

LifeCity Sustainability Expedition to Cuba



For the first time in decades, Cuba's door has creaked open for American travelers, and under the updated rules of the current administration, organized educational group travel remains a legal and informative way to explore and exchange ideas on this magical island. As one of the few to experience this cobblestoned communist isle of 11 million inhabitants, you'll find the rum is plentiful, the smiles infectious and dancing encouraged.

On this people-to-people ecotour, we will enjoy 3 days and 2 nights of cultural immersion in historic Havana, as well as an additional evening in a pioneering countryside eco-village that started as a government reforestation project in 1968. With LifeCity's commitment to the environment in mind, we've assembled a cast of Cuban characters to give you a proper welcome: one of Havana's best guides, musicians, local artists, cigar aficionados, environmental advocates, and entrepreneurs who promote sustainability and understand where Cuba came from, where the country sits now and, more importantly, where it's going.

MAY 31 – JUNE 3, 2018

4 DAYS, 3 NIGHTS
ALL-INCLUSIVE

HOUSING IN THE HEART OF OLD
HAVANA, PLUS ONE EVENING
STAYING AT AN ECOLOGDE IN THE
FIRST ECOVILLAGE IN THE COUNTRY

ALL MEALS AND
MANY, MANY MOJITOS

LIMITED TO 40 PEOPLE

\$1,495 FOR LIFECITY MEMBERS
\$1,795 FOR NON-MEMBERS

**RSVP BY APRIL 6TH AND GET \$200
OFF YOUR TRIP PRICE!**

DISCOUNTED GROUP FLIGHT
OPTION AVAILABLE FROM MSY, OR
YOU CAN BOOK YOUR OWN FLIGHTS

FOR MORE INFORMATION AND TO
RSVP, PLEASE WRITE TO
LIZ@MYLIFECITY.COM

HIGHLIGHTS

Artist interactions: Discover Cuba's sophisticated art traditions during visits with artists in their studios.

Music and dancing: Enjoy the complex rhythms of Cuban music, from son to rumba and jazz, and learn about these uniquely Cuban music styles through both performances and dance lessons.

Historic urban and lush countryside landscapes: Explore World Heritage sites and learn about Cuba's passion for preservation from the very leaders whose efforts are maintaining their architectural and natural heritage.

Overnight in an eco-hotel: Explore the first ecovillage on the island and a beautiful tribute to Cuba's countryside, eating in their delicious vegetarian restaurant, swimming in pristine waterfalls, and enjoying their eco-hotel.

People-to-people exchanges: We will meet with and exchange stories and ideas with Cubans who care about our shared global environment as well as learning from different cultures.

Itinerario

DAY ONE, THURSDAY

Arrive in Cuba! Explore Old Havana and Local Efforts on Sustainability

- Arrive to Jose Marti International Airport! A group flight option from New Orleans will also be available. Meet our private guide, who is also passionate about the environment, and board our transport towards Havana. Settle in to our Cuban homes, meeting with our hosts in the heart of Havana. Enjoy a guided stroll through Old Havana, highlighting the main historic plazas: the Plaza de la Catedral, Plaza de Armas, Plaza de San Francisco and Plaza Vieja, stopping for informal encounters with local artists and shopkeepers. Welcome mojitos and dinner to follow, together with a briefing on life and sustainability issues in Cuba by a local environmentalist. Finally, delight and dance at the recently renovated Fabrica del Arte, an eclectic warehouse of art, live music, and fiesta, and one of the most popular spots for a night out in Havana.

DAY TWO, FRIDAY

Arts and Adventure

- Enjoy an optional morning meditation before breakfast in your casa. Take a private studio and home tour with the family of acclaimed Cuban muralist and ceramist José Fuster, described as the "Picasso of the Caribbean." Then drive to the hilltop village of San Francisco de Paula for a private visit and cultural discussion at Ernest Hemingway's Finca Vigía—the eclectic house where he lived for 20 years—now a museum displaying his library, manuscripts and personal effects. Enjoy an authentic lunch and beer tasting at a café and brewery that is working to reduce their carbon footprint. Peruse Almacenes de Depósito San José, a giant arts and crafts market, and interact with artists, or enjoy some self-exploration around the old city. We will also offer an optional excursion to the beach with a conservationist. Tonight, cruise in authentic 1950s American convertibles during sunset down the Malecón, before ending up at the Christ statue that overlooks Havana. Continue your night in Cuba with a bang at El Cañonazo, the canon firing ceremony kept from colonial times at the Fortress of San Carlos de la Cabaña. Time for a dinner and dancing as we enjoy salsa lessons outside along the water tonight.

DAY THREE, SATURDAY

Immersion in Cuba's Extraordinary Natural Landscape

- After breakfast at your casa, drive through Cuba's scenic countryside to Las Terrazas, the pioneering ecovillage that is now a UNESCO Biosphere Reserve. Discuss the reserve with a local sustainability expert and enjoy local coffee specialties. Swim with locals in the clean, cascading waters that fall into a series of pools at the Baños del San Juan. Enjoy lunch *en el campo* with farm-fresh local ingredients at the country's first vegetarian, farm-to-table restaurant, and have a discussion on food in Cuba. Visit to the home of a local artist that recycles paper to make incredible paintings and stationary. Explore one of the oldest coffee plantations (with optional mountaintop yoga), with stunning views of the lush green valley and the Caribbean Sea in the distance. Return to your eco-hotel, your home for the evening in the middle of the forest, where we will have dinner and discussion tonight with locals who are focused on increasing sustainability efforts on the island.

DAY FOUR, SUNDAY

Adiós Cuba—Be back soon!

- Enjoy a serene morning meditation and a walk in the woods before brunch. Have a final discussion with local ecovillage residents before heading back to the airport for our flight home.



FOR MORE INFORMATION AND TO RSVP, PLEASE WRITE TO LIZ@MYLIFECITY.COM.