



Cuba's Organic Revolution

March 20 –31, 2020



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.

Please note: this is a sample itinerary to give you an idea of the types of activities included on this tour. Like everything in Cuba, it is subject to change.

March 20 **Welcome to Cuba!** **(D)**

Flight to Havana in the morning. Please arrive by 2 pm.
15:00 hrs Transfer and Check in at The Hotel (Copacabana)
18:30 hrs Orientation meeting and introductory discussion on the Cuban political and social context of food sovereignty with your Slow Food leaders. 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 21 **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.
13:00 hrs Lunch at El Figaro Paladar
14:30 hrs Visit the **Museum of the Revolution**
16:30 hrs 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 Peter tonight.

March 22 **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 the farm to fork Las Mercedes Paladar
20:00 hrs Enjoy live Cuban Jaz at La Zora y el Cuervo.

March 23 : Feeding the Country – from local efforts to national planning **(B,L)**

Breakfast
9:00 hr Meeting with a representative from **MINAG** for an overview of agriculture today in Cuba and food security.

11:00 hr Visit to the **Alamar Urban Garden**
13:30 hrs Lunch at Ajiaco Paladar in Cojimar.
15:00 hrs Visit the **permaculturists of Cojimar (organize through FANJ- the Fundacion de Antonio Nunez Jimenez)** – see permaculture gardens, a coastal preservation project, and an ecological car wash! Participate in volunteer activity in afternoon.
16:30hrs 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 24th Rural Excursion to Las Terrazas (B,L)

8:30hrs 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 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 25^h Culinary Arts (B,D)

Breakfast
9:00am Visit to the **Escuela de Maestros Culinarios** to learn about chef training in Cuba.
10:30 hr 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.
14:30 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.
16:00hrs Learn how to make **Cuban Cocktails** at a local bar.
17:30hrs Break
18:30hrs **Cooking demonstration and dinner at Jardin de los Milagros.**

March 26th (B, L)

Breakfast
9:00hrs Check out of hotel.
9:30 hrs Depart for **Sancti Spiritus**, 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 27th

(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 **Organopónico “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 28th

(B, D)

Breakfast

9:00hrs Meeting with staff **ACTAF** in Sancti Spíritus province

11:00hr Visit and volunteer work/workshop in farm “**Finca del Medio**” Exchange with farmers. Lunch on the farm (budget 15-20 cuc)

14:30hrs Visit any other FANJ sites in Sancti Spiritus

Or enjoy an ecotourism afternoon as we visit the **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 the hunting.

17:00hrs Break

19:00hrs. Dinner at a local Paladar.

21:00hrs Exchange with a **local CDR**



March 29 th

(B,L)

Breakfast

9:00hr Check out of hotel and then **depart for Trinidad**, a stunning colonial old town and cobblestone streets. Its neo-baroque main square, Plaza Mayor, is surrounded by grand colonial buildings. Museo Romántico, in the restored Palacio Brunet mansion, and Museo de Arquitectura Colonial display relics from the town's sugar-producing era. Iglesia de la Santísima is a 19th-century cathedral with a vaulted ceiling and carved altars. Trinidad was founded in 1514 and is one of the best preserved cities in the Caribbean from the time. Enjoy a brief walking city tour of Trinidad, another UNESCO World Heritage Site. According to UNESCO "it was named in honor of the Holy Trinity, the city was a bridgehead for the conquest of the American continent.

3:30hrs **Dialogue with local Slow Food community representatives.**

5:00hrs Check in to hotel in Trinidad

Eve Free to explore local paladares and meet with self-employed individuals. After dinner we can enjoy local music and exchange at the Casa de la Música.

March 30th

(B,D)

Breakfast

8:00hrs Check out of hotel and depart for Havana. We will enjoy free time for lunch and for shopping at the **San Jose De Almancenés art and crafts market.**

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

17:00hrs Check in to hotel

19:00 hrs Slow Food Wrap-up Session and Farewell Dinner at El Divino Paladar.

March 31st: Hasta Luego!

(B)

Breakfast and departures to Airport

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