

Canada Cuba Farmer to Farmer Project **Winter 2010 Delegations**

PROGRAM

DAY 1. MONDAY. ARRIVAL.

- Arrival at Varadero Airport, met by Wendy Holm or CubaNatura Guide. Private transfer and check-in at Melia Varadero Hotel (all inclusive).

DAY 2. TUESDAY. VARADERO.

- Free day to relax, all inclusive.

DAY 3. WEDNESDAY. VARADERO.

- Free day to relax, all inclusive.

DAY 4. THURSDAY. CIEGO DE AVILA.

- Check out of hotel after breakfast.
- Visit CPA 26 de Julio and the CIDA project Enhancing Sustainable Dairy Production Capacity in Cuba, enjoy a farm lunch with members
- Continue on to Ciego de Avila.
- Check in to Ciego de Avila hotel
- Dinner at the hotel. Free evening, Hopefully, a baseball game across the street!

DAY 5. FRIDAY. CIEGO DE AVILA.

- Breakfast at the hotel.
- Visit to an agricultural cooperative (CPA).
- Visit to Organoponico El Rabanito followed by visit and explanation of Cuba's system of organoponicos (urban organic gardens).
- Lunch at Casa de Visita de Guayacanes ANAP.
- Visit to an agricultural cooperative (CPA).
- Dinner at the hotel. Catch a baseball game if possible.

DAY 6. SATURDAY. CAMAGUEY.

- After breakfast, depart for Cayo Coco beach.
- Possible stop at show cattle barn of MINAG.
- Morning on the beach, lobster lunch at CATEC restaurant on the beach.
- Afternoon depart for Camaguey City.
- Check in at Puerto Principe Hotel of Camaguey, dinner at the hotel.

DAY 7. SUNDAY. CAMAGUEY.

- After breakfast, 2 hour bicitaxi tour of the historical center of Camaguey. Visit a state market, a bustling farmers market and a ration store (\$5/person, Wendy organizes).
- Meeting at Casa del Chef in Camaguey. Buffet lunch prepared by local chefs to highlight typical cuisine of the Camaguey area, to include: *Tasajao a la Camagueyana, Rollitos de Tasajo, Montiera Camagueyana, Costilla de Cerdo a la Camagueyana, Matajibaro Camagueyano. Ajiaco a la Camagueyana*
- Visit to Palacio de Pioneros.
- Dinner at a local Paladar.
- Evening venue: Casa de La Trova.

DAY 8. MONDAY. CAMAGUEY.

- Breakfast at the hotel.
- Visit to cattle cooperative
- Lunch hosted by ANAP.
- Visit to a dairy cooperative.
- Dinner at the hotel. Free evening.

DAY 9. TUESDAY. BAYAMO.

- Check out of hotel after breakfast. Leave for Bayamo City.
- Lunch at Patio of Royalton Hotel over arrival at Bayamo (late lunch)
- City Tour, check in at Royalton Hotel
- Dinner at the hotel. Free evening. Nearby Casa de la Trova..

DAY 10. WEDNESDAY. BAYAMO.

- Breakfast at the hotel.
- Morning visit to a cooperative.
- Lunch in cooperative or Casa de ANAP.
- Free afternoon.
- Dinner at Hotel, visit to a CDR in the evening.

DAY 11. THURSDAY SANTIAGO DE CUBA

- Check out of hotel after breakfast, depart for Santiago de Cuba, former capital of Cuba, and second largest city with a population of over 1 million inhabitants.
- Visit to Parque Cespedes to tour oldest house in Cuba and see cathedral built in 1522 where the remains Velasquez are buried.
- Lunch at Gran Hotel, followed by check in at 5 star Melia Santiago Hotel.
- Free afternoon.
- Dinner at the hotel. Evening free to enjoy the hotel or venture out to Casa de la Trova in old Santiago de Cuba.

DAY 12. FRIDAY HAVANA.

- Breakfast at the hotel, check out following.
- Visit to Basilica de La Caridad del Cobre.
- Noon flight to Havana
- Check into Hotel Nacional.
- Dinner on your own or go exploring into Havana's old city with Wendy.

DAY 13. SATURDAY. HAVANA.

- Breakfast at the hotel.
- Optional 2 hour Coco-taxi tour of old Havana, Miramar and Chinatown to orient you to craft markets, museums, the Old City and other places of interest that you may want to see over the next few days. (Wendy organizes, \$15 CUC per couple.)
- Free day to explore Havana's markets, museums, galleries.

DAY 14. SUNDAY. HAVANA.

- Breakfast at the hotel.
- Free day to explore Havana's markets, museums, galleries.
- Farewell dinner at Hotel Nacional

DAY 15. MONDAY. DEPARTURE.

- Breakfast at the hotel.
- Leave for Varadero or Havana International Airport for departure.