

# THE WARMTH OF THE CUBAN PEOPLE...



## **Cuba with Suzanne Bona & Sunday Baroque: A Feast for the Senses February 10 - 17, 2024**



Join me, **Suzanne Bona of Sunday Baroque**, on a culturally-rich music journey to sun-soaked Havana, Cuba! Experience the music, history, art, architecture and culture of this vibrant island. We'll visit social projects aimed at helping disadvantaged youth, take salsa dance lessons from private instructors, attend classical concerts, and visit the school of ballet. In addition, we'll be dining in private paladar restaurants to support local families. Stroll the famous Malecón, wander in the picturesque historic center of Havana, lounge in a doorway in your fedora and ride in a classic convertible, all to the sultry sounds of Cuban music. Don't miss out on the

this culturally rich-adventure to Cuba. Space is limited.

Note: Earthbound Expeditions guests have been discovering Cuba since 2012. How do we do it? By ensuring we take part in the "Support for the Cuban People" travel category.

### **TRIP AT A GLANCE**

7 Nights Havana at Hotel Grand Aston



**EARTHBOUND  
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480

[www.EarthboundExpeditions.com](http://www.EarthboundExpeditions.com)

“What is interesting in this is the exchange of music that occurred between New Orleans and Cuba, I mean, they had ferries that would go from one port to another.”

Ruben Blades

## IT'S INCLUDED

- ❖ With Sunday Baroque host, Suzanna Bona
- ❖ An expert bilingual Cuban guide
- ❖ Salsa dancing and drumming lessons
- ❖ Guided visits to the leading music schools in Havana
- ❖ Private classical concerts
- ❖ Daily curated activities
- ❖ A visit to the school of ballet
- ❖ Four-star hotel accommodations as listed in itinerary (approved by new OFAC regulations)
- ❖ Multi-course traditional meals highlighting Cuban cuisine in Havana's hottest private paladars! (all meals included except for 1 breakfast and 3 dinners)
- ❖ Bottled water daily and national drinks (local beers and mojitos)
- ❖ All entrances as listed in your itinerary
- ❖ Airport transfers in Cuba
- ❖ Special insider “Support for the Cuban People” experiences
- ❖ Certification of travel to Cuba under the U.S. Department of the Treasury general license
- ❖ Gratuities for luggage handling at hotel, drivers, guides and restaurants
- ❖ Transport by private motor coach while in Cuba

## TRIP FACTS

8 Days/7 Nights

\$4,395 per person double occupancy land

\$995 Single Supplement (*waived if you are willing to share & a roommate is found*)

Trip begins on Saturday, February 10, in Havana, Cuba

Trip ends: Saturday, February 17, after breakfast

*\*Save \$250 details below*







## WAYS TO SAVE \$250

Sunday Baroque and Earthbound travel alumni save \$100 \* Pay your final balance by check and save \$100 \* Reserve by September 20<sup>th</sup> and save \$50

## NOT INCLUDED

Cuban Tourist Card (aka visa) fee of \$100 \* Travel Insurance (in addition to included \$1,000 mandatory medical coverage) \* International Airline tickets and luggage fees \* Beverages with meals (other than those mentioned in itinerary) \* Meals not mentioned \* Laundry/room/mini-bar service \* Gratuities for housekeeping staff \* Items of a personal nature and anything not listed in the “It’s Included” section above

## WHERE YOU WILL STAY:

### Hotel Grand Aston La Habana

(OFAC- US Treasury Department Authorized hotel)

Set one block from the famous Malecón, this upscale hotel is in the Vedado district. The modern rooms have spectacular views of the ocean, the city and the majestic Malecon ocean drive. There are multiple restaurants and several bars including a Cuban cigar and rum sampling bar for connoisseurs. Hotel amenities include an outdoor pool, gardens, a fitness room, a sauna and a beauty salon.

---

## YOUR ADVENTURE BEGINS!

### Day 1: Saturday, February 10 - Arrive in Historic Havana

After clearing Cuban immigrations and customs, you will be welcomed by your Cuban National guide outside the terminal, who will assist with a private transfer to your hotel. Enjoy a stroll on the waterfront or relax by the pool with a mojito before meeting your guide and host for a welcome dinner at one of Havana’s best known, privately-owned paladars. *Sleep in Havana (D)*



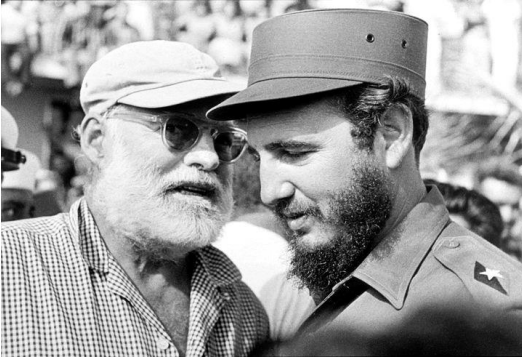
**EARTHBOUND  
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480

[www.EarthboundExpeditions.com](http://www.EarthboundExpeditions.com)



### **Day 2: Sunday, February 11 - Cuba's National Art Schools**

This morning we'll see the Plaza de la Revolución and the Miramar area before arriving at the National Art Schools (Instituto Superior de Arte). These structures are considered by historians to be among the most outstanding architectural achievements of the Cuban Revolution. These innovative, organic Catalan-vaulted brick and terra-cotta buildings were built on the site of a former country club in the far western Havana suburb of Cubanacán, which used to be Havana's "Beverly Hills" and was then mainly reserved for Communist Party officials. The

schools were conceived and founded by Fidel Castro and Che Guevara in 1961, and they reflect the utopian optimism and revolutionary exuberance of the early years of the Cuban Revolution. Over their years of active use, the schools served as the primary incubator for Cuba's artists, musicians, actors, and dancers. The schools' design fell out of favor by 1965 and was nearly completely decommissioned until preservation efforts were mounted in force in the 1990s. Now tentatively on the list of World Heritage sites, they are in use, though still in various states of disrepair. We'll tour the facility with a staff member and meet with art students and have an opportunity to purchase some of their art work.

Lunch today is in the elegant Miramar section of Havana. Enjoy a free afternoon. *Sleep in Havana (B, L)*

### **Day 3: Monday, February 12 - The History of Dance and Conservatorio Guillermo Tomas**

Early birds may wish to soak up the sun and walk along the Malecón before breakfast. Then we set off to learn about the history of music and dance in Cuba. We'll meet with multiple instructors and learn to dance the Cha Cha Cha, Rumba, Salsa and Merengué.

This afternoon we'll visit the Conservatorio Guillermo Tomas. This music school has 500 students ranging in age from 8 to 19. The 40 annual graduates go on to join the best symphony, chamber and popular orchestras, or become music professors for new students.

Enjoy lunch together and a free afternoon in Havana. *Sleep in Havana (B, L)*

### **Day 4: Tuesday, February 13 - Hemingway and Havana's School of Ballet**

This morning we're off to visit Finca Vigía (Lookout Farm) where North America's literary giant, Ernest Hemingway, spent twenty-one of his most important and productive years penning building blocks of English literature. Claimed by both the United States and Cuba as their son, it was Hemingway himself who declared the island his true home.

We will also visit Havana's celebrated School of Ballet.

*Sleep in Havana (B, L, D)*



**EARTHBOUND  
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480

[www.EarthboundExpeditions.com](http://www.EarthboundExpeditions.com)

### **Day 5: Wednesday, February 14 - Architecture Walk and Classical Concert**

One of Havana's many charms is the "elegant decay" of the buildings. Enjoy a stroll today that focuses on the splendid architecture of this city, unlike anywhere in the world. Discuss with local experts, then have lunch together, after which we will learn the art of making a humidor.

This afternoon we will attend a private classical concert. *Sleep in Havana (B, L, D)*

### **Day 6: Thursday, February 15 - An Excursion to Las Terrazas and Fusterlandia**

This morning we leave for Las Terrazas. En-route we'll travel through the lush countryside planted with sugar cane, corn, rice, and taro. With few vestiges of modernization, the region seems set back in time with farming communities still harvesting by hand and using horse and carts to transport goods to free markets. Las Terrazas is located in the Pinar del Rio province and is now part of UNESCO's Biosphere Reserve, much of it reforested coffee plantation. We'll visit with the local farmers who will serve a delicious traditional lunch and also visit a medical center.

Upon our return to Havana, we stop at the private home and studio of famed Cuban artist, José Fuster who is known as the Picasso of the Caribbean. Mr. Fuster is a ceramicist and painter whose work has contributed to the upgrading of his entire community. When you drive through the neighborhood which is known as "Fusterlandia," you see ceramic tiled walls in fanciful designs. You'll learn about his work and will also be able to purchase some of his art. *Sleep in Havana (B, L)*

### **Day 7: Friday, February 16 - Santeria and Muraleando and an afternoon concert**

After breakfast, we'll visit a private Santeria house where we'll converse with local believers about the religion, which is a belief system that merges the Yoruba religion (brought to the New World by enslaved West Africans sent to the Caribbean to work on sugar plantations) with Roman Catholicism and Native American traditions.

After lunch together we will head to Muraleando, a cultural community center that has transformed a neighborhood into an art gallery. Created to build artistic skills in children, classes are offered in pottery, painting, music, dance and engraving. This visit will serve as an exceptionally inspiring high note on which to end the tour. This evening, we'll enjoy a farewell dinner all together at a local paladar!

*Sleep in Havana (B, L, D)*

### **Day 8: Saturday, February 17 - Depart Cuba for the US**

Transfer to Havana's Jose Marti Airport and check in for your return flight to the States. *Buen Viaje! (B)*

**Please Note:** Earthbound has been leading fun, life-enriching tours to Cuba since 2012. We have learned over time that to best enjoy Cuba, it is essential to bring a spirit of adventure, a high degree of flexibility, and a keen sense of humor.

~ Itinerary Details Subject to Change ~



**EARTHBOUND  
EXPEDITIONS**

Earthbound Expeditions Inc.  
P.O. Box 11305, Bainbridge Island, WA 98110 USA  
T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480  
[www.EarthboundExpeditions.com](http://www.EarthboundExpeditions.com)

## THINGS YOU SHOULD KNOW...

**This legal Cuba tour** is operated under the OFAC (The Department of the Treasury's Office of Foreign Asset Control) general license, section 31 CFR § 515.572(a)(1) which allows us to provide travel services to U.S. travelers to Cuba, in the category of "**Support for the Cuban People.**" It requires that each traveler utilizing this authorization engage in a full-time schedule of activities that enhance contact with the Cuban people, support civil society in Cuba, or promote the Cuban people's independence from Cuban authorities and that result in meaningful interactions with individuals in Cuba. The traveler's schedule of activities must not include free time or recreation in excess of that consistent with a full-time schedule in Cuba. For a complete description of what this general license authorizes and the restrictions that apply, see 31 CFR § 515.574.

Cuba is a developing country and still lacks many modern conveniences. It's not unusual to experience short power black-outs or to find that your hot water, internet, TV or phone in your hotel room does not work properly (or at all). The Cuban government and incoming Havana agency has the right to change the itinerary without notice (and often does). Travelling under a "Support of the Cuban People" license means that our days will be filled with activities intended to strengthen civil society in Cuba. Your day will begin around 8:30am and end around 5:00pm. This is not a trip for those looking for a leisurely, five-star beach holiday or a deluxe resort experience. Travelers who arrive in Havana with a sense of humor, an open mind, and are flexible mindset, will absolutely fall in love with the people and culture of Cuba!

## RESERVATIONS

**Reservations and Deposits:** A per person deposit of \$500 is needed to confirm your space on most journeys. Once the deposit is processed, a deposit packet is emailed with pertinent journey details.

**Final Payment:** A non-refundable final payment by check or credit card is due 60 days before departure. It is the responsibility of each passenger to make a timely payment. A final packet of information will be emailed shortly before departure.

**Cancellations:** All cancellations must be made in writing and are effective upon receipt in our office. Deposits are fully refundable for 60 days from the processing date or 90 days prior to departure, whichever comes first. Deposits made 90 days prior to a trip departing are not refundable. A \$150 per person processing fee applies to all cancellations. No refunds are made for cancellations after the non-refundable deposit date. It is for this reason we strongly encourage the purchase of travel insurance at the same time you reserve your journey with us.

**Concert and Events:** If a planned concert or event is cancelled for any reason, another concert or event will be included in its place. This will not be cause for refund.

**Hosted Journeys:** If a host or special guest is unable to attend as planned, Earthbound Expeditions will do its utmost to find another host who has similar interests, talents and expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.



**EARTHBOUND  
EXPEDITIONS**

Earthbound Expeditions Inc.  
P.O. Box 11305, Bainbridge Island, WA 98110 USA  
T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480  
[www.EarthboundExpeditions.com](http://www.EarthboundExpeditions.com)



## MEET YOUR HOST! Suzanne Bona of Sunday Baroque



Suzanne Bona is the host and executive producer of *Sunday Baroque*, a syndicated weekly radio show of Baroque and early music. She originated the program in 1987 on WSHU Public Radio in her hometown of Fairfield, CT. *Sunday Baroque* has been distributed nationally since 1998, and is currently heard by more than a quarter million listeners every week on more than 200 public radio stations and networks across the United States.

Suzanne is also a classically trained flutist who earned a Bachelor of Music degree from The University of Connecticut. She continues to perform frequently as a soloist and chamber musician, and has especially enjoyed collaborating with some of her musically talented public radio colleagues in performances for listeners across the country, including in West Lafayette, IN, Phoenix, AZ, Cincinnati, OH, across Connecticut and on Long Island, NY, and in March 2012 as guest soloist with the Guam Symphony Orchestra in Tumon, and again in October 2016 with some chamber musicians in Guam.

When she is not making radio or playing her flute, Suzanne's hobbies include reading, running, cooking, baking and travel! She is also passionate about the cause of literacy; she was a longtime volunteer tutor and board member for her local Literacy Council, and she is currently a community advisory board member for a children's literacy initiative.

### RESERVATIONS & QUESTIONS

800.723.8454

[info@earthboundexpeditions.com](mailto:info@earthboundexpeditions.com)

[www.EarthboundExpeditions.com](http://www.EarthboundExpeditions.com)

