### (GWA) GREAT WORLD ADVENTURE

**Cuban Culture and Wellness Week**

**Explore the arts, architecture, culture and sustainable communities. With an additional focus on personal wellness through yoga, paddleboarding and other health related experiences**

**This program has the perfect combination of guided and independent experiences in both Urban and Rural settings.US citizens may be eligible under the “**[**General License**](http://www.treasury.gov/resource-center/sanctions/Programs/Documents/cuba_faqs_new.pdf)**”, which is a do it yourself authorization, no further application is required.**

**Day One -** Arrive in Varadero or Havana, transfer to hotel. Orientation, introduction and lessons on how to speak Spanish. Sunset paddle/yoga

**Day Two –** Morning paddle/yoga. Tour of Iglesia Santa Elvira (church) Varadero/Matanzas. [Matanzas Municipal Art Gallery](http://www.varaderoguide.net/sights_espacio34.html) Tour International Health and Wellness Centre in Varadero. Spanish and dance lesson. Sunset paddle/yoga



**Day Three -** Morning paddle/yoga. Historic and Cultural tour of Old Havana, Lunch at Parque Central rooftop or Hotel Saratoga. Afternoon, El Capitalo , Presentation on the [Historian’s Office](http://www.ua.es/en/internacional/habana/historiador.htm) effects on Old Havana community restoration projects. Walk through the restored [Cathedral Square](http://en.wikipedia.org/wiki/Cathedral_of_Havana), [Plaza Vieja Square](http://www.gocuba.ca/client/destinations/show.php?destination_id=1) and Cathedral of Christopher Columbus enroute to the Maqueta de La Habana (scale model of the city), Ongoing presentation of [Old Havana UNESCO sites](http://whc.unesco.org/pg.cfm?cid=31&id_site=204) Cruise the Malecon on the way out of Havana heading for Matanzas province



**Day Four –**Morning Paddle/yoga, Visit UNESCO designated site, [***Guama, Peninsulia de Zapata Bioreserve***](http://www.gocuba.ca/client/destinations/show.php?destination_id=17) in La Laguna Treasury. It is a renovated historical outdoor museum complex that attempts to reconstruct the life of the Taintos. Access is by boat. It is a true work of art created by the renowned Cuban sculptor Rita Longa and has been admired by thousands of tourists who visit Guamá. Also visit [Caleta Buena](http://members.virtualtourist.com/m/22ad4/19335a/) **optional snorkeling available**)  **a natural breakwater with many tropical fish swimming in plain view.**  Return to Varadero or Havana, evening

**Day Five-** Resume Spanish Lessons and explore Varahicacos Ecological Reserve: Considered the largest wetland reserve in the Caribbean, the Varahicacos ecological reserve offers breathtaking, low level hiking along vegetation-rich trails with colorful array of wild exotic birds which include parrots, Caribbean flamingos, Yellow-crowned Night-Heron and stalks

**Day Six (Jan 20)**

Matanzas Municipal Art Gallery (Matanzas Galeria de Arte Municipal). Tour International Health and Wellness Centre in Varadero. Sunset paddle/yoga

**Day Seven -** Depart