



## Cuba Farm Tour CUBA ★ August 19-26, 2017

Cost: \$1,100-\$1,385 depending upon group size.



**Cypress Farms journeys to meet with farmers, professors, government representatives, and educators to hear about sustainable agriculture in Cuba from Cubans.** This tour provides an overview of Cuba's agroecological transition and the institutions and resources put into place to make this dramatic shift possible. We will see firsthand what happens when national policy prioritizes organic farming. Beginning in Havana, we will make our way west to the province of Pinar del Rio to learn about the country's struggle to take control of its food system in the face of global market exclusion.

### About AltruVistas

**Altruvistas provides ethical, comprehensive, educational and philanthropic travel planning services so participants can have the adventure of a lifetime.** Our ethical travel company inspires travelers to engage their passion, explore the issues they care about, share with communities around the world, and build dynamic philanthropic relationships. Like many travelers, we believe that in order for travel to be truly ethical, it needs to incorporate the best practices of both ecological and social responsibility. Some travel companies focus on one or the other. Altruvistas philosophy is holistic in its approach; we focus on both eco-consciousness AND social responsibility so that travelers can benefit the people and places they visit. If you'd like to find out about the upcoming ethical journeys we have planned, visit [altruvistas.com](http://altruvistas.com), or talk with us about putting together a customized tour.



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# Sample Daily Itinerary

## August 19 Welcome (D)

- am Check in at Houston for your direct flight on United to Havana, Cuba (recommended)
- 2:00 pm Arrival of the group to Jose Marti International Airport.
- 4:00 pm Check in at the your guest house or casas particulares and enjoy a welcome mojito.
- 7:00 pm Welcome dinner El Aljibe

## August 20 (B, L)

- 8:00 am Breakfast at the hotel
- 9:00 am Orientation Meeting and encounter with Altruvista program officer Cicely.
- 9:30 am Enjoy an dynamic briefing with architect, Miguel Coyula to discuss the development of the city. They we are off to enjoy a guided Walking City Tour of Havana, a UNESCO World Heritage Site. Delegates also have time to engage with Cubans at their art studios, galleries and markets where participants will meet with Cuban artists and find out first hand how artist negotiate between the tourist market, a socialist economy and new opportunities for individual entrepreneurship. Visit the four major historical squares of Cuba. Historian's massive efforts to restore Old Havana buildings, attract tourism and new investment, and improve social services for local residents. See buildings and homes in different stages of reconstruction, meet with neighborhood residents.
- 1:00 pm Lunch at Hemingway's Bodequita del Medio
- 3:00 pm Briefing by Dr. Pepe Morales, from CIMAG the Center of Investigation for Animal Improvement and the Ministry of Agriculture for an overview of "the History of Cuba Agriculture".
- 4:30 pm Visit to local farmers market and organiponicos to learn about organ agriculture. Also we will visit Revolution Square.
- 6:00 pm Evening free to explore local paladares and nightlife. We suggest enjoying life Cuban jazz at the Zorra y El Cuervo.

## August 21 (B)

- 8:00 am Breakfast at the hotel.
- 9:00 am Briefing and visit to the Cuban Association of Agricultural and Forestry Technicians (ACTAF), Playa, Havana. (requested: President Eng. Idalmis Nazco and staff)
- 10:30 We are off to learn about the power of organic urban farms in Cuba as we visit Alamar, on the outskirts of Havana and exchange with local gardeners. At the Organopónico Vivero Alamar we will engage with one of Havana's largest and most successful urban garden, a Unidad Básica de Producción Cooperativa (Basic Unit of Cooperative Production). Covering 11 hectares in Alamar, a residential suburb, the allotment's rows of vegetables are overshadowed by grey Soviet-style blocks of flats. Though small, the garden (really more of an urban farm) is incredibly productive. As well as fresh vegetables, fruits, ornamental plants, seedlings, timber and medicinal and spiritual plants, the cooperative also produces dried herbs, condiments, garlic paste, tomato sauce and pickles; vermicompost, compost and substrates; goat and rabbit meat and mycorrhizal fungi. The Organopónico also welcomes tourists and holds workshops and courses in organic agriculture. (Requested meeting with Isis Salcines)
- 1:00 pm Lunch
- 3:00 pm Briefing with Juan José León, from the Ministry of Agriculture, Plaza, Havana "A Cuban Agriculture Today"
- 4:30 pm Visit to the Museo de Rum and then enjoy free time to explore galleries, and local business is Old Havana.
- Dinner and Eve Free to explore local venues for dinner. For salsa dancing check out the Casa de Musica.

## August 22 (B)

- 8:00 am Breakfast at the hotel and check out of hotel. Drive to Vinales Valley.
- 11:00 am Exchange with Bertico, President of "Republica de Chile" Cooperative for an overview of the cooperative system in Cuba.
- 1:00 pm Lunch on the farm please plan to support them 15-20 per person.
- 3:00 pm Visit the Local innovative Agriculture ANAP Project in La Palma. Exchange with Tobacco farmers.
- 5:00pm Check into the the casas particulares and enjoy dinner and evening cultural activities in town.

## August 23 (B, L)

- 9:00am Enjoy a leisurely Walking Tour of this beautiful valley.
- 11:00am Exchange to the Paraiso Farm with Wilfredo and Family.
- Lunch at Paraiso Farm and continue our exchange.
- 4:00pm Free time for local ecotourism activities on your own.
- Overnight in Vinales.

## August 24 (B)

- 8:00 am Breakfast and check out of Casas Pariculate.
- 9:00 am Leave for the Finca Marta en Artemisa, a wonderful Agro-ecology farm.
- 12:30 pm Lunch would be at the farm please budget 20 cuc per person.
- 2:00 pm Continue our exchange and visit in the farm and exchange with Fernandito Funes.
- 4:00 pm Departure Artemisa back to Havana and check into your casas.
- 7:00 pm Dinner and Evening free but we recommend that you check out the Fabrica Del Arte!

## August 25 Wrap up (B, D)

- 8:00 am Breakfast
- 9:30 am Exchange with a representative FANJ about the future of Sustainable Development in Cuba (Roberto Perez).
- 11:30 am Meeting with Vilda and Pepe and learn about their food preservation program with a hands on instruction of canning and drying.
- 12:45 pm Lunch
- 3:00 pm Free Time to visit the San Jose Feria, an arts and crafts fair, or for walking along the Malecon and exploring old Havana on your own.
- 7:00 pm Farewell Dinner at El Divino Paladar. Enjoy this social venture located on a finca that is rich in local biodiversity.

## August 26 Hasta Luego (B)

- Am Breakfast at the hotel. Check out and transfer to the airport.
- Departure home.

Please note this program is subject to confirmation and evolution. Some activities times and dates may shift.

\* signifies the meal included daily. B-Breakfast, L-Lunch and D-Dinner.



Questions, please contact [sigmancypress@gmail.com](mailto:sigmancypress@gmail.com)  
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