

GLOBAL EXCHANGE   
**Reality Tours**

**\*Draft Itinerary: Flora, Fauna and exploring the Impacts of  
Development and Climate Change in Cuba  
May 11th to 20th, 2024**

Day 1, Saturday May 11: Havana

Arrival in Havana, welcome by AMISTUR Guide

Enjoy lunch

Walking tour of Old Havana, a designated UNESCO Heritage site, visiting the four main historic plazas; Plaza de las Armas, Plaza Vieja, Plaza Catedral and Plaza de San Francisco de Asis.

Check in at the hotel Gran Aston

Dinner included

Evening on your own

Day 2, Sunday May 12: Havana

Breakfast at the hotel

9.00am Meeting with the Cuban Friendship Institute (ICAP); your host institution while in Cuba. Discuss US/Cuba relations, solidarity, and more.

10.30am Walking tour of the Almendares River of Havana with a specialist (wear comfortable shoes). Learn about the river and surrounding geography, impacts of urban life on the river and efforts to preserve it.

1.00pm Lunch included

3.00pm Tour of the National Botanical Gardens of Cuba; a large educational, research and conservation based garden located on the outskirts of the city of Havana.

Dinner and evening on your own

Day 3, Monday May 13: Havana

Breakfast at the hotel

Visit with a Specialist to learn about environmental impacts of development in the city and port areas.

Visit with FANJ; The Antonio Nuñez Jimenez Foundation for Nature and Humanity. FANJ is one of the few non-governmental organizations in Cuba with a socio-cultural and environmental focus. It has relationships with more than 100 partners in the Americas, western Europe and Australia carrying out research, development and advocacy in the areas of: Geo-historical Research, Environmental Education and Protection of Biodiversity, Sustainable Local Development, The Environment and the Consumer and Preservation of the Foundation's Archives.

Visit to a community project to see how the community has rehabilitated the area to serve the community.

Dinner across the bay of Havana (payment on your own)

Following dinner enjoy the beautiful night view of Havana and then the historic cannon firing ceremony.

Day 4, Tuesday May 14: Havana, Las Terrazas, Vinales

Breakfast at the hotel

Depart for Soroa to visit the renowned Orquideario de Soroa and Soroa Waterfall.

Lunch in a paladar nearby (payment on your own)

Visit to the University of Pinar de Rio to meet with Professors to discuss their work in the area of environment, climate change and preservation.

If possible we will meet with students in the program there and also learn about the schools work and exchanges with US Institutions to share and broaden understandings in the area of environment and conservation.

Continue on to Vinales for check-in at casas

Dinner included

Enjoy a cultural Activity at Casa de Cultura (payment on your own)

Day 5, Wednesday May 15: Vinales

Breakfast at your casa

Today we will tour the picturesque region and make our way through the most lush green valley where some of the finest tobacco grows.

We follow up with a visit to a farm cooperative to learn about the organic movement, which rose from the collapse of the USSR and Cuba's economy in 1991.

Lunch included exploring the local food movement.

Visit to the community project Patio Pelegrin, an artist community and agricultural project.

Return to your casas.

Dinner on your own.

After dinner we will reconvene to participate in a CDR Visit. The CDR's or Committees for the Defense of the Revolution, are essentially a block organization that can be found in every Cuban neighborhood since the time of the revolution. During this visit you will learn how the committees serve the community now. This is also the best time to bring donations to the community as well as enjoy snacks and beverages together and more importantly to exchange with Cuban's in their neighborhood and learn about the realities of their day to day life.

Day 6, Thursday May 16: Cayo Levisa, Vinales

Breakfast at your casa

9.00am we are off to Cayo Levisa this morning to learn and experience Cuba's preservation of her coastal waters.

Here we will be joined by an environmental specialist from CITMA (Cuba's ministry of Science, Technology and Environment) who will share with us more about the work of the nation towards a sustainable future and discuss rising seas levels, degradation of coral reefs, mangroves, and beach erosion.

Lunch included there.

Return to Vinales

Dinner and evening on your own.

Day 7, Friday May 17: Vinales

Breakfast at your casa

10.00am Visit to a FANJ Project

12pm. Visit a Tobacco Farm and enjoy lunch at the farm

After lunch visit to the awesome limestone mogotes

Return to your casas

Dinner at Finca Paradiso, an organic farm to table experience. (Not included thus, payment on your own)

Day 8, Saturday May 18: Las Terrazas, Havana

Breakfast at your casa and check out.

Depart for Las Terrazas, a sustainable mountain community that once was deforested but has reemerged as a profound statement to environmental recovery.

Upon arrival, tour of the community and take a birding walk with a specialist

12.00pm lunch at the unique El Romero Vegetarian Restaurant

Return to Havana  
Check into hotel  
Dinner and evening on your own

Day 9, Sunday May 19: Havana  
Breakfast at the hotel  
Visit to San Jose Artisan market, also an excellent example of small business enterprises in Cuba  
Visit to Coral Falso community project to learn of their work in the community.  
Return to hotel  
Afternoon on your own to prepare for return.  
Farewell dinner

Day 10, Monday May 20  
Dinner at the hotel  
Depart for airport and return to the US

*\*draft itineraries are subject to change*