is a cigar factory museum in Havana, Cuba. The world famous Habanos cigars are produced in this factory. Across the street from the massive Capitol building in Havana is one of Cuba's oldest cigar factories.



4:00 PM Arrive Back at Hotel

Tuesday, April 11th 2017

8:00 AM Breakfast the Hotel

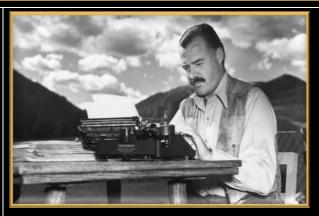
9:00 AM Visit UBPC Vivero Organopónico Alamar

It's one of the most successful urban organic farms in Cuba raising ornamental plants, medicinal herbs, and millions of seedlings for neighboring residential and collective farms. Established in the early 1990s, the Alamar cooperative has over members and provides a range of healthy, organic vegetables to the community. Produce is raised employing the practice of permaculture: no



chemical fertilizers and pesticides. Instead, natural biological methods are used to nourish the soil, frustrate pests and conserve water. The result is an increased rate of yield and reduced costs.

Visit Finca La Vigía (Ernest Hemingway Museum)



The Famed American novelist, Ernest Hemingway, lived in the house from mid 1939 to 1960, renting it at first, and then buying it in December 1940 after he married his third wife Martha Gellhorn. Hemingway paid \$12,500 for the property. The property was located for Hemingway by Gellhorn, who had come to Cuba to be with Hemingway but decided she did not

want to live in the small room he rented at the Hotel Ambos Mundos. The Finca at the time consisted of 15 acres (61,000 m2) with a farmhouse.

12:00 PM Lunch at Ajiaco Café (Included)

The dishes of Ajiaco Café Restaurant are based on traditional recipes that have lived until our time and that also use new blends of products that lead to a more modern Cuban cuisine. New ingredients are added to the dishes, such as olive oil, coffee, and the combination of two or more homemade



desserts in a single one, in order to prepare a dish with different texture and flavors. Rum is used instead of wine and honey instead of sugar.

1:30 PM Visit Escuela taller Gaspar García de Jovellanos



This activity, coordinated by the Deputy Director Professor Msc. Magdalena Rodriguez, is related to heritage conservation efforts. It represents the learning of trades, an ancient practice that had unions and were passed down from father to son. In place today, Cubans also have this school. It defends the principle that trades are still valid and necessary.

3:00 PM Visit Asociación Cultural Yoruba de Cuba

The Asociación Cultural Yoruba provides a close look at African culture. The bigger-than-life orishas (Yoruban deities) on display are all identified and explained in English, French, and Spanish. It is also a place where people come to pray and give offerings to the various orishas. Depending on the day, you may even get to witness a Santería ceremony or ritual here, which the public are welcome to attend. The association is near the Parque de la Fraternidad Americana, a shady

space around a sacred ceiba tree planted in 1928 with soil from each of the fr	ree
countries of the Americas.	

5:00 PM Return to Hotel (Prep for Dinner)

7:00 PM Depart for Dinner at La Divina Pastora (Included)

Near Dársena de los Franceses and a battery of 18th-century cannons lies one of the more progressive outlets of Cuban cooking. Eschewing the iron rations of yore, La Divina Pastora offers creamy soups, grilled octupus, pestodoused vegetables and excellent seafood. Formerly state-run, it is now managed privately, but the savoir faire of the waitstaff and the wine-list credibility remain undiminished.



9:00 PM El Cañonazo

We will witness a most dramatic ceremony – El Cañonazo – the Firing of the 9PM Cannon at the Fortress of San Carlos de la Cabaña. This enchanting colonial reenactment dates back to 1519 when the city of Havana was enclosed by a tall, thick rock wall to ward off attacks from pirates and the English. The cannon firing signaled the closing of the city gates for the night. If you were



outside at the time, you were in "vedado" or the forbidden zone. Today, Vedado is an important cultural hub and beautiful section of modern Havana.

Wednesday, April 12th

8:00 AM	Breakfast at the Hotel

9:00 AM Visit Rum Museum

A visit to the Havana Club Museum of Rum isn't merely a journey back to the origins of Cuba's most famous beverage. From freshly cut stalks of sugar cane to a reconstitution of a distillery and ageing cellars, the museum offers a real-time experience of the rummaking process, as well as a taste of true Cuban culture. Situated in the historic district of Habana



	Vieja ("old Havana"), the museum is housed in a renovated 18th-century "solar" (colonial townhouse).	
11:00 AM	Visit the Centro Cultural Antiguos Almacenes de Depósito San José	
	This marvelous restoration of an old dock warehouse has resulted in a gigantic market exhibition with hundreds of pieces by Cuban artists and craftspersons.	
1:00 PM	Lunch at Prado 115	
	Now in the emblematic Paseo del Prado habanero and there is a place to enjoy the authentic flavors of traditional Spanish cuisine. A space that is transformed as the day goes on, it is possible to have a snack, lunch, dinner or drinks. You'll see interesting elements like a phonograph, a classic cash register, and even artwork by renowned contemporary artists housed in a restaurant where every day the chef offers a different dish. Prado 115 - memory and modernity.	
2:30 PM	Return to Hotel	
Thursday, A	•	
8:00 AM 9:00 AM	Breakfast at Hotel Visit Las Terrazas	
7.00 AM	A small community and nature reserve in the municipality of Candelaria, of the Artemisa Province. It is located in the Sierra del Rosario mountains (part of Guaniguanico range), which was designated a Biosphere Reserve by UNESCO in 1984. This nature reserve includes 5000ha of secondary forest, which was planted on the surrounding (deforested) hills by building terraces to avoid erosion; hence the name "terrazas" or terraces.	
	Visit Cafetal Buena Vista	

These moving ruins are about 1.5km up a hill from the Puerta las Delicias (Eastern) gate, and is accessible by road. Cafetal Buenavista is Cuba's oldest (now partially restored) coffee plantation, built in 1801 by French refugees from Haiti. The huge tajona (grindstone) out the back once extracted coffee beans from their shells. Next, the beans were sun-dried on huge platforms. Ruins of the quarters of some of the 126 slaves held here can be seen alongside the driers.



1:00 PM Lunch at El Romero (Included)

"El Romero" is a gourmet ecological restaurant, famous for its fresh organic vegetables. It is against the mistreatment of animals and aims to offer high quality, tasty food. El Romero has its own organic vegetable and herb garden as well as an extensive variety of local plants and trees growing in their natural environment. This Eco-Restaurant offers a unique cuisine with a wide palette of distinctive flavors. El Romero represents an unforgettable culinary and life-affirming experience.



2:30 PM Meet with local artists and discuss their work

4:00 PM Free time to swim at Rio San Juan

6:00 PM Return to Havana

Friday, April 14th

8:00 AM Breakfast at the Hotel

9:00 AM Visit the National Museum of Fine Arts of Havana



View Cuban art collections from the colonial times up to contemporary generations. Its first director and well-known architect, Emilio Heredia, founded it in 1913. After frequent moves it was finally placed on the block once occupied by the old Colon Market. In 1954, a new

Palacio of Bellas Artes was opened. The original Palace was recently reconstructed and a second building was acquired for the museum.

Free Time in the Afternoon

6:00 PM Farewell dinner at La Casa private restaurant (Included)



Opened as one of the first private restaurants in the country, La Casa has been serving since August 3rd, 1995. Its charming hosts, Karina and Alejandro, were just kids at the time – they had grown up in the house and initially the guests sat down to the family's triangular table in the dining room. Their Nuevo Vedado home took the premise quite literally – inviting guests into the home in which the family lived for meals.

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Saturday, A	pril 15 th
8:00 AM	Breakfast at the hotel
2:00 PM	Checkout of Hotel
6:24 PM	Depart Cuba for Panama
8:00 PM	Arrive in Panama
9:34 PM	Depart Panama for JFK
Sunday, April 16 th	
3:45 AM	Arrive at JFK

ITINERARY 2: CUBA AND CITY OF TRINIDAD

Sunday, Ap	oril 9 th 2017
3:05 PM	Depart JFK for Panama
7:37 PM	Arrive in Panama City, Panama
9:35 PM	Depart Panama City For Havana
Monday, A	pril 10 th 2017
1:10 AM	Arrive in Havana
2:30 AM	Depart Airport for Hotel
3:00 AM	Arrive at Roc Presidente Hotel
8:00 AM	Breakfast in Hotel
9:00 AM	Depart for Old Havana Tour
	A 1:500 scale model of Old Havana complete with an authentic soundtrack meant to replicate a day in the life of the city. It's incredibly detailed and provides an excellent way of geographically acquainting yourself with the city's historical core. The model is used for social development and planning. Walking Tour of Old Havana A UNESCO World Heritage Site. It contains the largest collection of remaining
	colonial-era architecture. We'll visit 4 of the 5 historic plazas that make Havana unique in the western hemisphere:
	Cathedral Square The most beautiful and private 18th century colonial plaza on the island. Named after the masterpiece of Cuban baroque architecture: the Catedral de San Cristóbal de la Habana built by the Jesuit order.



Square of Arms

An ancient military parade ground for Spanish soldiers, surrounded by impressive buildings such as:

Palacio de los Capitanes Generales, former seat of colonial government. Today the building houses the Museum of the City.

Palacio del Segundo Cabo [Palace of the Second Lieutenant] dates from 1770. Today it houses the Instituto Cubano del Libro [Cuban Book Institute] and the Galería Raúl Martínez (famed poster artist).

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starched tablecloths and expensive-looking wine glasses. The quality of the food lives up to the pretensions of its fancy decor, with seafood specialties spearheaded by shrimps and lobster.

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4:00 PM | Arrive Back at Hotel

Tuesday, April 11th 2017

8:00 AM	Breakfast the Hotel
9:00 AM	Depart for Cienfuegos
	Visit the Bay of Pigs

En route visit the Bay of Pigs. The Bay of Pigs Invasion, known in Latin America as Invasión de Playa Girón (or Invasión de Bahía de Cochinos or Batalla de Girón), was a failed military invasion of Cuba undertaken by the CIA-sponsored paramilitary group, Brigade 2506, on April 17, 1961. A counter-revolutionary military, trained and funded by the United States government's Central Intelligence Agency (CIA), Brigade 2506



fronted the armed wing of the Democratic Revolutionary Front (DRF) and intended to overthrow the increasingly communist government of Fidel Castro. Launched from Guatemala, the invading force was defeated within three days by the Cuban Revolutionary Armed Forces, under the direct command of Prime Minister Fidel Castro.

1:00 PM Lunch at Villa Largarto (Included)

Villa Lagarto is a beautiful restaurant located in Punta Gorda, with an incredible setting on the water and magnificent food. Many dishes are prepared on a charcoal grill (shrimp are the most recommended). Works like a 3-course set menu with a

choice of starters and desserts, and even a shot of banana rum thrown in for good measure. The drinks are also excellent including daiquiris. Enjoy the food, the custom cocktails, and the cordial staff while being part of the Cuban experience. Highlights from the mojito menu include the best-flavored drinks to pair with Cuban-typical appetizers and crispy plantain chips. The interior space evokes memories of the bygone tropical island



that lingers in the hearts of all Cubans and visitors.

2:30 PM	Tour of Cienfuegos City
4:00 PM	On to the city of Trinidad
5:30 PM	Check into Hotel Brisas
7:00 PM	Dinner At Hotel (Included)

Wednesday, April 12th

8:00 AM Breakfast at the Hotel

9:00 AM Depart for walking tour of the city of Trinidad

Declared a national monument by the Cuban government and World Heritage Site by UNESCO in 1987, this city is very much as it was four centuries ago; the beauty of its baroque architecture and cobblestones squares harking back to a bygone era when Trinidad was a key player in the Caribbean slave trade. It also contains the spectacular Valle de los Ingenios, a unique Sugar Mill Valley.





It contains beautiful churches (such as Great Parish Church. the neoclassical edifice built in 1892) and public squares, the most important of which is Main Square-surrounded by buildings of great beauty and historic architectural and interest and considered the second most important square in the country, after Havana's Cathedral Square.

Stroll around beautiful Plaza Mayor, visit Museo Arquitectura Colonial. Enjoy time at a local artisan street market with splendid woodcarvings, fabric art, crochet pieces, and straw work.

11:00 AM	Visit a family-run Pottery factory	
12:00 PM	Lunch at the Hotel	
	Freetime during the afternoon	
6:00 PM	Dinner at the Hotel	
Thursday,	Thursday, April 13 th	
8:00 AM	Breakfast at the Hotel	
9:00 AM	Visit Topes de Collantes in the Escambray Mountains in Soviet Army Trucks	

Topes de Collantes is a nature reserve park in the Escambray Mountains range in Cuba. It also refers to the third highest peak in the reserve, where a small settlement and tourist center is located, all sharing the same name.



11:00 AM Visit Hacienda Codina, a Spanish coffee plantation

12:30 PM Lunch at Hacienda Codina (Included)



2:00 PM	Return to Havana
5:00 PM	Check into Roc Presidente Hotel

Friday, April 14th

8:00 AM Breakfast at the Hotel

Sunday, April 16th

Arrive at JFK

3:45 AM

9:00 AM Visit the National Museum of Fine Arts of Havana View Cuban art collections from the colonial times up to contemporary generations. Its first director and well-known architect. **Emilio** Heredia. founded it in 1913. After frequent moves it was finally placed on the block once occupied by the old Colon Market. In 1954, a new Palacio of Bellas Artes was opened. The original Palace was recently reconstructed and a second building was acquired for the museum. Free Time in the Afternoon Farewell dinner at La Casa private restaurant (Included) 6:00 PM Opened as one of the first private restaurants in the country, La Casa has been serving since August 3rd, 1995. Its charming hosts, Karina and Alejandro, were just kids at the time – they had grown up in the house and initially the guests sat down to the family's triangular table in the dining room. Their Nuevo Vedado home took the premise quite literally – inviting guests into the home in which the family lived for meals. Saturday, April 15th 8:00 AM Breakfast at the hotel 2:00 PM **Checkout of Hotel** 6:24 PM **Depart Cuba for Panama** 8:00 PM **Arrive in Panama** 9:34 PM Depart Panama for JFK

ACCOMODATIONS: HABANA LIBRE



The Hotel Habana Libre is one of the biggest hotels in Cuba and one of the more emblematic of Havana City; it's located in 23 and L streets, Vedado, a few meters from the Malecón. This 4 star hotel is a jewel of the urban design and boasts the best view in Havana City.

The Habana Libre Hotel, rise majestically in the nerve center of La Rampa, one of the most famous corners in the center of the Cuban capital some few steps of popular Coppelia (Ice cream Cathedral). The hotel lobby is very large, airy and impressive looking. Outside it's decked out by the Mural of that big one of the Cuban painting Amelia Pélaez.

It has immense rooms distributed by 25 floors and those on higher floors have a magnificent view over city. On the 25th story Sierra Maestra Panoramic room is located and the Disco Cabaret Turquino, endowed with a retractile roof from where a splendid viewing point opens up on The Caribbean.

Hotel Restaurants

Polinesio

The most select in the traditional Asian cuisine and diversity of dishes of the international menu are recreate, in an atmosphere of singular attractiveness, to give the best thing and to satisfy the diners of more demanding tastes; to the lovers of the good food.



El Barracón

In the best restaurants of its specialty you can request the Cuban dishes, but only in this one, as good alchemists, they transform those same dishes into culinary art. It is an haute cuisine in a cozy and bright atmosphere.

Las Antillas

An exquisite varied buffet as the islands and keys that populate Caribbean Sea. A breakfast, a lunch, and a warm and delicious dinner like the sun that baths the island of Cuba. A discreet and bright atmosphere.

Other Hotel Amenities

- Bar
- Barber / men's hairdresser
- Beauty salon
- Billiards / pool table
- Business centre
- Pharmacy
- Post office
- Reception staff speaks Spanish, English, French, German, Italian
- Doctor in hotel on call 24hrs
- Front desk safe deposit box
- Internet on hotel's PCs

ACCOMODATIONS: BRISAS TRINIDAD DEL MAR

The all-inclusive 4-star beach resort Brisas Trinidad del Mar is just a few kilometers from the charming colonial city of Trinidad, on the spectacular beach front of Playa Ancón, surrounded by the Escambray mountains Colonial arches, red tiles, and cobblestone pathways characterize this hotel's architectural style. Brisas Trinidad del Mar is perfect for tourists who want to combine a relaxing beach vacation with the beauty and culture of Cuba's finest colonial



The hotel has 241 rooms, 2 of which are specially designed for physically-challenged guests. All rooms are air-conditioned and offer views overlooking the sea, the pool and the Ancón peninsula. Other amenities include satellite TV, telephone, radio and a safe deposit box. A welcome cocktail, breakfast, lunch and dinner at the buffet or a la carte restaurants, a snack bar, as well as unlimited national and international drinks at one of the 3 hotel bars, are included in the price of the room. The resort organizes day and nighttime activities with live entertainment.

Also free of charge are the swimming pool, Jacuzzi, sun beds, beach towels and environmentally friendly nautical sports (windsurfing, pedal boats, kayaks, snorkeling and catamaran), scuba diving courses for beginners, a tennis court (equipment included), gym, sauna and karaoke.

FLIGHTINFORMATION

DEPARTURE

New York, NY Panama City, Panama Sunday, April 9th 2017

Copa Air - Flight No. CM831 Departing: (JFK) New York, NY

Departing Flight Time: 3:05 PM (EDT) Flight Duration: 5 Hours 32 Minutes

Layover: Panama City, Panama (PTY)

Arrival Time: 7:37 PM (local) Layover Duration: ~2 Hours

(Time Zone Adjustment: Subtract 1 Hour from

EDT)

Panama City, Panama Havana, Cuba Sunday, April 9th 2017

Copa Air - Flight No. CM 230

Departing: Panama City, Panama (PTY) Departing Flight Time: 9:35 PM (local) Flight Duration: 2 Hours 35 Minutes

Arrival: Havana, Cuba (HAV) Arrival Time: 1:10 AM (GMT-4)

(Time Zone Adjustment: Add 1 Hour to PTY; local

time is same as EDT)

RETURN

Havana, Cuba Panama City, Panama Saturday, April 15th 2017

Copa Air - Flight No. CM 437 Departing: Havana, Cuba (HAV)

Departing Flight Time: 6:24 PM (GMT -4) Flight Duration: 2 Hours 36 Minutes

Layover: Panama City, Panama (PTY)

Arrival Time: 8:00 PM (local)
Layover Duration: 1 hour 34 min

Panama City, Panama New York, NY Saturday, April 15th 2017

Copa Air - Flight No. CM 808

Departing: Panama City, Panama (PTY) Departing Flight Time: 9:34 PM (local) Flight Duration: 5 Hours 11 minutes

Arrival: Sunday, April 16th, (JFK) New York, NY

Arrival Time: 3:45 AM (EDT)

BAGGAGE ALLOWANCE

Carry-on:

You are permitted 1 Carry on Item. The size of your hand luggage should not exceed 46 linear inches (115 cm) length + width + height. Please note that any bag or item must fit easily into the overhead compartment or under the seat in front of you.

Checked Bags:

Passengers are permitted 2 bags free of charge weighing up to 23kg (50 lbs) each. Maximum dimensions (length + width + height) =158 cm (62").

