

Colonial Cities and Beaches

November 30, 2025



Cost Single Occupancy \$2595

Double Occupancy \$2395

Tour Overview:

- Destination: Central Cuba.
- Duration: 10 days.
- Arrives: 11/30/2025
- Departs: 12/9/2025
- Days of cycling: 7
- Usual daily distances: 50 km (average).

- Terrain: Most of the cycling is on gently rolling back country roads with some city riding. The use of a hybrid or gravel bike is your best choice on this tour.
- Support vehicle: 100%
- Tour staff: 1 tour leader, 1 cultural guide, 1 driver, 1 bike mechanic.

Tour Details:

Cuba, with its rich culture, natural beauty, friendly people and quiet roads is the Promised Land for cyclists. We have designed this new tour to take you through a variety of scenic landscapes that include beautiful beaches on the south and north coasts with overnight stays in five of Cuba's most historically significant and interesting colonial cities: Havana, the large and bustling capital whose well-preserved old city is a UNESCO World Heritage Site; Cienfuegos, the lively, seaside "Pearl of the South" with its French-inspired grand boulevard and colonnades; Trinidad, a living museum of Cuba's colonial past with its charming cobbled streets and another UNESCO World Heritage Site; Remedios, one of Cuba's oldest and most charming colonial cities that was deservedly declared to be a Cuban National Monument in 1979; and, Matanzas, a city of rivers and bridges, the former center of the sugar trade now known world-wide for its strong Afro-Cuban music and dance scene.

While Cuba's rich colonial heritage is evident throughout the island, it is central Cuba that best recalls the days of the pirates of the Spanish Main and the boom and bust days of the sugar trade. Visually attractive, these urban centers reflect the long and colorful history of this region where early settlers were often forced to repeatedly move farther inland to escape pirate attacks, where sugar, slavery and tobacco fortunes were made and lost, and where many noteworthy people in Cuban history were born, including the current president, Miguel Díaz-Canel.

The tour will also allow for exploring the varied and often stunning Cuban landscape with its many hidden gems. It will follow the beach-lined shores of the Bahía de Cochinos (Bay of Pigs), site of the attempted invasion of Cuba in 1961 by CIA-trained Cuban exiles all the way to Playa Girón, named after a notorious French pirate from the early 1600s. Going on, the tour will follow the verdant Escambray Mountains through the picturesque Valle de los Ingenios (Valley of the Sugar Mills), another UNESCO World Heritage Site made up of three interconnected valleys watered by four rivers.

The tour will also provide an opportunity to experience some of the more off-beat aspects of Cuban culture such as the distinctive, but strikingly different replicas of the Statue of Liberty found in Remedios and Matanzas that are more expressive than the original that sits in New York harbor, the statue of John Lennon in a park named after him in Havana that has become a pilgrimage site for many rock music fans, and the restored 43.5 meter (143 feet) high tower, the freestanding Torre de Manaca-Iznaga in the Valle de los

Ingenios that was allegedly built as a result of a silly wager between two brothers in the 1830s.

Cuba, renowned for its beautiful landscapes, glorious beaches, wonderful people, and packed with great cycling routes is a paradise for those seeking a memorable cycling and sightseeing holiday.

DAY BY DAY SCHEDULE

Day 1 - Arrival Sunday, November 30th

Fly into Havana and transfer to Vedado, the one-time red-light district facing the sea that is now the commercial heart of Havana and the site of many famous hotels and monuments. Settle into “casas particulares”, the Cuban equivalent of B&Bs, and set up the bikes in front of the CAFE RUEDA, our headquarters while in Havana.

Our evening meal at a well-regarded local restaurant, will give us an opportunity to chat and introduce ourselves.

- Cycling: 0 km
- Accommodation: Casas particulares in Havana
- Meals Included: Dinner

Day 2 – Monday, December 1st

After breakfast at Cafe Rueda we will ride to Finca Vigia, the Hemingway mansion located in San Francisco de Paula, and visit the museum.

We will eat lunch on the way back to Old Havana. Change into street clothes and explore the Historic Centre of Havana, known as “La Habana Vieja. Its main squares and monuments. Get your cameras ready for an exciting ride in vintage American cars, touring iconic sites such as the University of Havana, Chinatown, the National Theater, and the legendary hotels once frequented by American mobsters before the Revolution. Our route also includes a drive along the famous Malecón seaside boulevard, showcasing Havana’s stunning waterfront. This will allow you to see the modern city.

- Cycling: 18 km (11.4 miles)
- Accommodation: B&B in Havana
- Meals Included: Breakfast/Dinner

Day 3 – Tuesday, December 2nd

After breakfast we will take the bus to Jagüey Grande, a large agricultural town. After lunch at Finca Fiesta Campesina, a traditional-style restaurant serving good Cuban food,

we begin our ride to Playa Girón. The road south is flat along the Bay of Pigs and there is an opportunity to take a refreshing dip at a dive center before arriving at our destination.

- Cycling: 63 km (39 miles)
- Accommodation: B&B in Playa Girón
- Meals Included: Breakfast/Lunch/Dinner

Day 4 – Wednesday, December 3rd

Before leaving Playa Girón, we will assemble in the town center to visit the Museum recounting the failed attempt by Cuban exiles in 1961 to overthrow the Castro regime. Our ride east to Cienfuegos is along fairly flat roads through the farmlands north of the city.

At our arrival, we will be able to walk the Boulevard, a fun thing to do in Cienfuegos.

- Cycling: 78 km (48.4 miles)
- Accommodation: Hotel La Union
- Meals Included: Breakfast/Dinner

Day 5 – Thursday, December 4th

In the morning, we will explore the city, walk the Jose Martí's park, and visit the surrounding buildings such as the Palacio Ferrer, Tomas Terry Theater, and the Cathedral, followed by a city tour by bus along the Malecon to Punta Gorda. Visit the Palacio del Valle.

We will start our ride by following the main road to Trinidad, stopping to visit the Jardín Botánico de Cienfuegos, an outstanding botanical garden stocked and maintained for many decades by Harvard University that is home to 285 types of palm trees and 2,400 species of plants. It is well worth the short detour down a tree-lined road.

Beyond the garden, the road heads down to the coast, giving glimpses of the Caribbean and the upland pine forests of the Sierra Escambray Mountains. After arriving in Trinidad and settling into our casas, we will have time to explore the city and, after dinner, we will be able to enjoy Cuban music, dancing, and mojitos at Café de la Música.

- Cycling: 83 km (51.8 miles)
- Accommodation: B&B (casa particular) in Trinidad
- Meals Included: breakfast/box lunch/dinner

Day 6 – Friday, December 5th

Today we take a break with a short ride to Playa Ancon, a peninsula south of Trinidad with one of Cuba's finest white sand beaches. At Playa Ancon we will sit beneath palm huts, swim in warm clear water, and have an optional lunch at a small beachside restaurant. After spending the afternoon at the beach, we will return to Trinidad by bus and continue exploring this beautiful city.

- Cycling: 16 km (10 miles).
- Accommodation: B&B in Trinidad.
- Meals Included: Dinner/Breakfast.

Day 7 – Saturday, December 6th

We will depart Trinidad through the scenic Valle de los Ingenios to the Torre Manaca Iznaga. The astonishing view from this imposing tower more than justifies a short visit.

We will then ride the green lower hills of the Escambray Mountains, arriving in Manicaragua and continue onto Santa Clara.

We will jump on our tour bus and ride to Remedios.

At our arrival, we will explore the old colonial city of Remedios, famous for the amazing state of preservation that makes it one of Cuba's most charming and attractive cities. We will visit one of its well-known museums: "Parrandas Remedianas"

- Cycling: 95km.(59.2 miles)(62 K , 38.5 miles) to Manicaragua
- Accommodation: Hotel Mascotte
- Meals Included: Dinner/Breakfast

Day 8 – Sunday, December 7th

In the morning, we will then ride to Caibarién, a colorful fishing town called "La Villa Blanca" (The White Town) for its white sand beaches. We'll take some time to look around before riding to the causeway where we board the bus to arrive at the beautiful beaches of Cayo Santa María.

- Cycling: 15 km (9 miles)
- Accommodation: Hotel Grand memories Cayo Santa Maria
- Meals Included: all inclusive

Day 9 – Monday, December 8th

Today we can enjoy the beach before taking the bus from Cayo Santa María onto Santa Clara, a youthful city known for its university and for the mausoleum of Ché Guevara, located in the city where he led the final battle of the revolution.

After visiting the Mausoleum, we will continue by bus to Havana.

Later in the evening, it is optional to visit the Fabrica de Arte (Art Factory) for a glimpse into contemporary Cuban culture and to show our support for the artists who have infused this dynamic space with creativity. Here, we can dance, dine, and peruse the galleries, all while enjoying a refreshing mojito.

- Cycling: 0 km
- Accommodation: Casas particulares in Havana
- Meals Included: Breakfast/Dinner

Day 10 – Tuesday, December 9th

Sadly, today is departure day and the bus will take us to the airport for the flight back home. We hope you have enjoyed the ride, our country, and its wonderful people, and that you will return for more cycling with tour team.