

Get to know Cuba with

BELLY^{OF THE} BEAST

Spend eight days in Havana
with our award-winning team
of journalists and filmmakers





WHY TRAVEL WITH US?

Belly of the Beast is an award-winning media outlet that has become the go-to source for news, information and powerful documentaries about Cuba and U.S.-Cuba relations. Cuba is typically romanticized or demonized. But the reality is much more nuanced. Revealing that nuanced reality is the goal of our work – and this tour.

Traveling with us you'll get to know a Cuba that is seldom shown in mainstream U.S. media or seen by other visitors to the island. You'll have unprecedented access to Belly of the Beast's team and work, and experience the country firsthand through the experiences of our journalists and filmmakers. You'll also spend time with the inspiring people in Cuba who have been featured in our videos and documentaries.



[Click here to watch our 5th anniversary video](#)

Our partner, Colibrí Travel & Tours, is an educational travel company with years of experience providing inexpensive and authentic travel experiences for adult travelers and students from the United States and around the world. Colibrí's specialty is making travel to Cuba affordable without compromising quality and comfort. Colibrí uses part of its profits to support community projects in Cuba. In addition, your participation on this trip will help support Belly of the Beast's important work.

TRAVELING TO CUBA WITH US IS SAFE AND LEGAL

This trip to Cuba is legal both in the United States and in Cuba. Colibrí will take care of all the logistics and obtain your Cuban visas. The itinerary is carefully designed to meet U.S. travel requirements to Cuba under the recognized category of providing “Support for the Cuban people.” You will be accompanied in Cuba at all times by a bilingual tour guide from Colibrí or a member of the Belly of the Beast team.

You will be staying in private *casas particulares* (Cuban bed and breakfasts) as required by the U.S. government travel category. Staying in a *casa particular* is the best way to connect with the Cuban people. The hosts will warmly welcome you into their homes, offering a clean and comfortable stay while serving home-cooked breakfasts each morning.



Day 1: Saturday, Mar. 14th

Afternoon:

Arrive at José Martí International Airport. Clear immigration and customs, and collect your baggage – a process that typically takes about 45 minutes. You will be greeted by a local Cuban guide and a driver.

Check into your *casas particulares*. Your tour guide will explain how to access the internet, provide a hotspot for each casa, help you exchange currency, and answer any questions you may have.

7PM:

Meet and greet with Belly of the Beast's team at a dinner in a beautiful villa in Miramar with a concert by a Cuban jazz artist.



Day 2: Sunday, Mar. 15th

9 AM:

Breakfast at casas.

10 AM:

Visit Old Havana with Daniel Montero, journalist and producer with Belly of the Beast. We'll get to know the colonial history of the city and visit its famous four squares and other landmarks like Obispo boulevard, the Capitol, Central Park, Alicia Alonso Grand Theatre, and the Floridita bar. Also, Daniel will tell you all about the history of Cuba-U.S. relations before 1959.

 [Click here to watch Daniel talk about U.S. tourism](#)

1 PM:

Lunch at Doña Eutimia, Cuba's oldest *paladar* (privately owned restaurant) with the best *ropa vieja* and black beans.

3 PM:

Visit Belly of the Beast's office. Join a screening of our award-winning documentary series *The War on Cuba*. See what a day in the office looks like and how our videos are made.

 [Click here to watch The War on Cuba](#)

5 PM:

Back to casas.

7 PM:

Dinner at restaurant Otramanera.

9 PM:

Optional outing to Fabrica de Arte Cubano (FAC), Cuba's most famous club. FAC is an amazing multimedia venue with several spaces for live concerts, an open air movie theater, dance floors, art exhibitions, bars and restaurants.

 [Click Here to watch our video on cuban entrepreneurs](#)

Meals included:

Breakfast, lunch and dinner.



Day 3: Monday, Mar. 16th

9 AM:

Breakfast at casas.

10:30 AM:

Visit small businesses seen in Belly of the Beast's reporting.

Beyond Roots:

Cuba's first Afro-style store.

[Click here to watch our video on Beyond Roots](#)

Clandestina:

Cuba's most famous private clothing brand.

[Click here to see an interview with Clandestina's founder](#)

12:30 PM:

Lunch at Wapa.

2 PM:

Convertible car tour led by David (Che) Sarzo, a taxi driver with decades of experience working with people from the U.S.

[Click here to watch our video on Che Sarzo](#)

3:30 AM:

Screening of our groundbreaking documentary *Uphill on the Hill*. Q+A with Belly of the Beast founder and director Reed Lindsay and award-winning journalist Liz Oliva Fernández.

[Click here to watch Uphill on the Hill](#)

5:30 AM:

Back to casas.

Evening:

Dinner on your own.

Meals included:

Breakfast, lunch.



Day 4: Tuesday, Mar. 17th

8 AM:

Breakfast at casas.

9 AM:

Trip to Las Terrazas, a biosphere reserve, coffee-growing community and a paradise for birdwatchers.

11 PM:

Visit to the ruins of the Buenavista Coffee Plantation and a stop at the Hotel Moka.

12 PM:

Visit to the studio of artists Ariel and Lester Campa.

1 PM:

Lunch in Finca Marta organic farm, where you will get a personal tour from Fernando Funes, one of the pioneers of the agroecology movement in Cuba and the protagonist of one of our documentaries.



Click here to watch our video on Finca Marta

3 PM:

Back to Havana.

5 PM:

Exclusive screening of the soon-to-be released documentary *Teresita's Dream*, Belly of the Beast's latest film about a Cuban-made ground-breaking Alzheimer's medication called NeuroEpo and the inspiring scientist who helped make it. Q+A with the film's director Daniel Montero and director of photography Alfredo Lazcano.

Evening:

Dinner on your own.

Optional:

Outing to jazz concert at Claxon, a stunning boutique hotel in the neighborhood of Vedado.

Meals included:

Breakfast, lunch.

Day 5: Wednesday, Mar. 18th

9 AM:

Breakfast at casas.

10 AM:

Visit Cuba's Center for Molecular Immunology (CIM), one of the island's top scientific institutions. Discussion on Cuba's biotech research and development with Dr. Teresita Rodríguez, the protagonist of our documentary who played a key role in the development of NeuroEpo.

11:30 AM:

Visit Callejón de Hamel, a community project that celebrates Afro-Cuban culture.



[Click here to watch our video on Callejón de Hammel](#)

12 PM:

Visit a community health clinic in the working-class neighborhood of Cayo Hueso.



[Click here to see Roxana in *The War on Cuba*](#)

Meet Dr. Roxana Martínez, who has been a family doctor in Cayo Hueso for 30 years. Q+A with Roxana about Cuba's community-based, free healthcare system and the challenges it has faced due to U.S. sanctions.

1 PM:

Lunch at restaurant LocosXCuba.

3 PM:

Visit the Latin American School of Medicine (ELAM), where thousands of students from dozens of countries study. Q+A with U.S. students at ELAM about Cuba's health internationalism.



[Click here to watch *From Gaza to Cuba*](#)

6 PM:

Dinner on your own.

Meals included:

Breakfast, lunch.



Day 6: Thursday, Mar. 19th

9 AM:

Breakfast at casas.

10 AM:

Departure for the province of Matanzas - Oceanography tour.

1 PM:

Lunch by the coast line.

3 PM:

Return to Havana

5 PM:

Mojito and salsa workshop in Miramar.

7 PM:

Dinner at El Cocinero.

10 PM:

Evening of dancing and music at 1830, a legendary night club where Cubans from all generations dance salsa and casino.

Meals included:

Breakfast, lunch and dinner.



Day 7: Friday, Mar. 20th

9 AM:

Breakfast at casas.

10 AM:

Screening of our documentary *Little League Dreams* at casa in Miramar. Q+A with the film's director, Daniel Montero.



11 AM:

Visit to Deshidratados Havana, a small business that processes dehydrated food. Q+A with owner Oscar Fernández about the business, Cuba's private sector and the challenges he faces in trying to export food to the United States.



12:30 AM:

Lunch on your own.

2:30 PM:

Visit La Casita del Husillo community project, created and directed by Belly of the Beast journalist and outreach coordinator Thaís Lombao, which focuses on providing education and opportunities for the children of El Husillo, one of the poorest communities in Havana.

5:30 PM:

Back to casas.

7 PM:

Goodbye dinner at San Cristobal, an iconic private restaurant where the Obamas ate during their visit in March 2016.

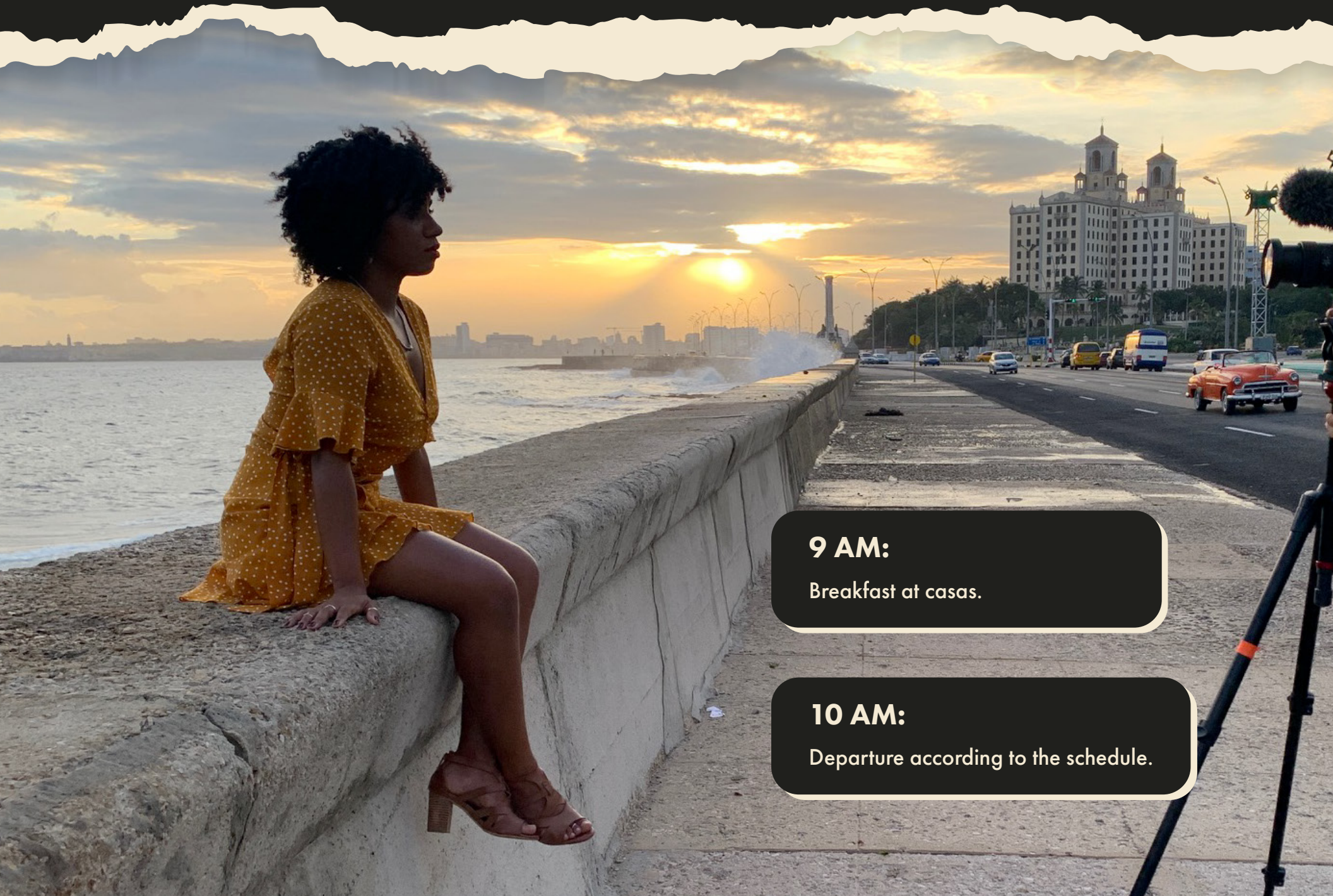
Final discussion and reflections.

Meals included:

Breakfast, dinner.



Day 8, Saturday, Mar. 21st



9 AM:

Breakfast at casas.

10 AM:

Departure according to the schedule.

Don't miss your chance to go on this unique tour to Cuba!

There are a limited number of spaces, so reach out as soon as possible to reserve your place.

To sign up or ask any questions, please contact Sylvia at Colibrí Travel & Tours:

- Tour Operator: Colibri Travel & Tours
- info@colibriboston.org
- Sylvia +1 617-301-1237

Whether or not you join us in Havana, make sure to sign up to Belly of the Beast's newsletter and follow us on YouTube and social media:



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