

AGSC 302: International Field Studies in Sustainable Agriculture
THURSDAY Apr 30 to FRIDAY May 22, 2009
PROGRAM

DAY 0 THURSDAY. APR 30 ARRIVAL

- Accommodation at Saint Johns Hotel, located in the cultural centre of the city.
- Breakfast is included from 7.00 a.m. to 10.00 a.m.
- Pizza and movie night – Meet in lobby at 6:15 to walk half a block to Hotel Vedado for Pizza.
- 8:00 in Restaurant on second floor: CBC Country Canada on Cuban agriculture (20 mins) followed by award-winning video FIDEL

DAY 1. FRIDAY. MAY 1. HAVANA

- Morning participation in May Day celebrations at Plaza de La Revolution.
- Lunch in Old Havana
- Afternoon walking Tour in Old Havana, declared World Heritage by UNESCO in 1982.
- Dinner at local paladar

DAY 2. SATURDAY. MAY 2. HAVANA.

- 9:00 a.m. City tour with agro-ecological focus;
- 9:00 a.m. Visit organic garden located in 5ta y 44.
- Visit farmer's market.
- 12:30 p.m. Welcome Lunch at El Aljibe Restaurant. Conf con Yamilka
- 2:00 p.m. Havana agro-ecological city tour part two. Visit organic farm "Vivero"
- 8:30 p.m. Dinner at local paladar.

DAY 3. SUNDAY. MAY 3. HAVANA.

- 9:30 a.m. Visit to the scale model of Havana. Meet with arch. Miguel Coyula from the group for the comprehensive development of the city. Lecture room.
- 11:30 a.m. Visit to organic farm of medicinal plants located in 5ta e/ 110 y 112.
- 12:30 p.m. Lunch at La Mina Restaurant in Old Havana.
- 2:00 p.m. Free afternoon to explore craft markets, Old Havana
- 7:00 Dinner in Old Havana.
- 9:00 p.m. Dance to Salsa, Son and Rumba led by band leader Elsa María.

DAY 4. MONDAY. MAY 4. HAVANA.

- 9:30 a.m. Morning visit to farmers market, Havana Botanical Garden.
- Lunch at vegetarian restaurant in the Botanical Garden
- Visit to Callejón de Hammel
- 2:00 p.m. Havana agro-ecological city tour part two
- 7:00 p.m. Social evening with Mavis Alvarez (founding member of ANAP, author) to discuss effect of agrarian reform on women, followed by dinner at the hotel.

DAY 5. TUESDAY. MAY 5. HAVANA.

- 9:00 a.m. Visit to INIFAT (National Institute for Research on Tropical Agriculture) for presentation by INIFAT and ACTAF (Cuban Association of Crop and Forestry Professionals).
- 12:30 p.m. Lunch with professors and students from the Agricultural University of Havana, specializing in Sustainable Agriculture and Biological Control.
- 2:30 p.m. Afternoon: Visit to Ministry of Agriculture. Briefing on Urban Agriculture in Havana City by representative of MINAGRI in Havana City.
- Dinner at Meson de la Flota (tapas, flamenco dancing).
- Evening venue: Hear the best jazz music in Havana at La Zorra y El Cuervo (optional).

DAY 6. WEDNESDAY. MAY 6. PINAR DEL RIO.

- 8:30 a.m. Departure to Las Terrazas eco-community, in Sierra del Rosario. Welcome cocktail and explanation of the area at Rancho Curujey above the shores of San Juan Lake.
- 10:00 a.m. Visit to Ecological Station.
- Visit ruins of a French Coffee Plantation built in 1801, and La Moka, an ecological hotel with trees growing up through the balconies and ceiling. Lunch and swimming at San Juan River cascades and pools
- 3:30 p.m. Visit local CREE (if possible)
- Continue on bus ride to La Ermita Hotel in Vinales Valley. Pinar del Rio.
- Dinner at La Ermita Hotel.
- Optional: Casa de la Musica in Vinales Village for salsa dancing

DAY 7. THURSDAY. MAY 7. PINAR DEL RIO.

- Free day – optional trekking, horse- back riding and other outdoor activities in Vinales Valley
- Lunch at the hotel.
- Dinner at La Ermita Hotel
- Optional: More dancing at Casa de la Trova!

DAY 8. FRIDAY. MAY 8. PINAR DEL RIO.

- 9:00 a.m. Meeting with members of cooperative Moncada in Pinar del Rio who grow tobacco, coffee, roots and vegetables.
- Visit to Cueva de Santo Tomas.
- Lunch in Viñales town.
- Exploration of Viñales Valley, containing the most spectacular scenery in Cuba and some of the most interesting and varied geological formations on the island. The valley is particularly famous for its great freestanding rock formations called mogotes.
- Free time in Viñales down town to explore at leisure the open-air craft market, the Parque Marti, the Church, and other interesting sites of this charming colonial town.
- Dinner at hotel.

DAY 9. SATURDAY. MAY 9. CIENFUEGOS.

- 8:00 a.m. Departure to Cienfuegos (“The Pearl of the South”) founded by French immigrants at the beginning of the 19th century and known for its 19th and early 20th century architecture.
- 12: 30 p.m. Visit to CPA 26 de Julio (CIDA Project: Enhancing Sustainable Dairy Production Capacity in Cuba) in Los Palos, exchange with members, lunch paid by Wendy.
- 4:00 p.m. Depart for Cienfuegos City.
- 6:00 p.m. Check-in at Jagua Hotel. Dinner at the hotel

DAY 10. SUNDAY. MAY 10. CIENFUEGOS.

- 9:00 a.m. Visit to a Sugar Cane UBPC “ TANTEO” (Basic Unit for Cooperative Production)
- Lunch at Casa del Chef in Cienfuegos. Buffet lunch prepared by local chefs to highlight typical cuisine of the Cienfuegos area
- Free afternoon.
- Dinner at Hotel,
- 8:30 p.m. Visit to a CDR.

DAY 11. MONDAY. MAY 11. CIENFUEGOS - TRINIDAD.

- 8:00 a.m. Departure for Trinidad.
- 8:45 a.m. Upon arrival board former Russian army trucks for Topes de Collantes in the Escambray Mountain Range, Cuba’s second highest mountain range - reaching 3, 700 feet atop Pico San Juan. The mountains are home to small mountain villages and are a delight for birders and walkers alike. Slopes are swathed in Caribbean pines, ancient tree-ferns, bamboo, and eucalyptus.

- Arrival at Hacienda Codina, an old Spanish Hacienda, once part of a large Spanish coffee plantation where we will have a typical lunch. Followed by a walk around this area to admire the beauty of the surrounding landscape.
- Late afternoon check in at Hotel Costa Sur. All Inclusive.

DAY 12. TUESDAY. MAY 12. TRINIDAD

- 9:00 a.m. Visit to Agricultural cooperative UBPC Frank Pais (mangos).
- 12:00 p.m. Lunch at Sol y Son Restaurant (paladar)
- Afternoon swim in Caribbean waters.
- 7:30 p.m. Dinner at Paladar Estela
- Live Cuban bands play salsa and son in public square, downtown Trinidad.

DAY 13. WEDNESDAY. MAY 13. TRINIDAD- CIEGO DE AVILA.

- Morning departure to Ciego de Avila.
- Visit to organopónico El Rancho in Sancti Spiritus.
- Visit to Sanidad Vegetal's CONBIOL facility in Sancti Spiritus.
- Lunch in Hostal del Rijo downtown.
- Check in and dinner at Ciego de Avila Hotel. Dinner at hotel .

DAY 14. THURSDAY. MAY 14. CIEGO DE AVILA.

- Visit to Organopónico El Rabanito followed by explanation of organopónicos.
- Depart for Cayo Coco, possible stop in at show cattle barn of MINAG.
- Lobster lunch at CATEC pavillion on the beach.
- Late afternoon return to hotel.
- Dinner at the hotel

DAY 15. FRIDAY. MAY 15. CIEGO DE AVILA.

- 9:00 a.m. Visit to a sugar cane UBPC "IGNACIO AGRAMONTE".
- Lunch on site.
- Visit to a Pineapple Enterprise.
- Dinner at the hotel.

DAY 16. SATURDAY. MAY 16. CIEGO DE AVILA- CAMAGUEY.

- 8:30 a.m. Meeting with students and teachers of Agricultural University.
- 10:30 a.m. Visit to a plant reproduction centre.
- 12:30 p.m. Lunch with students at the university.
- Depart for Camaguey City, check in at Puerto Principe.
- Dinner at Hotel.

DAY 17. SUNDAY. MAY 17. CAMAGUEY.

- 8:30 p.m.: Visit to Camaguey plant sanitation lab.
- 10:30 p.m. Visit to soil lab. Ramón LaMadrid
- Lunch Campana de Toledo.
- 2:00 p.m. Visit to cattle CPA.
- 7:30 p.m. Dinner at La Terraza.(Papito Rizo)
- Dancing at Casa de la Trova

DAY 18. MONDAY. MAY 18. CAMAGUEY.

- Morning: 2 hour tour of the historical center of Camaguey on Bicitaxis. Visit a state market, a farmers market and a ration store (cost: \$5 cuc)
- 12:30 p.m. Lunch at Casa del Chef at the historical centre.
- 2:00 p.m. Visit to Palacio de Pioneros "Agricultural Circle"
- Dinner at the Hotel.

DAY 19. TUESDAY. MAY 19. CAMAGUEY- VARADERO. 445 KM

- Morning departure to Varadero.
- Stop at Santa Clara city to visit Che Guevara's Memorial.
- Lunch on your own (CITY SQUARE)
- Check-in and dinner at Acuzul Hotel.

DAY 20. WEDNESDAY. MAY 20. VARADERO.

- Free day to relax.
- Lunch on your own.
- Dinner at hotel, followed by Presentations

DAY 21. THURSDAY. MAY 21. VARADERO

- Free day to relax.
- Lunch on your own.
- Farewell dinner at Casa de Antiguadas local restaurant.

DAY 22. FRIDAY. MAY 22. VARADERO-HAVANA-TORONTO

- Transfer to Havana airport.

SERVICES INCLUDED:

- 6 nights at Saint Johns Hotel (Breakfast & Dinner included)
- 3 nights at La Ermita Hotel (Breakfast & Dinner included)
- 2 nights at Jagua Hotel (Breakfast & Dinner included)
- 2 nights at Costa Sur Hotel (Breakfast & Dinner included)
- 3 nights at Ciego de Avila Hotel (Breakfast & Dinner included)
- 3 Nights at Puerto Principe Hotel (Breakfast & Dinner included)
- 3 nights at Acuzul Hotel (Breakfast & Dinner included)
- Bilingual expert English speaking guide all through the itinerary.
- Luxury transportation for all activities listed in the itinerary; except those listed "optional/not included" ones.
- Lunches listed as included.
- Farewell dinner.
- All meetings/ visits and exchanges as listed in the program. (CubaNatura Tours does its best to keep everything as listed but the program is subject to changes)

SERVICES NOT INCLUDED:

- International Round Trip.
- Tourist Card.
- Lunches listed as "not included/ optional/ on your own"
- Personal expenses.
- Cuba Departure Tax at Airport (25.00 CUC)
- Gratuities (Guide, Driver, Chambermaids, etc.)