



The Capitol in Havana

Pharmacy in Cuba

16 – 27 January 2022

Varadero Extension

27 – 30 January 2022

Eligible for CPD

In association with



Jon Baines
tours



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 primary care, preventative medicine and home health, with basic healthcare for all a national priority. Cuba has long made wide use of traditional and herbal remedies from a pharmacological perspective, from necessity as much as anything.

There has rarely been a better time to visit Cuba. Still in a time warp from the embargo from which it is only now emerging, Cuba is poised at the beginning of a creative wave of new culture. Experimentation is in the air. This CPD eligible tour follows in the footsteps of previous successful medical tours to Cuba, providing real insight into Cuban society and healthcare.

This tour is eligible for CPD and all participants will be provided with a CPD attendance certificate after the tour. It could also be tax-deductible – please clarify with your accountant.

Tour Leader

Since 1995, **Hemant Patel** has served on the local, national, European, Commonwealth and world pharmacy bodies. He is the Secretary of NE London LPC and has served the profession of pharmacy as President of the Royal Pharmaceutical Society of GB for four terms and was awarded the first ever Charter Award in 2011 for his contribution to his profession. In particular, has made contribution to pharmacists' role in medicines safety and effectiveness in use, introduction of public health services in community pharmacy, and now the innovation of SelfCare Pharmacy practice. Hemant is well known for his personal commitment to improve the profession of pharmacy and to meet changing needs of the patients, and the public.



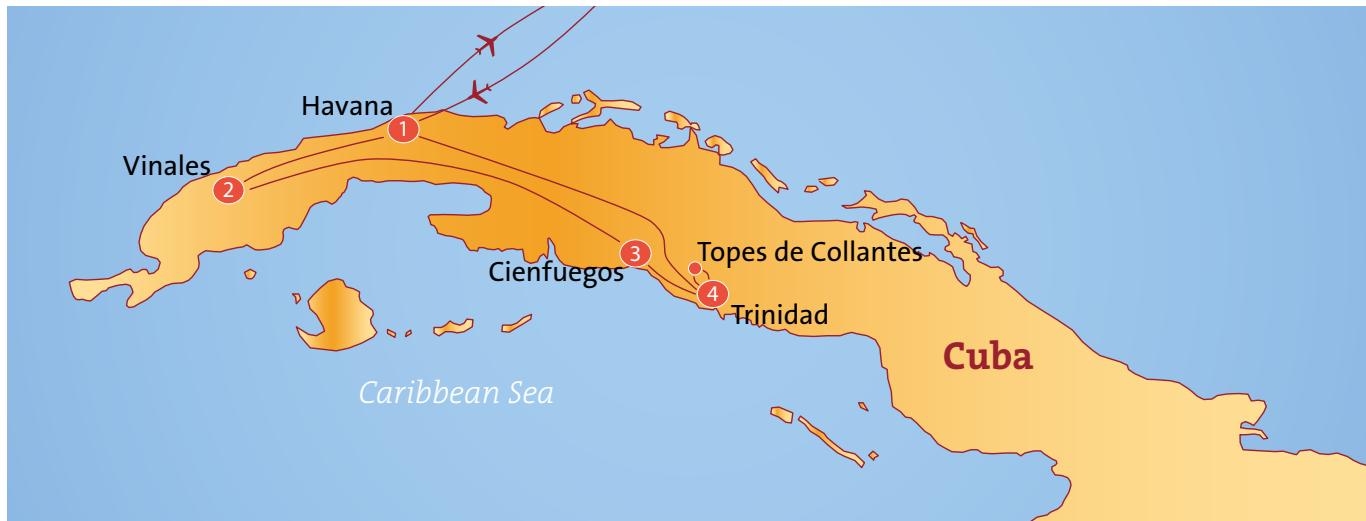
Have dinner at the stunning Palacio del Valle in Cienfuegos



Itinerary 16 – 27 January 2022

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, 16 Jan)

D

- Am: Arrive in Havana and check into Hotel Memories Miramar, a very comfortable 4-star hotel near the ocean.
Pm: Settle in at leisure before dinner.

Day 2: Havana (Mon, 17 Jan)

B D

- Am: Step out into the colonial grandeur of Old Havana for an architectural walking tour. Look at the superb restoration work in the city and hear stories about Havana.
Pm: Visit the Havana University Faculty of Pharmacy for a talk providing background to health care and pharmacy in Cuba.
Eve: Welcome dinner at Doña Eutimia in the Havana Cathedral.

Day 3: Havana (Tues, 18 Jan)

B L

- Am: The ornate wood panelled Taquechel Pharmacy in old Havana offers a tantalising glimpse into Havana's former grandeur. Visit this restored pharmacy, which still serves the local population, as well as being a small museum.
Pm: Lunch in a local paladar. Visit a research centre for pharmaceutical products and a pharmaceutical production plant.

Day 4: Havana / Viñales (Wed, 19 Jan)

B L

- Am: Drive to the Sierra del Rosario reserve and visit a coffee plantation with spectacular views of the area. Visit Las Terrazas settlement, an ecological complex covering more than 5,000 hectares. You will visit a family doctor, a local artist and have coffee at Maria's House.
Pm: Continue to Pinar del Rio and check into La Ermita, a traditional style hotel perched on a limestone hillock with spacious gardens, a pool and dramatic vistas across the Viñales Valley.

Day 5: Viñales (Thurs, 20 Jan)

B L

- Am: Pinar del Rio claims, with justification, to be Cuba's most beautiful area. Its lush valleys are dotted with the distinctive 'mogotes' (huge grassy hillocks), which provide ideal tobacco growing conditions as well as spectacular scenery. Start your day with a walking tour of the little town of Viñales, which consists mainly of one-story wooden houses with porches, including a bodega and a local pharmacy. Explore Valle del Silencio, one of the most beautiful valleys in Cuba, and stop for coffee at a local farm.
Pm: Lunch at Wilfredo's Organic Farm and learn about organic farming in Cuba.

Day 6: Viñales / Cienfuegos (Fri, 21 Jan) B L

- Am: Rise early to drive Cienfuegos. Stop en route at Playa Larga, a charming fishing village with a strong local identity and a rich ecosystem with a huge array of colourful birds and tropical fish.
- Pm: Have lunch on the lovely beach at nearby Caletón before driving to the Bay of Pigs to visit Museo Giron, which gives a Cuban view of the infamous US invasion. Arrive in Cienfuegos and check into the modernist Hotel Jagua, which offers unbeatable sea views and a lovely pool.

Day 7: Cienfuegos (Sat, 22 Jan) B D

- Am: Visit Cienfuegos Hospital Pharmacology Department and meet the hospital pharmacologists. Visit the grand Tomás Terry Theatre, with its Carrara marble, hand-carved Cuban hardwoods and ornate ceiling frescoes, 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 everyday Cuban life, looking at shopping, the food market, nail salons, a bodega store and moneda nacional shops.
- Eve: Dine at the beautiful Palacio del Valle.

Day 8: Cienfuegos / Trinidad (Sun, 23 Jan) B D

- Am: Drive into the lush rainforest of the majestic Sierra del Escambray Mountains to visit the Topes de Collantes National Park – a cool, green- filtered world away from the tropical heat of the coast. The high slopes of the mountains are choked with bromeliad laden trees, giant furling ferns and delicate misty waterfalls. Further down, jungles give way to the coffee plantations and royal palms. Explore the beautiful mountains in the company of Andreas, a dynamic naturalist guide with extraordinary knowledge of the medicinal use of plants, before a delicious spit roast pork lunch in the park.

- Pm: Continue to Trinidad and check into Alberto and Osmary's attractive casa particular.
- Eve: Walk into Trinidad for a cocktail-making class and dinner in Esquina 373 Restaurant.

Day 9: Trinidad (Ancon) (Mon, 24 Jan) B D

- Am: Trinidad is one of Cuba's treasures. Founded in 1514, the town became the centre of the sugar cane boom in the late eighteenth century and huge amounts of money were lavished on fabulous colonial buildings. Well preserved red-tiled roofs, pastel buildings, baroque churches, winding cobblestone streets and excellent museums fill this tiny city, which still moves along at the pace of a mule cart.
- Pm: At leisure before a local dinner.

Day 10: Trinidad / Havana (Tue, 25 Jan) B D

- Am: Head to Santa Clara, the final resting place of Che Guevara, and visit his memorial and museum.
- Pm: Return to Havana and check into Hotel Memories Miramar.
- Eve: Have dinner in a local paladar to experience Cuban fusion food.

Day 11: Havana (Wed, 26 Jan) B D

- Am: Set out for a walking tour of Havana, including a visit to the Rum Museum and an arts centre. 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 and high standards (eg Clandestina, D Brujas handmade soap shop, Dador).
- Pm: At leisure.
- Eve: Drive in fabulous 1950's American cars to a farewell dinner at La Guarida.

Day 12: Havana (Thu, 27 Jan) B

- Am: Depart Havana or join the three-night beachfront extension in Varadero.



The beachfront Starfish Cuatros Palmas

Varadero Extension

Varadero Beach is an uninterrupted 20km stretch of gold sand that is undoubtedly one of the Caribbean's best. The water is clear and 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. Cuba is a fascinating and rewarding destination but after a busy two weeks of travel, a beachside break is perfect. 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 at Starfish Cuatro Palmas, a charming, smaller beachfront resort with traditional Cuba décor – patio courtyard, red roofs, and tropical gardens - nestled along the sandy beachfront of Varadero. The all-inclusive

(including drinks) adults-only 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 (Thu, 27 Jan)

B

Am: At leisure.
Pm: Transfer to the Starfish Cuatro Palmas Varadero for three nights.

Day 13: Varadero (Fri, 28 Jan)

B

Am: At leisure.

Day 14: Varadero (Sat, 29 Jan)

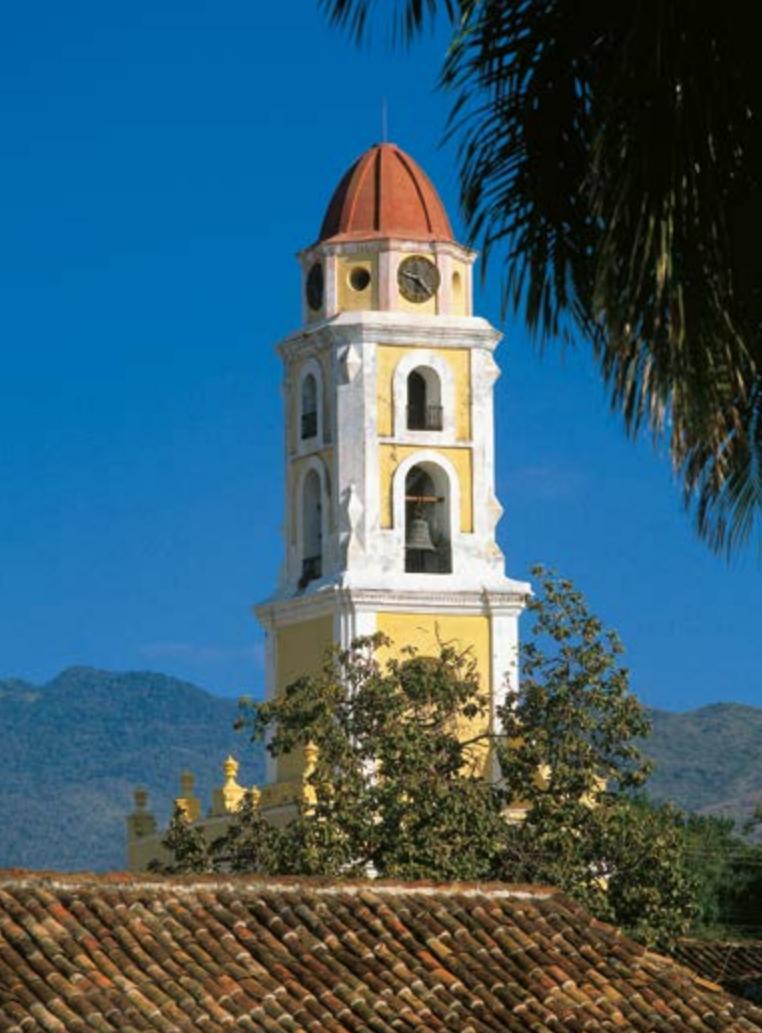
B

Am: At leisure.

Day 15: Varadero / Havana (Sun, 30 Jan)

B

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



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

**The cost of the tour is
USD \$3,354 per person sharing
(excluding international flights and transfers)**

The cost includes:

- The services of a tour leader (Hemant Patel)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and boutique hotels

The single room supplement is USD \$494

- Breakfast and lunch or dinner daily on the tour
- All admission fees
- Services of a specialist English speaking national guide
- All transport services and taxes in Cuba
- All tips
- CPD attendance certificate

The cost excludes:

- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa

**The cost of the Starfish Cuatro Palmas, Varadero extension is
USD \$485 per person sharing and includes:**

- Three nights' accommodation in twin-bedded rooms with private facilities in a 4-star beach resort

Single room supplement is USD \$118

- 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

About Us

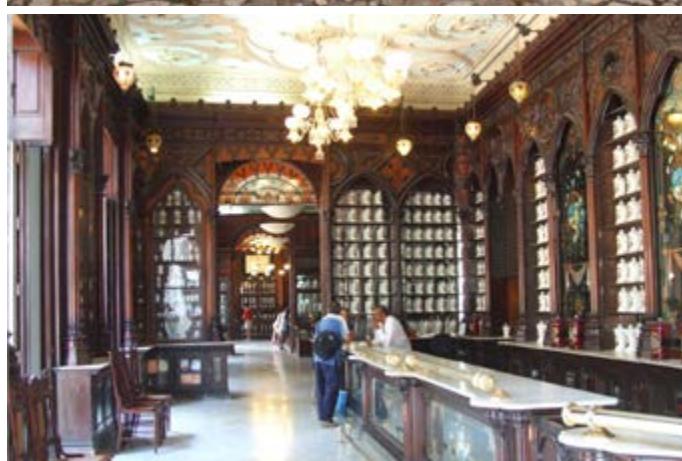
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we 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.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:
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Trinidad Plaza (top); Musicians in Trinidad; Taquechel Pharmacy in old Havana; The perfect beaches of Varadero (extension) (above)



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