

Salsa in Cuba!

The ultimate salsa holiday. A fortnight of Cuban music and culture in the company of our expert local dance team, with a choice of chill-out stays.

Dates and Prices 20 August to 3 September - £2,249.00

Unique Features The ultimate salsa holiday, a fortnight of Cuban music and culture in the company of our expert local dance team.

We have recently re-vamped our Cuba programme to include some really unique elements exclusive to Club Dance Holidays. Rowena, our new tour manager, has spent a great deal of time in Cuba and, as a dancer herself, has a great network of friends and colleagues enabling us to give you a real "insider's" tour of Havana and beyond. The holiday is suitable for dancers of all abilities and ages - from complete beginners to advanced - and the company of our charismatic team of local dancers makes the holiday extra special. Not only do they dance with you in all the classes (a full fifteen hours), they accompany the group to Havana's salsa clubs, ensuring some unforgettable nights out.

What's more, we include all of the nights out. We pre-pay your club entry and that of the dancers and even pay for the dancers' drinks so all you have to worry about is your personal Cuba Libre fund!

We stay in the iconic 5* Hotel Nacional in Havana and our dance classes are held in a private room there which is a real treat - dancing salsa in Havana's landmark historic hotel really cements the Cuban Salsa experience. During this two week trip we include 4 nights' relaxation time. The standard holiday price includes 4 nights in a carefully selected Casa Particular in the stunning Vinales Valley or for a small upgrade you can travel to Trinidad de Cuba or Varadero.

There are lots of Cuba salsa trips on the market but don't forget that with us you're in safe hands - we're fully ATOL bonded and our staff has a combined travel industry experience of over 50 years.

Your Holiday

What's Included	<ul style="list-style-type: none"> A full salsa syllabus with specialist workshops (fifteen hours - see Classes and Workshops) A programme of nights out with our team of Cuban dancers including all club entries and dancers' drinks. NO HIDDEN EXTRAS Unique itinerary elements including a Cuban house party, watching famous bands rehearse, Afro Cuban dance performances and more Full hosting by Rowena and our team on the ground who are experts in salsa and in Cuba Return direct flights with Virgin Atlantic Gatwick / Havana Meet and Greet upon arrival and return hotel transfers 10 nights' accommodation and breakfast in the iconic 5* Hotel Nacional - the best in Havana Casa stay options 4 nights chill out time in Vinales, Trinidad or Varadero (£80 supplement for Trinidad and £100 supplement for Varadero) All land transfers A pick and choose itinerary including parties, soirees, restaurants, nights out dancing and sight seeing suggestions A pre-departure pack containing information on where to eat, where to party, tourist spots and attractions for independent sight-seeing Welcome party and drink
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What previous Customers Have Said about this Holiday	<p>"I feel a warning should be given to those looking at the holiday stating they will be very depressed by the end. I had such a good time a week later and I am still not over the fact I have had to return to cold England and work! Desperately want to return".</p> <p>"Our Salsa in Havana holiday was the best we have had in a very long time! I never expected it to be as wonderful as it was. Rowena was amazing - lively, friendly, fun, knowledgeable of the local customs, and full of interesting plans and smart suggestions. I told her I am going to call this trip "Rowena takes her friends to Havana" because that is what it felt like."</p> <p>"The dance teachers were great. Talented, professional, friendly, and endlessly patient with beginners like my husband and I. We had a blast in the clubs with them--the head teacher Alexis made sure we had fun memories that will last a long time."</p>
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"Our fellow tour-goers were fantastic--a fun, congenial and caring bunch. We enjoyed each other's company even outside the organised classes and clubbing, and now we are keeping in touch on Facebook."

"We were able to see so many different aspects of Cuba that as a sole tourist we would never have seen! Fantastic!"

"It was a brilliant experience, especially since we had the chance to go out with Cubans".

"Real eye-opening experience on Cuban society and culture."

"I cannot think of a better introduction to Cuban culture, music and dance!"

Is this holiday for me?

If you love to have a good time and enjoy meeting new people in the setting of a fascinating, friendly country with year-round sunshine then yes!

Everyone should visit Cuba at least once and you haven't danced salsa until you've danced salsa in Havana. Our team of Cuban dancers animate your entire trip and we guarantee that once you visit Cuba with us you'll be hooked. Our salsa in Cuba holidays are about so much more than just dance classes; along with our team we make sure you experience the REAL Cuba and immerse yourself in Havana's rhythm.

Our Cuban salsa holidays are suitable for ALL levels, from complete beginners to advanced dancers. Our expert teachers will ensure you get the most out of your classes and tailor their teaching to you.

We include genuine off-the-beaten track experiences and take you to exclusive band rehearsals, dance performances and even to the home of our Cuban friends for a salsa party. ALL of the nights out are included in your holiday price so the only thing you have to worry about is your personal Cuba Libre fund!

Cuba is an adventure and with us you're in safe hands; unlike many salsa holiday operators we're fully ATOL bonded with over 50 years' combined travel industry experience amongst our team, almost all of whom have visited Cuba multiple times.

Give us a call if you have any questions on salsa in Cuba - we'll be happy to talk about our favourite subject.

Your Destination, includes sightseeing

Havana, the first grand city built by Europeans in the New World, retains the grandeur and charm of a history that spans nearly 500 years. When New York was still a collection of huts Havana was a cosmopolitan city with palaces and squares, with a high society already famous for its dances.

Admire the famous Cathedral in Old Havana built in 1748. Visit the Palacio de los Capitanes Generales, the residence of the Spanish Captain General who ruled Cuba from 1791-1898 and the Castillo Real de la Fuerza, built between 1558-77, one of the oldest surviving colonial fortresses in the Americas and home to Giralda, the symbol of Cuba, as seen on the label of Havana Club rum.

See the Capitolio Nacional, a huge marble building modelled on the Capitol building in Washington and visit the Museo de la Revolucion, formerly the presidential palace. Wander along El Malecon, the famous waterfront of Havana. Pay a literary pilgrimage to the Hotel Ambos Mundos where Ernest Hemingway wrote the novel "For Whom the Bell Tolls".

When you're cultured out stroll along the Malecon and sample an ice cream from the famous Coppelia ice cream parlour, watch the strutting peacocks in the Hotel Nacional's garden, drink a mojito in La bodeguita and a daiquiri in La Floridita and take a cab ride in a 1950s Cadillac. And, of course, dance salsa. Visit Havana's nightclubs to learn to dance like a Cuban, with uninhibited passion.

As Graham Greene said of Havana "Anything is possible".

Climate and weather

Weather: The Cuban climate is mild subtropical. East to west oriented the island receives plenty of sunshine, warm temperatures and refreshing sea breezes.

No wonder that Columbus thought that he had discovered the earthly paradise! Don't forget that humidity is relatively high - in august it can be at 80%

Average Temperatures:

Jan 16/25

Feb 16/26

March	17/27
April	19/29
May	21/30
June	22/31
July	22/31
Aug	22/31
Sept	22/30
Oct	17/27
Nov	17/27
Dec	17/27

Your
Accommodation

Brisas Trinidad del Mar - Hotel**** (All Inclusive) (Upgrade)

The Brisas Trinidad del Mar Hotel is located on a beautiful white sand beach just eight kilometres from the city centre and is the perfect spot for a relaxing few days by the Caribbean sea.

All-inclusive meals can be taken at buffet and a la carte restaurants and there are unlimited drinks all day. All rooms are air-conditioned and have satellite TV, telephone, radio and safety deposit box. Within the hotel complex you can enjoy the swimming pool, jacuzzi, sauna, masseurs, gym and tennis courts. There are also shops, a chemist and travel agency which can organise car, moped and bicycle hire.

The hotel offers day and night-time entertainment as well as watersports - windsurfing, pedalos, kayaks, snorkeling and scuba diving courses for beginners.

Nacional de Cuba - Hotel***** (Bed & Breakfast) (Included)

You will be staying at the five star **Hotel Nacional de Cuba**, renowned for its refined elegance and classic splendour, as Havana's best hotel. Since 1930 it has attracted a large number of personalities from the arts, sciences and politics including Winston Churchill, Frank Sinatra, Ava Gardner, Naomi Campbell, Errol Flynn, and Alexander Fleming. Built in the 1930s and combining Art Deco features with modernist influences, the Nacional's image still appears on much of Cuba's tourist promotion literature and evokes the glamour of a bygone era. A full refurbishment in 1992 remained sympathetic to the original architecture, preserving the hotel's 1930s splendour.

With its privileged location in Vedado, the centre of Havana, the Nacional stands on a promontory just a few metres from the sea and offers fabulous views of Havana Bay, the Malecón promenade and the city. There are two swimming pools, a choice of restaurants and beautiful gardens complete with strutting peacocks.

Twin, single and triple rooms are available and Executive Suites are on request.

Vinales Casa Stay - Pension* (Room only) (Included)

Due to the popularity of Vinales as a destination for a few days' relaxation, the area has recently seen a number of high quality new Casa Particulares opening. We believe a "Casa" stay is the best way to experience this region, especially as the facilities and quality are of a good standard (often better than the hotels in the region).

A "Casa" is the private home of a Cuban, similar to a guesthouse or B&B. A government approved initiative allows this private enterprise and to stay in one is a great way to get to know Cubans and the local area. All of the Casas have well-furnished rooms with air-conditioning, private bathrooms and home-cooked food. Breakfast is included. The owners are always a wealth of information about the local area and can help you to book guides and excursions including visits to the beach, caves, mountains or hiking, biking, horseback riding and climbing.

Your actual Casa will be confirmed closer to the date of travel or on arrival but we guarantee that the Casas we use are some of the best in the region.

Classes and Workshops

Classes and Teachers: Over the course of your holiday you will receive fifteen hours of salsa tuition from our team of professional dancers. Remember the criteria by which we select our teachers extends way beyond mere technical ability or even teaching ability. We look for teachers who are charismatic and entertaining and who will teach you to dance with flair. And as these are much more than just teachers, because they will be accompanying you at night, we also select them for their personality and, quite frankly, physical attractiveness.

Each Cuba holiday offers at least one unique workshop or class and this will be complemented with a visit to a corresponding performance or party. Schedule will be announced soon but may include a Rumba workshop with Toto from Clave y Guaganco followed by an exclusive trip to see the band rehearse or a son workshop followed by a live performance at the Egrem Studios.

Dance Levels: There will be at least two levels of Salsa tuition so that the classes will cater for all abilities, from beginner through to advanced. The dance teachers will be able to advise you on the first day of classes and suggest the level that is most appropriate to your ability and experience.

Beginners will learn enough moves to enjoy themselves dancing with the Cubans in local nightclubs. Intermediate and Advanced dancers will receive expert tuition on movement and technique designed to improve their style and will come home with some great new moves and loads of fluid Cuban style. The salsa classes will take place in a dance space within the Hotel Nacional.

Syllabus: We have recently completely refreshed the salsa syllabus we teach in order to make it more comprehensive. If this is your second trip to Cuba we are confident that you will find a lot of new material in this syllabus. If it's your first time you will find this course entirely comprehensive. You will cover:-

Cuban music and how the rhythms are constructed

Rumba

Son

Mambo

Cha Cha cha - slow mambo tempo

Reggaeton (popular music from Puerto Rico - a blend of salsa, merengue and reggae and currently very fashionable)

How Cuban salsa differs from LA / New York style which you may have encountered in the UK.

Tembleque and Cuban body movement

Rueda (Cuban Wheel)

Cha Cha Cha

The Learning Experience

Over the course of your holiday you will receive over fifteen hours of salsa tuition from our team of professional dancers. This will include specialist workshops which will be complemented by evening and afternoon activities so that you not only learn new skills, you understand the origin and meaning surrounding the music and dance.

There will be at least two levels of Salsa tuition so that the classes will cater for all abilities, from beginner through to advanced. The dance teachers will be able to advise you on the first day of classes and suggest the level that is most appropriate to your ability and experience.

Beginners will learn enough moves to enjoy themselves dancing with the Cubans in local nightclubs. Intermediate and Advanced dancers will receive expert tuition on movement and technique designed to improve their style and will come home with some great new moves and loads of fluid Cuban style. The salsa classes will take place in a dance space within the Hotel Nacional.

Daily Itinerary

Sample Itinerary

This is a provisional itinerary aiming to give you an idea of what your holiday will look like. There will be some elements which will change: (OP) indicates an optional extra for which a charge will be made in advance.

DAY 1

Arrival and transfer to the Hotel Nacional for a 7-night stay

Evening - Welcome meeting with Rowena, including a Cuba Libre, before a group dinner (payable locally) and the option to hit the clubs, jet lag permitting!

DAY 2

Morning - Overview of the week and salsa classes in the Hotel Nacional (3 hours)

Afternoon - Walking tour of Old Havana including a cold chocolate drink at the Museo de Chocolate

Evening - Night out with our team of Cuban dancers

DAY 3

Morning - Salsa lessons in the Hotel Nacional (3 hours)
Afternoon - Visit the Museo de Ron (rum) followed by an afternoon spent browsing at Old Havana's new covered market with its huge art collection and gift stalls
Evening - (OP) Dinner and cabaret at the Parisienne in the Hotel Nacional followed by dancing at one of Old Havana's salsa OR jazz clubs

DAY 4

Morning - Salsa lessons in the Hotel Nacional (2 hours) followed by a Rumba class with Toto of the famous Cuban group Clave y Guaganco (1 hour)
Afternoon - Unique group excursion to watch Toto and his group rehearsing (subject to schedule) OR take in a ballet performance at Havana's Teatro Nacional (subject to schedule. Approx 25 CUC)
Evening - Night out to watch Toto perform with Clave y Gaganco (subject to schedule)

DAY 5

Morning - Salsa lessons in the Hotel Nacional including a son workshop (3 hours)
Afternoon - Visit the Egrem Studios in Old Havana to watch a son band perform (subject to schedule)
Evening - Cuban house party with food and drink flowing - dance the night away in the home of our Cuban friends

DAY 6

Morning - Salsa lessons in the Hotel Nacional (3 hours)
Afternoon - Trip to watch one of Cuba's dance companies rehearse OR take in a matinee performance at Palenque restaurant (OP)

Evening - Dinner at La Roca restaurant (OP)

DAY 7

Morning - Salsa lessons in the Hotel Nacional (3 hours)
Afternoon - Visit La Asociacion Yoruba in Havana Vieja to watch Afro Cuban dance performances
Evening - (OP) Dinner at a Paladar (privately owned small restaurant) followed by a salsa party with the Club Dance Holidays crew

DAY 8

Depart for your 4-night chill out time in either Vinales, Trinidad or Varadero.

DAYS 9 - 11

See the sights, chill by the pool or on the beach or explore the countryside on your tailored chill-out break

DAY 12

Morning - Return to Havana
Afternoon - Salsa dancing at Havana's matinee salsa club, for the dance die-hards
Evening - Reunite with our team of Cuban teachers for a salsa night out

DAY 13

Chill out and sleep off your hangover around the pool enjoying the salsa music and sun OR take a boat trip on the River Almendares
Evening - Farewell salsa night out at one of Havana's best clubs

DAY 14

Farewell lunch at one of Old Havana's favourite restaurants (OP)
Late afternoon - Transfer to Havana airport for the return flight to the UK

DAY 15

Arrive in the UK

Nightlife

The Cuban dance scene: Dance and music penetrates much of Cuba life. Cubans are surrounded in their daily life by an eclectic mix music of Son, Rumba, AfroCuban, Danzon, Cha Cha Cha, Dancehall, Rap and Hip Hop. The dance scene is fantastic fun, playful and provocative. Partners dance close and the style is creative and carefree. The latest dance craze is 'Tembleke' which is a rapid, sassy body movement involving the shoulders, chest, torso and hips danced solo at your partner.

Clubs and venues in Havana: Using the inside information from Rowena and our Cuban teaching team, we will take you to the most happening venues. These may include concerts of world famous Salsa bands (such as Los Van Van), exclusive performances by some of our famous Cuban friends, a real Cuban house party, Salsa-ing by the sea just across from the Malecon, a Salsa Matinee (hot salsa and lots of Rueda between 4.30pm and 10pm! - the Cubans come here after work), traditional 'Casas de las Trovas' where you can dance on the balcony and hot late night venues (from 2.30am onwards) where you will find the DJs mixing Salsa with Hip Hop and rap. We include ALL club entries and we pay for our dance team to accompany you to ensure you have a night to remember! We may walk, take taxis or organise private coach transport (about \$2) to the best clubs.

Drinks at Clubs vary in price depending on which club you go to and the time of day you attend. For example, Casa De La Musica bar prices are cheaper at Matinee shows and more expensive in the evening.

Average club drink prices

Cocktails 3 - 4 CUCs
Soft drinks and beer 1 - 3 CUCs
Bottle of rum 12 - 20 CUCs

Evening meals

Budget restaurant 8 - 12 CUC
More upmarket restaurant 12 - 20 CUC

Your Teachers	In Havana you will be taught by a team of professional Cuban instructors headed by Alexis Gonzalez Valdez. NEW for 2014, Alexis and the team will be joined by special guest teachers offering exclusive workshops on Rumba, son, Afro Cuban dance and musicality. This experience will be enriched by afternoon cultural visits relevant to each workshop.
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Over the course of your holiday you will receive over fifteen hours of salsa tuition taught by our team, who will be a consistent presence throughout the two weeks. Remember the criteria by which we select our teachers extends way beyond mere technical ability or even teaching ability. We look for teachers who are charismatic and entertaining and who will teach you to dance with flair. And as these are much more than just teachers, because they will be accompanying you at night, we also select them for their personality and, quite frankly, physical attractiveness.

Alexis and his Cuban team (who have professional dance training) will introduce you to Cuban Salsa and thus introduce you to life in Cuba – a life which pulsates with energy, wildness and sensuality. Alexis was born in Havana. He graduated from the Escuela Nacional de Arte in Havana specializing in Show dance and has toured Europe performing with different Cuban dance troupes. He is an active member of UNEAC – the Cuban Association of Artists and Writers and performs with the Cuban Television Ballet.

Food and Meals	Please remember that Cuba is a poor country. Sometimes the food is plain and simple, and there is a limited selection of dishes by European standards. This is just one of the unavoidable aspects of being in Cuba. Although Cuban food can sometimes be uninspiring we think that you will usually be pleasantly surprised at the quality of the food you get. We shall naturally do our best to ensure that the restaurants we take you to serve food of an acceptable quality.
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The quality of the food may vary but the food is generally cheap and wholesome, with lots of rice and beans, fried fish and plantains. A typical Cuban menu might include Frijoles (a kind of stew with beans and ham), rice and black beans (moros y cristianos), cucumbers and tomatoes, cassava or malanga (local root vegetables), roast pork, fried chicken, plantains, corn fritters, bread, fried fish, pizza, followed by coconut pudding or ice cream.

Vegetarians: Vegetarianism is not understood in Cuba, where meat is a rare treat. So please be patient with locals who do not understand your needs. Please be aware that vegetarian choices can sometimes be very limited. On the other hand the staple diet of Cubans includes a lot of beans, rice and plantains, all suitable for vegetarians.

Optional Extras	In addition to your holiday we also offer you a variety of optional extras to make your holiday even richer and add some local colour. You can buy your optional extras at the welcome meeting at the beginning of your holiday.
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In addition, we want to tailor your Cuban experience to you so offer a variety of chill out breaks sandwiched between your Havana salsa stay. The first seven nights are spent in Havana and then you can travel to Trinidad, Varadero, Vinales Valley, Santiago de Cuba or Holguin for 4 nights' relaxation and exploration. You will then return to Havana for a final 3

nights. More details below.

These are the optional extras that we anticipate running from Havana – actual details and prices will be confirmed on arrival. Some may require minimum numbers

Beach Trip - Playas del Este: 30 CUC
(Weather permitting). Minimum number: 10

Spend the day on the beach by Atlantic Ocean. Travel by mini bus or coach to El Megano and enjoy the light golden sand shelving into stunning aquamarine waters. Optional lunch approx 15.00 cuc extra, a little more if you have lobster!

Special Dinner 40 CUC each including transport
Minimum number: 10

Previous trips have included El Chansonnier, The Roof Terrace at the Parque Central El Barco & The famous El Aljibe. Amanda will inform you which of the restaurants we will be going to during the week.

Four days in the Vinales Valley (Included)

Around two and a half hours' drive from Havana, UNESCO World Heritage site Vinales is encircled by mountains and its landscape is interspersed with dramatic rocky outcrops. Traditional techniques are still in use for agricultural production (especially tobacco) and a multi-ethnic society lives in its villages. Spend 4 nights at the Hotel Los Jasmines, a Cuban-owned budget hotel housed in a striking Mediterranean-style neo colonial building with wrought iron balconies and fabulous position on the very edge of valley, with a pool view to die for. For those who love nature and outdoor activities, the hotel, located 2km away from the village of Viñales, offers a variety of ecotours. Walk "The Way to the Pincushion Hills", going deep into the Valley to an ancient archaeological mural; see nature at its best with a bird watching tour or go horse riding through the valley. Or try the "Secrets of an Underground World", a speleological tour of the Cavern of Santo Tomás that also includes a visit to the Moncada farmers' community. Due to the popularity of Vinales as a destination for a few days' relaxation, the area has recently seen a number of high quality new Casa Particulares opening. We believe a "Casa" stay is the best way to experience this region, especially as the facilities and quality are of a good standard (often better than the hotels in the region).

Four days in Trinidad (£80 supplement)

UNESCO preserved Trinidad (5 hours' drive from Havana) offers an authentic picture of rural Cuba against the backdrop of a historic port town with colonial architecture. The Plaza Mayor, winding narrow streets and old churches remain largely untouched by the modern world. Typical views over the countryside offer sugar cane, tobacco fields and rice paddies, locals travelling on horseback and farmers herding their livestock through the streets. The region holds the Escambray Mountain Range, which treasures one of the country's most varied vegetation, ranging from arboreal ferns and wild orchids to pine forests, and a unique endemic fauna. There are great beaches 8km from Trinidad town with fantastic scuba diving and your stay will be at the Cuban 4 star All Inclusive Brisas Trinidad del Mar, overlooking Ancon Beach and with swimming pool, jacuzzi, sauna and water sports.

Four days in Varadero (£100 supplement)

Cuba's premier beach resort, a 20km long peninsula lapped by turquoise waters and edged with fine white sand, Varadero is well worth a trip if you're looking for a pure chill out break. Your stay will be at the 4 star All Inclusive Memories Varadero, overlooking the beach. Memories has two swimming pools and lush gardens surrounded by 908 rooms. Don't let the size of this hotel put you off - rooms are spread over a large area of pastel coloured low-rise buildings giving a pleasant village feel. Facilities include restaurants, bars, swimming pools, bike rental service, kids club, playground and wide range of sports activities including scuba diving, beach volleyball, wind surfing and a programme of evening entertainment.

Tailor made options....if none of the above take your fancy, call us to discuss your requirements. Other options include:

Santiago de Cuba (price on request)

Santiago de Cuba has soul. Cuba's second-largest city and home to the two Rs - Revolution and Rum - is justifiably proud of its heroes, beautiful plazas and vibrant musical tradition. Proximity to Jamaica and other tropical isles has infused the city with a distinctly Caribbean spirit, seen in its art and architecture, heard in its music, and celebrated in its festivals. Impressive architecture includes the imposing El Morro castle (a UNESCO World Heritage Site), the colonial casas of Parque Céspedes in the historic quarter and Basílica de Nuestra Señora de la Caridad del Cobre, Cuba's most sacred pilgrimage site. Stay in the iconic Melia Santiago, the only 5 star hotel in the city and with a large pool, panoramic rooftop bar, fitness centre, choice of restaurants and nightclub. Note that travelling to Santiago de Cuba includes an internal flight to Holguín.

Playa Esmeralda (price on request)

When Christopher Columbus got his first glimpse of the Holguín coastline in 1492, he pronounced it "the most beautiful land human eyes have ever seen." Spectacular beaches – including the enclaves of Playa Esmeralda, Playa Pesquero and Guardalavaca – make this province along Cuba's north coast the country's third most popular tourist destination. An internal flight from Havana, it might seem like a long way to go for a beach stay but it's really worth exploring the part of Eastern Cuba which, in our opinion, offers Cuba's best beaches. Farther inland, rolling hills and rugged mountains provide a stunning landscape. We stay at the 4 star All Inclusive Hotel Paradisus Rio de Luna y Mares on Playa Esmeralda

and set in immense gardens of the Parque Marítimo Bahía de Navajo. Facilities include 2 swimming pools, tennis courts, water sports, a choice of bars and restaurants and gym. Note that travelling to Playa Esmeralda includes an internal flight to Holguin.

Single Room
Supplements,
Upgrades and
Budget Options

Option 1 - Included

Nacional de Cuba - Hotel***** Bed & Breakfast - (20/08/2015 to 27/08/2015 - 7 nights)

Single Room (1 Person) 182.00 GBP

Twin Room (Based on 2 sharing) Included

Extra Nights

One Bed Suite Executive Floor (Per Room) 0 GBP per night

Single Room (Based on 1 sharing) 83 GBP per night

Triple Room (Based on 3 sharing) 180 GBP per night

Twin Room (Based on 2 sharing) 104 GBP per night

Vinales Casa Stay - Pension* Room only - (27/08/2015 to 31/08/2015 - 4 nights)

Single (Per Room) 40.00 GBP

Twin / Double (Per Room) Included

Extra Nights

Single (Per Room) 32 GBP per night

Twin / Double (Per Room) 50 GBP per night

Nacional de Cuba - Hotel***** Bed & Breakfast - (31/08/2015 to 03/09/2015 - 3 nights)

Single Room (1 Person) 78.00 GBP

Twin Room (Based on 2 sharing) Included

Extra Nights

One Bed Suite Executive Floor (Per Room) 0 GBP per night

Single Room (Based on 1 sharing) 83 GBP per night

Triple Room (Based on 3 sharing) 180 GBP per night

Twin Room (Based on 2 sharing) 104 GBP per night

Option 2 - Upgrade

Nacional de Cuba - Hotel***** Bed & Breakfast - (20/08/2015 to 27/08/2015 - 7 nights)

Single Room (1 Person) 182.00 GBP

Twin Room (Based on 2 sharing) Included

Extra Nights

One Bed Suite Executive Floor (Per Room) 0 GBP per night

Single Room (Based on 1 sharing) 83 GBP per night

Triple Room (Based on 3 sharing) 180 GBP per night

Twin Room (Based on 2 sharing) 104 GBP per night

Brisas Trinidad del Mar - Hotel**** All Inclusive - (27/08/2015 to 31/08/2015 - 4 nights)

Twin Room (Based on 2 sharing) 80.00 GBP

Twin Room (Single Occupation) (1 Person) 182.00 GBP

Extra Nights

Suite for single occupancy (Per Room)	0 GBP per night
Twin Room (Based on 2 sharing)	84 GBP per night
Twin Room (Single Occupation) (Based on 1 sharing)	64 GBP per night

Nacional de Cuba - Hotel***** Bed & Breakfast - (31/08/2015 to 03/09/2015 - 3 nights)

Single Room (1 Person)	78.00 GBP
Twin Room (Based on 2 sharing)	Included

Extra Nights

One Bed Suite Executive Floor (Per Room)	0 GBP per night
Single Room (Based on 1 sharing)	83 GBP per night
Triple Room (Based on 3 sharing)	180 GBP per night
Twin Room (Based on 2 sharing)	104 GBP per night

Flights and Transfers

Flights: We include direct flights from London Gatwick to Havana Jose Marti airport. Virgin Atlantic permit 23 kilos of luggage plus one piece of hand luggage per person.

If you wish to book your own flights to Cuba we are happy to offer you a flight-exclusive price. If your flight coincides with our airport transfers we can reserve you a place. Please ensure you advise us of your flight times.

Transfers: We include meet and greet and an airport transfer for everyone arriving on our standard flight. If you are arriving on a different day or at a different time we can book you a private transfer; please enquire at the time of booking.

Making your own way to the hotel for ground only package

Making your own way there: For those whose flights don't coincide with our Airport coach transfer, you can make your own way to the Hotel in Havana. The distance between the José Martí International Airport and the city of Havana is approximately 20 km (12 miles).

There are no public buses that pass by the airport en route to Havana, so you must either take a personal taxi or tourist bus. Taxis charge approximately 30 CUC, and the tourist bus charges approximately 15 CUC. Journey time: approx 30 minutes.

What to Expect in terms of Organisation

On Arrival: You will receive a detailed itinerary and any other important information, including an overview of the local sights, recommended restaurants and other helpful tips.

Club Dance Holidays Host: Your holiday tour host is there to make your holiday as enjoyable as possible. Club Dance Holidays Tour Hosts are a cut above your typical Holiday Rep with a lightness of touch that enables you to get the best out of your holiday without being in the least bit interfering. We make sure you get the best out of the destination even though you are there for a relatively short time and we do this through our local knowledge and our knowledge of dance.

Club Dance Holidays Tour Hosts normally offer much more of themselves than you would expect including making sure your nights are sociable and fun often well into the small hours if that is your whim. During the daytime the level of participation and presence of Club Dance Holidays tour hosts varies according to the nature of each holiday and its destination. Tipping at the end of the holiday is at your discretion.

Overview of the Week and Welcome Drink: At the beginning of your holiday there is an Overview of the Week where your tour host will tell you about all details of your holiday and answer any questions you might have. At the Overview of the Week you can buy your optional extras and Club Dance Holidays will invite you to be our guest for a drink.

Before Your Go

Books on Cuba Of the books we have read about Cuba or set in Cuba these are the ones we would recommend:

"Enduring Cuba" by Zoe Bran - Honest and inquisitive look into Cuban life. "Land of Miracles" by Stephen Smith – An

excellent recent travel book written about Cuba, witty clever and informative. Strongly recommended. "Waking up in Cuba" by Steven Foebr – An honest, entertaining account of what you can expect to find in Cuba. Especially informative about the music and cultural history. "Cuba" - The Lonely Planet Guide by David Stanley - One of the most detailed guide books on Cuba.

The Dual Economy: Cuba's economy has been distorted by the American blockade and by the withdrawal of subsidies by the former Soviet Union. There are two economies running side by side in Cuba. One is in Cuban pesos and is for Cubans. The other is in CUC, Convertible Cuban Pesos and is for tourists. The dual economy is to cater for the difference between the average Cuban wage and the wage that a visiting tourist will earn back home. It's worth bearing in mind that the average monthly wage of a Cuban is \$12 - \$15. In a nightclub a tourist might be asked to pay between \$5 - \$20. A Cuban will pay 30 pesos which is about 600 times less. The concept of a dual economy may seem strange to you but to Cubans it is as natural as your economy is to you.

Money: Until recently, the second economy was the American dollar. However, Castro eliminated the dollar from circulation in November 2004. You can no longer use US Dollars or any other foreign currency in Cuba, and if you bring american dollars a tax of 10% will be applied to you at the exchange of them for Cuban Convertible Pesos (this tax will not be applied to other currencies). So our strong recommendation is to bring cash Euros, UK Pounds or Canadian Dollars and change them on arrival in Cuba to the CUC. Additionally you will be able to exchange back the remaining CUC at the end of your travel. The CUC has an exchange rate equivalent to the American dollar and for this reason its sign is a '\$'. Whilst bringing your money in cash may seem a bit alarming, it is from our personal experience, the most practical way of buying. Cheques, credit cards that are related to US banks and American Express travellers cheques are not accepted. There are very few (if any) cashpoints. You can take cash out by showing your credit card and passport at a till within a bank but you will probably have to queue for a long time.

Tipping: Tourism is the most important industry in Cuba and those who are able to work with tourists, even as room cleaners or barmen, earn more money than doctors and other professionals. Tips therefore often constitute the main source of income for many of the Cubans who you will meet. We feel our tour hosts work hard to give you an exceptional holiday and sometimes you may find that they add some special touches which are beyond the call of duty. If you agree with us, you might wish to show your appreciation by way of a tip. You can do this by putting money in an envelope on your own or by getting together with other guests. All tipping is evidently entirely at your discretion.

Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations. We have translated these approximate prices into GBP to help with your budgeting. Please refer to the optional extra section of the fact sheet for the prices of the optional extras:

Don't forget that we include all club entry fees as well as paying for the dancers to accompany you so you only need to pay for your own drinks.

Drinks at Clubs vary in price depending on which club you go to and the time of day you attend. For example, Casa De La Musica bar prices are cheaper at Matinee shows and more expensive in the evening.

Average club drink prices

Cocktails 3 - 4 CUCs
Soft drinks and beer 1 - 3 CUCs
Bottle of rum 12 - 20 CUCs

Evening meals

Budget restaurant 8 - 12 CUC
More upmarket restaurant 12 - 20 CUC

Tipping per day 3 - 4 CUCs

Airport tax on leaving Cuba 25 CUC

Gifts for Cubans: Cuba is without many of the essential things that we take for granted. Things that are particularly difficult to get hold of in Cuba include toiletries (shampoo, moisturiser, razors, soap, toothpaste, etc), perfumes and aftershaves, pens and paper, books in English or Spanish, clothes, and shoes. In the past some visitors have taken small gifts to give to the Cubans they meet or have left some of their own things behind them when they travel back to the UK.

Passports: These must be valid for at least six months beyond the length of stay. Please check your passport now.

Tourist Visa Card: You require a Tourist Visa Card to enter Cuba. We as a tour operator can issue Tourist Visa Cards to our clients who come from Britain, Australia, Canada, USA, other EU countries and Japan. (If you live in another part of the world, please arrange your own visa to enter Cuba). Cuban Tourist Visa Cards are valid for one single trip of up to 30 days, although the stay can be extended in Cuba. The card must be bought in the country where the trip has been arranged (through us!). All passengers must hold tickets and other documentation required for their onward or return journey unless holding special annotation issued by a Cuban Consulate. You will be sent your Cuban Tourist Visa Card with your tickets a few days before you go. You will need to keep your Tourist Visa Card safe as you will need it

to get in to Cuba and to get back out of the country. So look after it carefully during your trip.

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the dance classes. Please inform us if you have any medical conditions that we need to be aware of.

Luggage Labels and Lost Luggage: We strongly recommend that you secure your luggage before flying by all means possible – tape and locks. You should attach large and clear labels to your luggage with your name, flight number and destination. Do not put travellers cheques, jewellery or money in your suitcase. In the unlikely event that your luggage is lost during the journey you need to independently take the matter up directly with the airline at the airport in Havana.

Vaccinations: We are informed by the Cuban Embassy that no special vaccinations are required for travel to Cuba. However, the following vaccinations are recommended by NHS Direct: tetanus, typhoid, hepatitis A, polio, diphtheria, BCG and hepatitis B. Please consult your own GP in respect of which vaccinations you should have.

Insurance: This is a condition of booking please refer to the information supplement for details.

Travel Documents: You receive these (which include a detailed Information Pack, your flight tickets and your Cuban Tourist Visa Card) when you have paid for your holiday in full and as soon as we have received your airline tickets. In some cases the airlines do not release the tickets until five days before the departure date. We also confirm the address and phone number of the hotel and the emergency contact numbers.

Essential equipment and clothing to bring

Useful Things to Bring: It's worth remembering that due to the US embargo you will not find as much availability in the shops (especially chemists and clothes shops) so its a good idea to come well prepared:

Shoes suitable for walking around the streets
Broad brimmed sun hat/sunglasses
High factor sun cream
Insect repellent/anti-mosquito spray
Antiseptic cream in case of bites
Elastoplasts for sore feet
Aspirin/Nurofen for hangovers!
Immodium for stomach upsets
Shampoo, soap, toothpaste and other toiletries (hard to obtain and expensive in Cuba)
Condoms (local condoms are of low quality)
Travel washing powder (although the hotel may provide a laundry service)
Paper tissues/toilet paper
Swimming costume essential/beach towel
Money belt
Money, plane ticket, full valid passport, visa
This fact sheet

What to wear for dancing: It is probable that you may get through quite a few clothes in the classes and dancing at night (you can get quite hot!) so bring a variety of outfits. In the clubs, the local dress code is quite casual and 'streety' as opposed to elegant and smart. Cuban women tend to wear jeans/tight trousers or mini skirts with sassy little tops whilst men tend to wear trousers with tshirts.

Trainers are allowed at most venues. Shorts are not permitted. A useful tip for women is in that some salsa clubs you have to leave your handbag in the cloakroom. Therefore its a good idea to bring a wrist/ankle purse or a purse that clips on to your trousers/skirt.

At Your Destination

A few tips for the new traveller to Cuba.

The Cuba Factor: Be aware that Cuba is a place where things do not always go according to plan. Sometimes the most carefully constructed plans just don't happen. At other times new and exciting opportunities arise to, for instance, see a famous Cuban band playing live, or to experience some exciting aspect of life in Cuba that no one could have possibly predicted. Turn every problem into an opportunity and you will experience the best of Cuba.

Making friends with the locals and people not on the holiday: Cuba is a great place to make friends with the locals, and should you do so and would like them to come along to the activities organised by us, then just ask your Tour Host and except for the dance classes and provided you pay their way there should not be a problem. However, we discourage Non-Cubans who have not paid for the holiday from coming out with us more than once or from joining in activities arranged specially for the group. We would be grateful for your assistance and cooperation in this respect.

Buying drinks and meals for Cubans: Often Cubans will ask you to buy them a drink or food. They are often unable to afford to buy their own. At your own discretion you may wish to occasionally buy drinks and or a meal for the Cuban friends that you make. This is usually only a matter of a few dollars and is another feature of the peculiar circumstances that prevail in Cuba.

Attention in public places: Visitors from the West should be aware that they are likely to get a much higher level of physical attention in Cuba than they are used to back home. This applies to men as well as women! In nightclubs, Cubans dance close and often in a very sensual way. Sometimes they may try to push their luck. This is always done with a smile, is usually just playful and can be great fun. You should exercise common sense and, if you find that you are feeling hassled you should be firm and disengage from your partner with a polite and friendly smile. One of the team will normally be on hand to provide moral support, or escape, should you need it!

Keeping your valuables safe: Although crime rates in Cuba are very low, it is a poor country and you represent to them a rich foreign tourist whose pockets are stuffed with unimaginable wealth. So please be careful. Our advice is to leave expensive jewellery and unnecessary valuables at home. It is best not to put temptation in peoples' way. Do not leave your luggage unattended at any time and ensure that there is some way of locking or padlocking your suitcase or travel bag on the occasions where the luggage needs to be left in the bus or in the reception of the hotel. It is not unheard of for unlocked bags to be tampered with. When travelling we suggest that you keep your passport, travellers cheques, dollars and other important valuables about your person, in secure money belts or pockets. Although your possessions should be reasonably safe in your hotel rooms please ensure that your traveller's cheques, dollars and other important valuables are always locked in your suitcase or in your safe when you go out.
