



**Family Spring Break
Cienfuegos, Trinidad, Havana
April 3-10, 2016**

Sunday, April 3

- 11am **Depart Miami on American Eagle flight 9536**, arriving Cienfuegos, Cuba at 12pm.
- 1 pm **Lunch at las Mamparas**, a family run paladar. Quick and simple, the food is extraordinary and the family that runs it even better.
- 2:30 pm **Tour of Cienfuegos by the City Historian's Office**, including visits to the main square, the beautiful Palacio Del Valle and Punta Gorda
- 4 pm **Music and discussion** with the local chapter of UNEAC, the National Union of Artists and Writers of Cuba, featuring an **opportunity to meet local** photographers, musicians and other locals.
- 7 pm **Check-in at bed and breakfasts, known as "casas particulares," or "private homes."** Since the 1990s Cuban families have been permitted to rent rooms out of their family homes to foreigners. Featuring comfortable accommodations and ample privacy, it's a great way to interact with everyday Cubans.
- 8 pm **Dinner at Los Conspiradores paladar**, located at the foot of the main plaza and the lively Casa de la Musica, featuring live music all night.

Monday, April 4

- 10 am **Explore Trinidad**, a UNESCO world heritage site, known for its cobble stoned streets, pastel colored homes and small-town feel. **City tour** with **Nancy Benitez**, a local architect, historian and restoration specialist. Ms. Benitez will provide an overview of the city's history from an architectural, economic and infrastructural point of view.
- 11:30 am **Conversation with artist Yami Martínez** at her gallery, La Casa de los Conspiradores. Yami has achieved international recognition for her art depicting the strains of life on Cuban women.
- 12 pm **Enjoy a hearty meal at Paladar San Jose**, a recently opened restaurant with a diverse menu featuring everything from lobster to pizza.
- 2 pm Spend the afternoon at nearby Ancon beach, and enjoy a free evening in Trinidad.

Tuesday April 5

- 8:30 am Depart for Havana, about a 4 hour drive
- 12:30 pm **Lunch at Doña Eutimia paladar.** Famous for its *ropa vieja* and frozen mojitos, this cozy paladar made Newsweek Magazine's top 100 restaurants in the world in 2012. The restaurant's location in the beautiful cathedral square is unbeatable.
- 2:30 pm **Walking tour of the Old City.** Wander through the **Plaza Vieja**, the oldest plaza in Havana, dating from the 16th century. See the **Plaza de San Francisco**, a cobbled plaza surrounded by buildings dating from the 18th century, dominated by the baroque Iglesia and Convento de San Francisco dating from 1719. Visit **Plaza de la Catedral** and the Catedral de San Cristóbal de La Habana. Visit the **Plaza de Armas**, a scenic tree-lined plaza formerly at the center of influence in Cuba. It is surrounded by many of the most historic structures in Havana as well as important monuments.
- 4 pm **Visit to the Lizt Alfonso Academy, a women-led dance company and school for local youth,** specializing in various types of dance. We will watch a private performance by the adolescent dance group, and sit with the dancers afterward to discuss how they came to join the school and the impact it has had on them. The talent and work ethic at this school is impressive.
- 5:30 pm **Settle in to the Historic Hotel Capri,** which was one of the first hotel casinos built by the Mafia Cuba. Owned by mobster Santo Trafficante, and run by George Raft, the hotel was at a time one of the largest casinos in Havana. Located blocks from the University of Havana, Coppelia ice cream, and the Havana seawall, the recent remodeling provides first class amenities, while leaving the history and original charm of "The Capri."
- 7 pm **Enjoy a traditional Cuban meal overlooking the Straits of Florida at the Hotel Nacional.** Tasty Cuban food served family style with a great view of the Havana sea wall and the old Spanish fortress. The setting brings many back to the 1950s, when the mafia held its annual meetings at this historic hotel.

Wednesday, April 6

- 9 am **Visit to Christopher Colon Cemetery,** one of the oldest and most prestigious cemeteries in Latin America, where we will receive a guided tour.
- 11 am **Visit to the Museum of Cuban Art.** We will be accompanied by **Nelson Herrera**, an art historian, who will provide an overview of Cuban art and artists over the last 4 centuries.
- 12:30 pm **Enjoy a nice Italian Meal at Bar Asturias,** housed in a beautiful building along Havana's famous Prado Avenue.
- 2 pm **Visit to art studios and galleries,** including the home of curator and art collector Milagros Borges, who boasts one of the most comprehensive collections of established and rising artists, the studio of emerging artists Frank Mujica, Adrian Fernandez and Alex Duenas, and the Merger Gallery, a collaborative studio of three top-of-the-line Cuban artists Mario González, Niels Moleiro and Alain Pino.

5:30 pm **Socio-economic discussion with urban planner Miguel Coyula**, who's presentation will touch on housing, infrastructure, investment and restoration programs. It's bound to leave you with a better understanding of why Havana looks the way it does today and possibilities moving forward.

Thursday, April 7

8:30 am **Day trip to Viñales Valley.** Considered by many to be the most beautiful place in Cuba, the Viñales Valley National Monument holds stunning landscapes. The area is also famous for being the premier tobacco growing area in the world.

Enjoy lunch on the grounds of a local farm, **Finca Paraiso Argoecologica** (the agro-ecological Paradise Farm), where we will learn about Cuban agriculture and tobacco production, followed by a visit to the Vinales town center.

On the way back to Havana **we will visit a small country town where Mario Pelegrin, a community activist, has created a charming neighborhood project dedicated to local children.** In this tranquil setting, a collection of rustic cabins provide a home for amateur art programs. This wonderful program gives local kids the opportunity to have fun while learning new skills in the areas of music, dance, theatre and art.

Friday, April 8

8:30 am **Discussion with Raul Rodriguez**, director of the Center for the Studies of the United States, about bilateral relations between the United States and Cuba.

Morning and early afternoon Free

2 pm Visit to the **University of Havana**, the country's oldest and most prestigious university, where we will receive a tour of the grounds and classrooms.

4 pm **Visit to the Nostalgic Cars restoration garage.** Owners Nidialys Acosta and Julio Alvarez have taken advantage of the recent economic opening to put together a fleet of 20 plus pristine "clasicos" to provide professional service to their clientele. We will visit the garage to see how they restore these beauties from the 1950s.

5:30 pm **Spend the evening at Café Madrigal with Frank Delgado**, renowned singer and songwriter, for a discussion about the nueva trova movement in Cuba, followed by a musical performance. **Café Madrigal**, owned and run by film director Rafael Rosales, is housed in a beautiful colonial mansion with the walls lined with captivating art work. **Enjoy tasty tapas and cocktails.**

7:30 pm **Dinner at El Cocinero.** This lovely restaurant is housed in a former factory. Home to Havana's hip, you might think you are in Soho or Madrid. **Following dinner walk next door for live music, art and some clubbing at La Fabrica de Arte Cubana.** Rock star X Alfonso has turned this into meeting spot for a young, eclectic crowd of Cubans and foreigners.

Saturday, April 9

- 9:30 am **Visit to La Finca Vigía.** Formerly the home of Ernest Hemingway, today it still houses his expansive collection of books. It was here where he wrote two of his most celebrated novels: For Whom the Bell Tolls and The Old Man and the Sea. The beautiful grounds and bizarre tales from Hemingway's many years in Cuba are captivating.
- 11 am **Visit to the arts and crafts market in Old Havana.** The largest handcraft market, la feria de San Jose features hundreds of artisans selling art, crafts, clothes and music.

Lunch and afternoon free

- 5 pm **Discussion with journalist Marc Frank.** Author of "Cuba Revelations" and the longest serving foreign correspondent in Cuba, Frank writes for Reuters, the Financial Times and the Economist, and is an authority on the Cuban economy. He will offer insight into important economic, political and social issues on the island and share colorful stories about being a reporter in Cuba.
- 7 pm **Farewell dinner at Paladar Atelier.** This restaurant is equally known for its atmosphere and exquisite cuisine. The lighting and textures of the house, which was home to a pre-revolutionary senator, coupled with walls adorned in modern art, create a cozy, but modern setting.

Sunday, April 10

- 11:30 am Hotel check-out, depart for airport en route we will stop at the **Plaza de Revolution** (Revolutionary Square), where Cubans gather for political acts and to pay homage to the country's leaders.
- 2:45 pm **Depart Havana on American Airlines flight 9429,** arriving Miami at 3:45 pm