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, and Sancti Spiritus to learn about the country’s struggle to take control of its food system in the face of global market exclusion. We will meet with farmers, professors, government representatives, and educators to hear about Cuba from Cubans. The tour is meant to enhance the learning of Slow Food California members about Cuban history, culture, sustainable development and agriculture.

**March 23**  
Welcome to Cuba!  
(L, D)

Am  
Flight to Havana in the morning. Please arrive by 2 pm.

15:00 hrs  
Transfer and Check in at The Hotel (Copacabana)

16:30 hrs  
Orientation meeting and introductory discussion on the Cuban political and social context of food sovereignty with your Slow Food leaders Vanya and Peter. We also have a special guest Dr. Pepe Morales who will share an overview on the History of Cuban Agriculture.

20:00 hrs  
Welcome dinner at Le Chansonnier Paladar with invited guests from Slow Food Havana
March 24 Introduction to the History of Cuba (B,L)
Breakfast
9:00hr Presentation on the history and development of Cuba by Cuban architect Miguel Coyula. This will provide an important foundation for what you will experience in the days to come.
11:00hr Enjoy a guided walking tours of Old Havana. Learn about the Master Plan for Restoration of Old Havana through the salvaging of neglected buildings, tourism for restoration investment, and the accompanying social plans. Additionally there will be dialogue with staff about the importance of UNESCO World Heritage Sites, national patrimony, restoration and urban planning. Experience the City 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 as they engage in selling arts and crafts.
13:00hrs Lunch at El Figaro Paladar
14:30 hrs Visit the Museum of the Revolution
16:30hrs Exchange with the well known Cuban photographer Roberto Salas for an overview of his remarkable life documenting the Cuban Revolution since 1956.
Return To hotel and dinner and evening are free to explore on your own. However we will make a group reservation at El de Frente for those that want to join Vanya and Peter tonight.

March 25 Food Sovereignty in Cuba (B,L, D)
8:00 hrs Breakfast at the hotel
10:00 hrs Today we will drive 45 minutes to tour the Fernandito Funes-Monzote’s farm “Finca Marta”. We will learn about the agroecology movement in Cuba and then enjoy a family style lunch on the farm (will be 20 cuc per person- on the pax on your own). We will enjoy some time for further exchange on the farm before we return to Havana.
19:30 hrs Dinner reservation at Havana Fusion and enjoy live Cuban Jaz at La Zora y el Cuervo.

March 25th: Feeding the Country – from local efforts to national planning (B,L)
Breakfast
9:00hr Meeting with a representative from MINAG for an overview of agriculture today in Cuba and food security.
11:00am Visit to the Alamar Urban Garden
13:30 hrs Lunch at Ajiao Paladar in Cojimar.
15:00 hrs Visit the permaculturists of Cojimar (organize through FANJ) – see permaculture gardens, a coastal preservation project, and an ecological car wash!
Participate in volunteer activity in afternoon.
16:30 hrs Visit to a local farmers market

Dinner and evening are free to explore on your own but we will make a reservation at Altier Paladar and request the owner to speak with us about her business, culinary arts in Cuba and vocational training.

March 26th Rural Excursion to Las Terrazas (B.L)
8:30 hrs Enjoy a day excursion to the beautiful Las Terrazas community in the Sierra de Rosario Bio Reserve. Enjoy a community guided visit this ecological community and environmental education center. Participants will meet with reserve officials and community and student volunteers working in the reserve. We will receive an overview of the history of the project and then have time for lunch will be at El Romero- where will will meet and exchange with the gourmet Vegetarian Tito!

Afterwards we will hike through the community to meet with local artists Jorge Duporte, Lester Campa, Henry Alamo and Ariel Pinelli. Opportunity to interact with the local community, visit local artists
Dinner and evening are free to explore on your own

March 27th Culinary Arts (B,D)
Breakfast
9:30 am We start our day with a home visit with Imogene Tondre an receive an overview of Food Culture in Cuba today.
11:00 am Enjoy a farm visit in Guanabacoa as we then we are off to enjoy lunch at their restaurant the Mediterraneo where you can order off their menu.
2:30 pm Meet and exchange at the office of FANJ to learn about their work nationally in Cuba to promote a culture of sustainability. Exchange with Roberto Perez and Yociel.
17:00 hrs Break
18:30 hrs Cooking demonstration and dinner at Jardin de los Milagros.
March 28th

(B, L)

Breakfast

9:00hrs Check out of hotel.

9:30 hrs Depart for Sancti Spíritus, one of the original seven Cubans cities founded by the Spanish in 1514. Its colonial origins are evident in its buildings and layout, though it’s capital status has lent it a more commercial atmosphere. With a population of about 100,000, Sancti Spíritus is not a large city compared with other provincial capitals around Cuba. We will stop along the way for lunch and have city tour upon arrival.

16:00hrs Check into our hotel and enjoy a small break

18:30hrs Dinner reservation and enjoy Optional Cultural Activity (Casa de la Trova Espirituana)

March 29th

(B, D)

Breakfast

9:00hrs Meeting with staff of branches of “Antonio Nuñez Jimenez” Foundation for Nature and Humanity. We will learn about their work in the provinces.

11:00 hrs Visit with the Organoponico “El Ranchon” and tour of permaculture projects and urban gardens in Sancti Spiritus

Lunch on the farm (budget 15-20 cuc)

15:00hrs Engage with the community of the urban garden “El Cielo de las Gomas”

17:00hrs Break

19:00hrs Dinner at the hotel (included)
March 30\textsuperscript{th} \hspace{1cm} (B, D)

9:00hrs \hspace{1cm} Meeting with staff \textbf{ACTAF} in Sancti Spíritus province

11:00am \hspace{1cm} Visit and volunteer work/workshop in farm “\textbf{Finca del Medio}” Exchange with farmers.

Lunch on the farm (budget 15-20 cuc)

14:30hrs \hspace{1cm} Visit any other FANJ sites in Sancti Spiritus

Or enjoy an ecotourism afternoon as we visit the \textbf{Presa Zaza}, a manmade lake from the dam on the river Río Zaza. The area around it is now a pristine wetlands, home to many species of fish and waterfowl, so much so that it is a tourist attraction for hunting.

17:00hrs \hspace{1cm} Break

19:00hrs. \hspace{1cm} Dinner at a local Paladar.

21:00hrs \hspace{1cm} Exchange with a \textbf{local CDR}

March 31\textsuperscript{st} \hspace{1cm} (B,L)

Breakfast \hspace{1cm} Check out of hotel.

9:30hrs \hspace{1cm} Depart for Santa Clara. \textbf{Santa Clara is the 3\textsuperscript{rd} most important city in Cuba, and the capital city of the Villa Clara province}. Santa Clara was the scene of a decisive battle during the Cuban Revolution, in 1958. The city \textbf{features the impressive} Che Guevara Memorial and Museum, \textbf{where Che Guevara’s remains are displayed in a special mausoleum and has a museum of Che Guevara’s life}. \textbf{Santa Clara is also an important university center}. \textbf{We will have lunch here and visit the local sites}. \textbf{We will also meet with a local ANAP farm}.

16:00hrs \hspace{1cm} Check in to hotel and overnight in Santa Clara and enjoy a small break

19:00hrs. \hspace{1cm} Dinner and Evening free for cultural activities.
April 1st

Breakfast

9:00hrs Check out of hotel.

9:30hrs Depart for Havana. We will enjoy free time for lunch and for shopping at the San Jose De Almancenes art and crafts market.

14:00pm Visit to the Fine Arts Museum and to the Taller Grafica, a local artists print workshop.

16:30hrs Check in to hotel

17:00 hrs Slow Food Wrap-up Session and Farewell Dinner at El Divino Paladar.

April 2: Hasta Luego!

• Breakfast and departures to Airport