

Contents

INTRODUCTION.....	11
FACTS ABOUT CUBA	13
History.....	13
Geography.....	37
Climate	39
Flora & Fauna	40
Government & Politics	43
Economy	44
Population & People	50
Social Rights	50
Arts	52
Society & Conduct	60
Religion	61
Language.....	62
FACTS FOR THE VISITOR.....	67
Planning.....	67
Suggested Itineraries.....	69
The Best & the Worst	69
Tourist Offices.....	70
Visas & Documents.....	72
Embassies	76
Customs.....	77
Money	77
Post & Communications	81
Books.....	82
Online Services	85
Newspapers & Magazines.....	86
Radio & TV.....	87
Photography	87
Time	87
Electricity	88
Weights & Measures.....	88
Laundry	88
Health	88
Toilets	94
Women Travelers	94
Gay & Lesbian Travelers	95
Disabled Travelers	95
Travel with Children	95
Useful Organizations.....	95
Dangers & Annoyances.....	96
Business Hours	96
Public Holidays & Special Events.....	96
Activities	98
Courses	101
Work	102
Accommodations.....	102
Food.....	106
Drinks	109
Entertainment	111
Spectator Sports	112
Things to Buy	113
GETTING THERE & AWAY.....	115
Air.....	115
Sea.....	121
Departure Tax	121
Organized Tours	121
Warning.....	125
GETTING AROUND.....	126
Air.....	126
Bus.....	127
Train	128
Car	129
Motorcycle & Scooter	132
Bicycle.....	132
Hitching.....	133
Boat	133
Local Transport	134
CITY OF HAVANA.....	135
History.....	136
Orientation.....	138
Downtown Havana.....	139
La Habana Vieja	
Walking Tour	142
Centro Habana Walking Tour	147
Vedado Walking Tour	150
Plaza de la Revolución	151
Along the Malecón	155
Activities	156
Language Courses	156
Organized Tours	156
Special Events	156
Places to Stay	157
Places to Eat	160
Entertainment	162
Spectator Sports	166
Things to Buy	166
Getting There & Away	167
Getting Around	169
Outer Havana.....	171
Playa & Marianao	171
Around Parque Lenin	178
Around Santiago de las Vegas	182
Regla	182
The Fortresses	183
Guanabacoa	185
San Francisco de Paula	185
Santa María del Rosario	188
Casablanca	189
Cojímar	189
Playas del Este	190

PROVINCE OF HAVANA	197				
Around Playa Jibacoa	197	San Antonio de los Baños	202	Mariel	203
Jaruco	201	Artemisa	203		
Surgidero de Batabanó	201	Bauta	203		
PROVINCE OF PINAR DEL RÍO	205				
Pinar del Río	208	Cayo Levisa	217	Soroa	219
Carretera Panamericana	212	Around Bahía Honda	217	Las Terrazas	220
Península Guanahacabibes	214	Around San Diego de Viñales	218		
PROVINCE OF MATANZAS	221				
Matanzas	221	Special Events	238	Getting There & Away	247
Varadero	230	Organized Tours	238	Getting Around	248
Orientation	231	Places to Stay	238	Cárdenas	249
Information	231	Places to Eat	244	Boca de Guamá	252
Things to See	235	Entertainment	246	Playa Larga	254
Activities	236	Things to Buy	247	Playa Girón	255
PROVINCE OF CIENFUEGOS	257				
Cienfuegos	257	Around Cienfuegos	264		
PROVINCE OF VILLA CLARA	266				
Santa Clara	266	Remedios	273		
Embalse Hanabanilla	273	Elguea	274		
PROVINCE OF SANCTI SPÍRITUS	275				
Sancti Spíritus	275	Playa Ancón	284	Topes de Collantes	287
Trinidad	279	Valle de los Ingenios	286		
PROVINCE OF CIEGO DE ÁVILA	289				
Ciego de Ávila	289	Cayo Coco	294	Jardines de la Reina	296
Morón	293	Cayo Guillermo	294		
PROVINCE OF CAMAGÜEY	297				
Camagüey	297	Guáimaro	304	Nuevitas	304
Florida	304	Minas	304	Playa Santa Lucía	305
PROVINCE OF LAS TUNAS	307				
Las Tunas	307				
PROVINCE OF HOLGUÍN	312				
Holguín	312	Guardalavaca	321	Around Mayarí	324
Gibara	320	Banes	323	Moa	325
PROVINCE OF GRANMA	326				
Bayamo	326	Gran Parque Nacional		Pilón	336
Dos Ríos	331	Sierra Maestra	332	Marea del Portillo	336
Yara	332	Manzanillo	333		

PROVINCE OF SANTIAGO DE CUBA.....	338
Santiago de Cuba.....341	
Orientation.....342	Northwest of the Center.....352
Information.....343	Organized Tours.....353
City Center.....347	Special Events.....353
North of the Center.....349	Places to Stay.....353
Northeast of the Center.....349	Places to Eat.....355
East of the Center.....351	Entertainment.....357
South of the Center.....351	Spectator Sports.....358
West of the Center.....352	Things to Buy.....358
	Getting There & Away.....359
PROVINCE OF GUANTÁNAMO.....	369
Guantánamo	Baracoa
Guantánamo US Naval Base..	La Boca de Yumurí.....377
ISLA DE LA JUVENTUD (SPECIAL MUNICIPALITY).....	379
Isla de la Juventud.....380	
Nueva Gerona	Hotel Colony.....386
	Cueva de Punta del Este
	387
	Cayo Largo.....387
GLOSSARY	390
INDEX	392
Maps	392
Text.....	392

