

**Discover the Magic and Mystery of Cuba  
A Dances of Universal Peace Group Journey**

**January 23-30, 2020**

**Cost: \$1,725**

**Please contact Vimlan VanDien at [vimlanv@gmail.com](mailto:vimlanv@gmail.com) or (707) 815-4531**

**General Information and Trip Registration**

**What IS included in your fee beginning January 23, 2020**

- All accommodations, breakfast on days 2 to 8 and lunches on days 2 to 7
- All in country transportation, including transfer to and from the airport
- All guides, workshop fees, and entrance fees for activities

**What IS NOT included**

- Airfare to and from Cuba
- Visa for visiting Cuba
- Mandatory Medical Insurance
- Cost for dinner, alcoholic beverages and other special additions to meals
- Tips, the norm is 5-15%.
- Personal snacks and special dietary needs. NOTE: There are no “convenience stores” in Cuba, so you need to bring any snacks you think you might want or need. We will make every effort to make all meals fit your needs but if you need something special, we may not be able to provide it.
- Personal incidentals or souvenirs.

**GETTING READY**

Grace Marie will **ONLY** be handling registration.

**IF YOU HAVE ANY OTHER QUESTIONS BESIDES REGISTRATION,  
PLEASE CONTACT:**

**Vimlan VanDien at [vimlanv@gmail.com](mailto:vimlanv@gmail.com) or (707) 815-4531**

**1. Purpose – This historic first Dances of Universal Peace Cuban journey is designed to explore, discover, learn from each other, the land, the heart, the mystery within and outside of us.**

## **2. Registration**

Please fill out the registration form fully and mail with your payment.

Payments:

1. **\$1725** full amount is preferred at the time of registration.
  2. **\$900** Deposit, **\$825** Balance paid **by November 30, 2019**
- A. Paypal. Send to Grace Marie at [lfeasagarden@gmail.com](mailto:lfeasagarden@gmail.com)  
B. Check or money order. Mail with your registration form to to:

**Grace Marie  
PO Box 2454  
Fort Collins, CO 80522**

- C. Credit card (add \$65.00 processing fee). Call [970-498-8422](tel:970-498-8422) to process your credit card over the phone

## **3. Cancellation Policy**

**Please read this carefully!** Cancellations must be in writing.

\* Cancellations up to 45 days before trip departure result in full refund minus \$100 office fee.

\* Cancellations less than 45 days before trip departure are refundable minus a \$100 office fee only if we fill your space. We may have a waiting list.

\* In the unlikely event that less than 6 persons sign up for this trip 45 days before departure, it will be cancelled and full refunds of trip costs paid to Grace Marie will be issued. We do not refund air tickets.

\* Neither Grace Marie or Vimlan VanDien can be held responsible for issuing refunds if the participant misses the trip or a flight due to illness, emergencies, or other events beyond our control. Travel insurance is recommended!

## **4. Passport**

You will need a full-sized passport to travel to Cuba; the Passport Card is not sufficient. Make sure your passport has at least 2 blank pages, and does not expire within six

months after our journey ends. **If you don't have a passport, allow up to 2 months for the application processing.** There is an extra fee for expediting it.

You might get a passport stamp entering or leaving Cuba, or you might not. Don't worry about it unless you specifically want a stamp as a [souvenir](#), in that case, if you don't get one—ask!

## 5. Other Requirements - IMPORTANT

### **A. Visa**

Like many countries around the world, Cuba requires visitors to obtain a visa – known as a Cuban Tourist Card (or Cuba Visitor Visa) – before travel. Exact details can change with little notice, so it's always best to double check for confirmation of requirements. With the exception of Canadians (who are permitted to enter the country for 90 days) Cuban Tourist Cards last 30 days. Upon arrival, one of Cuba's immigration officials will retain half the Cuba Visitor Visa. It's vitally important you keep the second half safe during your visit as you are required by law to hand it over on departure and cannot leave the country without it.

**The cost of the Visa is \$85.00.**

Please note that Cuba-US relations continue to change. Currently, those applying for a Cuban Tourist Card for travel from the US to Cuba get a special pink version. Since tourist travel from the US to Cuba is prohibited (whatever your nationality), you need to fall under one of the 12 approved travel categories. For our tour, please declare the **'Support the Cuban People'** category of travel when applying for your visa, when booking flights, and during re-entry into the United States.

Further detail is available at the huffington post below:

[https://www.huffingtonpost.com/entry/you-can-still-travel-to-cuba-individually-heres-how\\_us\\_5a1ed477e4b039242f8c8096](https://www.huffingtonpost.com/entry/you-can-still-travel-to-cuba-individually-heres-how_us_5a1ed477e4b039242f8c8096)

Making things easier, generally speaking, if you are flying from the US, your airline will sell you the pink version of the Cuba visitor visa during the check-in process for your flight (or direct you to another desk nearby where you can purchase the visa). **Please check with your airline to see if they offer this.** Alternatively, Cuba Tourist Cards can be purchased in advance through websites specialising in US-Cuba travel such as: <http://www.cubatravelservices.com/plan-your-trip/visas/>

### **B. Travel Insurance/Medical Insurance**

To enter Cuba, the Cuban government requires you to have Cuba Health Insurance which you may be required to present at immigration when entering the country. The medical insurance you have in the USA will not cover you in Cuba. Airlines flying directly to Cuba from the US will often issue their own travel insurance for Cuba to their travellers. Often this is included in the price of the air ticket. **You should check with your airline for further details.**

Comprehensive travel insurance (which will include health insurance) at the time of booking is highly recommended. This will protect you from unforeseen circumstances such as significant weather events and illness/injury. There are many providers operating internationally, that will cover you for your time in Cuba.

### **Transportation**

Flight: Book your own international round-trip ticket to and from José Martí International Airport in Habana (Havana), Cuba, to arrive on January 23, 2020. There are now several airports offering non-stop flights.

Your airline tickets MUST be made out with the exact name, initial, and spelling of your name as it appears on your passport. Otherwise you may not be able to get on your flight.

**When you have made your reservation, please send your flight information and arrival time to [Vimlanv@gmail.com](mailto:Vimlanv@gmail.com)**

You will be picked up at the airport in Havana and delivered to your accommodation in the city. Your transfer back to the airport on your departure is also included.

Within Cuba we will be in a private air-conditioned transport between destinations.

### **Lodging**

We will be staying at family-run Casa Particulares, which are unique to Cuba (except for Vinales where we will be in a hotel). The Casa's we will be staying in are hand selected, upgraded versions of Cuba's normal Casa Particulares. They are run much like a traditional B&B's but still offer a unique cultural experience. While they shouldn't be compared to modern Western hotels, the rooms will have air-conditioning, private en suite facilities, hot and cold water showers and have generally been recently renovated into a beautiful standard. You'll have privacy while still being able to interact with the locals as much as you want. You will truly be made to feel welcome, and might just forget that you're a guest and not a long lost member of the family.

### **Money**

Within Cuba, there are two different currencies, the CUC, and the CUP. As a tourist, you will use only CUC the Cuban Convertible Peso which is equal to the U.S. Dollar. It's technically illegal for tourists to have, or use the local CUP currency.

PLEASE NOTE; US-based bank, credit or debit cards don't work in Cuba, so you will not be able to withdraw cash from an ATM. You'll have to estimate the amount of money needed for your entire trip. Exchanging money in Cuba should be simple, but it's not. There is a 10% penalty for exchanging US dollars on top of the standard fees for money exchange in Cuba. The best and cheapest option is to withdraw money in Mexico or Canada at an ATM before you go. Canadian dollars and Mexican pesos do not carry the exchange penalty. Alternatively, if you have time, consider ordering Euros in exchange for American dollars before leaving for vacation. Then you can exchange

those Euros for CUCs once you arrive in Cuba. The exchange rate from Euro to CUC is actually better than the rate from USD to CUC. If you do it this way, you actually get more bang for your buck

### **Temperature/Clothing**

The average maximum daytime temperature in Havana, Cuba in January is a warm 26°C (79°F) with low heat & humidity. This is the dry season. The average night-time temperature is usually a comfortable 17°C (63°F). Since Cuba can be such a warm country, the keyword for clothing is light. Opt for cotton or linen—something that lets your skin breathe.

### **Food**

We will be having 2 meals a day together in the group, breakfast and lunch. In Cuba, the lunch meal is the primary meal of the day. There are good places to eat the evening meal in all locations where we will be staying and we will provide information. Cuban food, while flavorful, is less spicy than Mexican food and is rarely fried. The focus is on seafood, with mahi-mahi ceviche being a common dish. Flour and rice are used more than corn, and sandwiches made out of Cuban bread, a white bread similar to French bread, and various sliced meats are typical. There are vegetarian options as well. As with other foreign countries, the tap water or ice made from tap water is not safe to drink, and you may be exposed to bacteria you are not used to. Bottled water is readily available for about \$1.00/liter. You may also consider a water bottle with a built-in filter.

### **Vaccinations**

Vaccinations for Hepatitis A, Typhoid and Tetanus are recommended but not mandatory. Although there may be mosquitoes, there is no malaria in Cuba. Although there is not a current outbreak, Zika virus has been reported in Cuba.

**Itinerary is subject to change due to unforeseen circumstances.**

**Day 1 – Arrive Havana**

Thurs. Airport transfer to accommodation  
Meet group participants and guide  
Orientation Walk

**Day 2 - Havana**

Friday Old Havana Walking Tour (3 hours)  
Lunch at Cuban Paladar  
Classic Car Havana Tour (2 hours)  
Salsa lesson (1 hour)  
Welcome Dances

**Day 3 - Vinales**

Sat. Drive Havana to Vinales (3 hrs)  
Los Jazmines lookout point  
Farmland walk/ cycle  
Organic Farm Lunch  
Outdoor Mural Prehistoria  
Stay in Vinales Los Jazmines Hotel

**Day 4 – Vinales to Havana**

Sun. Free morning to enjoy Vinales  
Drive Vinales to Havana (3 hrs)  
Callejon de Hamel (1 hour) - starts at 2 pm  
Stay in Havana

**Day 5 - Havana to Trinidad (5 hours)**

Mon. Parque Nacional Ciénaga de Zapata  
Lunch  
Trinidad Guided township walk  
Climb bell tower  
Stay in Trinidad

**Day 6 - Trinidad**

Tues. Playa Ancon  
Casa de la Musica  
Palenque de los Congos Reale  
Stay in Trinidad

**Day 7 - Travel from Trinidad to Cienfuegos (1 ½ hours)**

Wed. Cienfuegos Guided city walk  
Cienfuegos to Havana (3 hours)  
Stay in Havana

**Day 8 – Havana – Departure – Thursday - Transport to Airport**