



The Capitol in Havana

Medicine in Cuba 2 – 13 February 2025

With Varadero Beach Extension
2 – 16 February





The spectacular scenery of Viñales

There is only one Cuba. This vivacious tropical island with music throbbing through its veins and a unique character kept intact by a half century of economic isolation has a vivid history and a unique healthcare system. Cuba has universal healthcare with a strong focus on health promotion, primary care and preventative medicine, with basic healthcare for all a national priority. Part of Cuba's health care strategy is to have a strong focus on organic farming and urban gardening.

Jon Baines Tours has been organising regular health care tours to Cuba for many years and has a network of fascinating specialist visits and speakers. Cuba is changing with a wave of new shops, galleries, restaurants, bars and museums. The combination of specialist health care and cultural tours, talks and visits will provide a real insight into this fascinating country.

“This was our first Jon Baines tour and we were delighted with the overall experience. In two weeks, we were exposed to a very close-up picture of the Cuban way of life in 2023, including their history, politics, economics, healthcare, infrastructure, food, music, and the genuine warmth of the Cuban people. The well organised itinerary allowed excellent opportunities to get to know fellow travellers and their roles in healthcare. Loved the Cuban trip!!!”

Seamus Strain, participant
Pharmacy in Cuba, January 2023

Tour Leader

Dr. Chet Pager grew up in Hawaii and Australia, with restless parents and five passports. He studied at Harvard, Stanford, Yale, Cape Town and Sydney Universities, and trained at the Royal Prince Alfred Hospital in Sydney, before taking up positions in Emergency Medicine and Urgent Care in both rural New South Wales and central London. In addition to clinical medicine, he has worked extensively in education, law and policy, as a university lecturer, lawyer, and consultant to the RAND corporation and the Australian government, with a particular focus on indigenous health. Chet has volunteered in medical settings in Mali, Sierra Leone, Uganda, Nepal and South Africa, and is now based in London, with easy access to four international airports. Having taken his first long-haul flight at two weeks of age, Chet has always had a passion for travel, and has been heavily



involved with tours and expedition medicine for more than 15 years, having written for the best-selling Let's Go travel guides, and led groups up Mount Kilimanjaro, across the Sahara Desert, down to Antarctica, as well as having travelled extensively on all seven continents and through more than 100 countries.

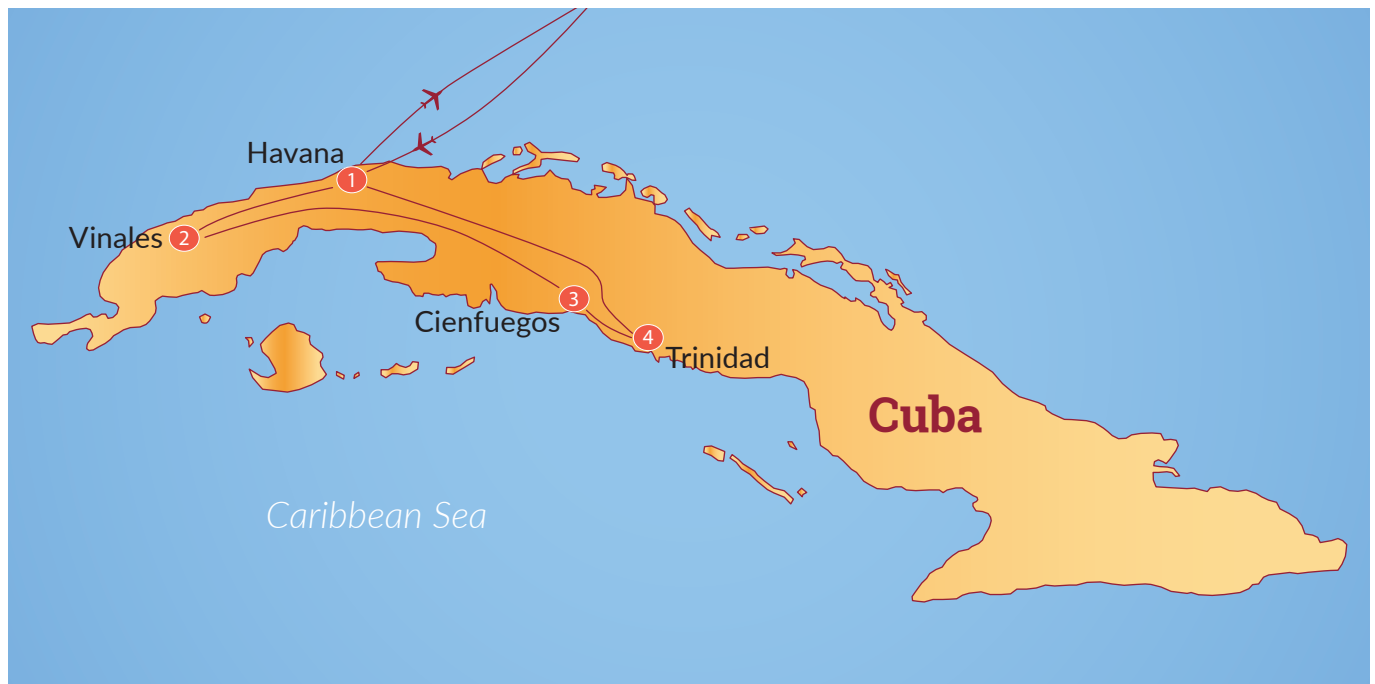
Have dinner at the stunning Palacio del Valle in Cienfuegos



Itinerary 2 – 13 February 2025

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Havana – 2 nights Viñales – 2 nights Cienfuegos – 2 nights Trinidad – 2 nights Havana



Day 1: Havana (Sun, 2 Feb)

D

Am/Pm: Arrive Havana and transfer to the Hotel Memories Miramar and dinner.

Day 2: Havana (Mon, 3 Feb)

B D

Am: Walking tour through old Havana, seeing the restoration of Cuba's capital and hearing some tales of the city.

Pm: Visit the ornate, wood panelled Taquechel Pharmacy in old Havana - a restored pharmacy which still serves the local population - and hear a talk on healthcare in Cuba.

Eve: Welcome dinner at Doña Eutimia in the Havana Cathedral.

Day 3: Havana (Tue, 4 Feb)

B L

Am: Visit the Latin American Medical School.

Pm: Lunch in a local paladar. Return to the hotel via a visit to a city farm. Cuba's capital city is cited as a world-leading example of good practice in urban food cultivation, producing up to 100% of its fresh vegetables.

Eve: Optional Parisian cabaret show at the Nacional Hotel.

Day 4: Havana/Viñales (Wed, 5 Feb)

B L D

Am: Drive to the Sierra del Rosario Reserve. Visit a coffee plantation. Drive to the commune of Las Terrazas in the mountains, meet the family doctor (the GP), visit the local artist's house and have coffee at Maria's house.

Pm: Continue to Viñales and check in to the hotel.

Day 5: Viñales (Thur, 6 Feb)

B L

Am: Visit Viñales valley, including a tobacco farm, and take a cave boat trip.

Pm: Lunch at Wilfredo's Organic Farm and learn about organic farming in Cuba. At leisure to enjoy the beautiful scenery of Viñales.

Eve: Walk into Viñales town for a local dinner (not included).

Day 6: Viñales/Cienfuegos (Fri, 7 Feb)

B D

Am: Drive to Cienfuegos, visiting the Bay of Pigs and Museo Giron en route.

Pm: Check in to Hotel Jagua.

Eve: Dinner at Piñeiro House.

Day 7: Cienfuegos (Sat, 8 Feb)

B D

Am: Visit Cienfuegos Hospital. Visit the grandly ornate Tomás Terry Theatre and take a walking tour of Cienfuegos, the only city in Cuba to have been founded by French settlers.

Pm: Take in the picturesque buildings and colonnades of Cienfuegos and see every day Cuban life; the food market, nail salons, a bodega store and moneda nacional shops.

Eve: Dinner at Palacio del Valle.

Day 8: Cienfuegos/Trinidad (Sun, 9 Feb)

B L D

Am: Drive to the Sierra del Escambray Mountains. Visit Topes de Collantes National Park with a naturalist guide, examining medicinal plants.

Pm: Continue to Trinidad and check in to Alberto and Osmar's attractive casa particular (a guesthouse in a private home).

Eve: Walk into Trinidad for a cocktail-making class and dinner in Esquina 373 restaurant.

Day 9: Trinidad (Mon, 10 Feb)

B D

Am: Explore Trinidad, including Plaza Mayor, Holy Trinity Church and the Romantic Museum. Return to the hotel.

Pm: At leisure with options to further explore beautiful Trinidad or visit the beach.

Eve: Dinner at Visa Gourmet. Optional salsa class.

Day 10: Trinidad/Havana (Tue, 11 Feb)

B D

Am: Head to Santa Clara, the final resting place of Che Guevara, and visit Monumento Tren Blindado (the Armored Train) - a national monument, a memorial park and museum of the Cuban Revolution.

Pm: Return to Havana and check in to the hotel.

Eve: Have dinner in a local paladar to experience Cuban fusion food.

Day 11: Havana (Wed, 12 Feb)

B D

Am: Take a walking tour of Havana, including a community centre for the elderly offering a range of activities and classes. Explore the many new artisan workshops and businesses that have sprung up in Havana over the last few years, renowned for their distinctive local style.

Pm: At leisure.

Eve: Drive-by in 1950's US classic cars to a farewell dinner at La Guarida.

Day 12: Havana (Thur, 13 Feb)

B

Am/Pm: Depart hotel after breakfast.



'Gente de campo' in Viñales (top); Memories Miramar Hotel, Havana; Hotel Jagua, Cienfuegos (above)



Varadero (above)

Varadero Extension

After a busy two weeks of travel, a beachside break is perfect. Varadero Beach is an uninterrupted 20km stretch of gold sand that is undoubtedly one of the Caribbean's best. The crystal-clear water is a perfect temperature and the sand is dazzling. This post-tour extension is set up for hassle-free comfort and relaxation, with excellent service at this all-inclusive resort. Located on the 20km-long Hicacos Peninsula with many cafes, shops, water activities and poolside entertainment at your fingertips, this is the ideal place to unwind after your tour.

Spend three nights Sol Caribe Beach Hotel, a charming, smaller beachfront resort with traditional Cuban décor – patio courtyard, red roofs, and tropical gardens - nestled along the sandy beachfront of Varadero. The all-inclusive (including drinks) resort provides comfortable rooms, friendly service, a 24-hour food and beverage service, lovely swimming pools, fitness facilities and a variety of activities. It also is also noted for the quality of its food, its music and its cocktails.

Day 12: Havana/Varadero (Thur, 13 Feb)

B **L** **D**

Am: At leisure.

Pm: Transfer to the Hotel Sol Caribe Beach Varadero for three nights.

Day 13: Varadero (Fri, 14 Feb)

B **L** **D**

Am/Pm: At leisure.

Day 14: Varadero (Sat, 15 Feb)

B **L** **D**

Am/Pm: At leisure.

Day 15: Varadero/Havana (Sun, 16 Feb)

B

Am: Transfer to Havana to connect with your return flight.



The perfect beaches of Varadero



The cost of the tour sharing a room is £2,590

The cost of the tour with a room to yourself is £2,876

The cost includes:

- The services of a tour leader
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and boutique hotels and a casa particular
- Breakfast and lunch or dinner daily on the tour
- All professional visits and talks
- All cultural visits, tours and admission fees
- Services of a specialist English speaking national guide
- All transport services and taxes in Cuba
- All tips

The cost excludes:

- Meals not mentioned
- Arrival and departure transfers (except on extension)
- All optional excursions, tours and visits
- Travel insurance
- International flights and visa

The cost of the extension per person sharing a room is £480

The cost of the extension with a room to yourself is £574

- Three nights' accommodation in twin-bedded rooms with private facilities in a 4-star beach resort
- All meals, snacks and unlimited drinks at the resort (including alcoholic drinks)
- All entertainment at the resort
- Coach transport services to the resort and to the airport (standard pick up times)

*** All itineraries are subject to change according to local conditions**

“Visits were excellent: Botanic Gardens, Hemingway statue, Taquechel Pharmacy; medical visits very interesting.”

Sally and Clive Bray, Medicine & Society in Cuba, February 2016

Trinidad (top); Walk through Topes de Collantes National Park (above)

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Trinidad Plaza (top); Musicians in Trinidad; Taquechel Pharmacy in old Havana; Visit a tobacco farm in Viñales (above)



Jon Baines
tours

