

Cuba: Music and Dance for Students

8 days and 7 nights in the safest and most cultured country in the Americas!

VISIT HAVANA, PINAR DEL RIO, VINALES | DETAILS AT WWW.HELLOCUBA.CA

DAY 1 – SATURDAY – HELLO CUBA

- Arrival at Havana's José Martí International Airport.
- Group welcomed by your CubaNatura Guide and Bus Driver.
- Transfer to **Hotel Saint Johns**, located in Havana's cultural center: Vedado near the Malecón seawall.
- Private group check-in with assistance from your guide.
- Take a refreshing swim in one of two hotel pools.

DAY 2 – SUNDAY – DISCOVERING HAVANA

Morning ferryboat ride across Havana harbor to the municipality of **Regla**. This AfroCuban community has a long, rich and still active tradition of African-inspired religions.

We'll visit Regla's church dedicated to the black "Virgen de Regla" Yemayá, the African goddess of the sea in the Yoruba religion and the patron saint of sailors.

Tour of Regla's municipal museum to learn the origins of this unique community and its AfroCuban cultures.

We'll visit home studio of painter, master printmaker and designer Antonio Canet.

Guided walking tour of Old Havana, an UNESCO **World Heritage Site** to experience four of its five historic plazas.

Cathedral Square, the most beautiful and private 18th century colonial plaza on the island. Named after the masterpiece of Cuban baroque architecture: the **Cathedral of Havana** 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**, seat of the second authority of the island. Today it houses important publishing concerns.
- **Museo de Artesania** at **Castillo de la Real Fuerza**, the second oldest fortress built by the Spaniards in the West Indies. Today it displays treasures of artistic ceramics by the most prestigious Cuban artists from the middle of the last century to present. The institution is host to the Ceramic Biennial.

We continue onto **San Francisco Square**, one of the oldest in the historical quarter.

And later to **Plaza Vieja**, the only civic square of colonial times. Absent are churches and government buildings. Here we'll visit an important center for the visual arts.

In each of the plazas we'll stop at key attractions including a visit to the **Scale Model of Old Havana**.

We spend time in Rumba performance at **Callejón de Hammel**, an alley in which the façades of all the buildings display murals inspired by AfroCuban religions themes. We'll meet alley artist **Salvador Gonzales** and visit his studio.

Tonight we have a Cuban band playing for us! We learn how to perform and dance to Salsa, Son, Rumba and other popular Cuban rhythms from **Grupo Dulce María**.

DAY 3 – MONDAY – HAVANA

The morning we begin our Dance lessons featuring some of Cuba's most popular rhythms such as Son, Salsa, Cha Cha Cha, Afrocuban.

In the afternoon we will meet with music students at [Escuela Nacional de Arte](#), Cuba's National Art School at the High School Level.

The visit is followed by a city tour of Havana's most important sites such as the [Capitol building](#), [El Gran Teatro de La Habana](#) (The Grand Theatre of Havana), Central Park, Prado Promenade, [Plaza de la Revolution](#) (Revolution Square), [El Universidad de La Habana](#) (Havana University), [Cemetery Colon](#), [Malecón](#) seawall, and the Miramar neighborhood.

Optional evening venue: Enjoy the best Cuban Jazz live at [La Zorra y El Cuervo Club](#).

DAY 4 – TUESDAY – HAVANA

This morning we'll resume dance lessons featuring some of Cuba's most popular rhythms such as Son, Salsa, Cha Cha Cha, Afrocuban.

Light lunch in Pan.com Cafeteria.

The afternoon will include a discussion on the origin and evolution of Cuban Music.

Optional evening visit to [Casa de Amistad](#) to hear live Cuban music by Peña del Chan Chan, a traditional septeto band.

DAY 5 – WEDNESDAY – HAVANA

This morning we'll resume dance lessons featuring some of Cuba's most popular rhythms such as Son, Salsa, Cha Cha Cha, Afrocuban.

Lunch is hosted by [José Fuster](#), one of Cuba's most important ceramicists and painters, at his whimsical studio in Jaimanitas, just outside of Havana.

Afternoon visit to the studios of other important contemporary artists for an exchange about their work. A unique opportunity to purchase art directly!

Evening Farewell dinner and party with your dance instructors.

DAY 6 – THURSDAY – PINAR DEL RIO

In the morning we will meet with students at the [Federico Engels High School](#) in Pinar del Rio. One of only fourteen of it's kind in Cuba, this vocational boarding school recruits Cuba's brightest young minds. The students that attend show great promise in the fields of mathematics and science, but are encour-

aged to pursue a range of academic studies. Ninety-five percent of the graduates from these high schools go on to attend university.

Lunch in the high school cafeteria or at a local eatery.

After lunch we will participate in a friendly sports game and cultural activities with our new friends.

After lunch we will continue to [Vinales](#).

Check-in at [Los Jasmynes Resort](#).

DAY 7 – FRIDAY – VINALES

The morning will be begin with a hiking excursion to Viñales Valley, in the Sierra de Los Organos region famed for containing some of the most spectacular scenery in Cuba as well as the most interesting and varied geological formations on the island. The valley is particularly well-known for its impressive freestanding rock formations called [Mogotes](#).

Visit local agricultural cooperative called [Moncada](#) for a discussion and a chance to work with youth in the area.

After lunch we will visit the [Cueva del Indio](#), used by the [Guanahatabey Amerindians](#) as a burial site in ancient time, and as refuge from the Spaniards for both Indians and Black slaves alike. We'll take a short boat ride on the subterranean river running through the cave.

Visit to [Mural de la Prehistoria](#), a huge painting on the side of a Mogote.

Explore Viñales Village at your leisure: its open-air craft market, Parque Marti, town church, and other interesting sites of this charming colonial hamlet.

Visit to Carmen and Caridad Miranda's botanical and herb garden, called the [Viñales Botanical Garden](#). The two widows maintain a garden full of fruits, orchids and medicinal plants.

Free evening to relax and explore the town.

DAY 8 – SATURDAY – GOODBYE CUBA

Check out of hotel and transfer to Havana's José Martí International Airport for international departure.

SERVICES INCLUDED

- All breakfasts included and served from 7:00 am to 10:00 am daily.
- Some lunches and dinners as noted in this program's itinerary.

- Clean comfortable safe hotels. Two double beds, daily maid service. Showers and toilet en suite and many enjoyable amenities.
- Modern luxury air-conditioned coach and professional driver for all activities in the program.
- Group in and out airport transfers in Cuba.
- Expert Cuban multilingual guide and translator throughout the program.
- All activities, services, entrance fees and venues unless noted as “not included” or “optional.”
- Custom tour website for your school’s student/parent orientation and tour administration. See “Schools to Cuba” at www.HelloCuba.ca for examples.

SERVICES NOT INCLUDED

- Cuban airport departure tax 25.00 CUC.
- Gratuities for guide, bus driver, hotel restaurant staff, chambermaids, porters and taxis.
- Lunches and dinners unless noted in this itinerary as “included.” *Your guide will assist you in finding eateries that meet all tastes and budgets.*
- Return air to and from Cuba. Contact us for air costs from your city. *We can help with economical tickets!*
- Substitute teacher costs, if any, to cover teacher tour leaders while in Cuba.
- Overweight luggage charges.
- Optional extended medical coverage for students and teachers. Please note: provincial medical services cover nearly all medical issues that may arise while in Cuba.

- Optional travel cancellation/interruption insurance. Please see our terms and conditions regarding cancellation at www.HelloCuba.ca

COSTS AND SERVICES FOR THIS CUBA TOUR

All Cuban-side costs must be paid in the Cuban Convertible Peso (CUC). Cuban pricing is guaranteed through October 2007. For precise Canadian dollar prices reflecting today’s exchange rate please go to <http://www.HelloCuba.ca/music>

When you schedule a Cuba tours with us we can ensure Canadian costs. Hotel services are based on double-room occupancy. Triple rooms and private homestays are not possible.

ADDITIONAL AND OPTIONAL COSTS

- Water, beverages, optional entertainment, gifts and gratuities: \$15.00 per day suggested.
- Lunches and dinners: \$20.00 per day suggested.
- Contingency money: Consider taking an additional funds of \$150.00 for unforeseen expenses or needs.

FOR MORE INFORMATION CONTACT

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