Dear Alumni & Friends:

Cuba is a “time-capsule” nation, with charming historic architecture and nostalgic 1950s era automobiles. It is an island like no other and with the recent announcement to normalize relations, many believe that it is only a matter of time before the landscape of Cuba changes forever. At the same time, this announcement has brought much hope to the people of Cuba and there simply could not be a better time to visit.

Join UWL Continuing Education and Extension in partnership with the UWL Alumni Association for this unique opportunity to immerse yourself in the rich local culture and rhythms of daily life in Cuba as we meet with local residents, artists, and professionals to see the island through their eyes while exploring local landmarks that are significant to Cuba’s heritage.

This trip is limited and reservations will be accepted on a first-come, first-served basis. We encourage you to join us and make your reservation today!

Cordially,
Melissa Webster
Outreach Specialist
Continuing Education and Extension
University of Wisconsin-La Crosse

Never mind the propaganda… Help yourselves to the happiness that travel to Cuba can bring.” Fidel Castro
Saturday, February 6

CIENFUEGOS

Arrive in Cienfuegos and explore the city’s historic center. Enjoy a walking tour of the historic area around the Parque Marti, the central square. Admire the lavish Cathedral and the town theater which was built with materials that craftspeople imported from Europe.

Stop in at the Tomas Terry Theater built in the late 1800s before enjoying lunch at Jardin de los Laureles.

After lunch, visit the Taller Grafico where young Cuban artists can be found working on their lithographs over stone matrices.

Stop at the Museo Historico Provincial to attend a performance of Cantores de Cienfuegos, a 23-member choral group, that sings everything from Renaissance to Japanese fisherman’s folk music.

Enjoy a introductory lecture followed by drinks and a welcome dinner at the hotel. **L,D.**

Sunday, February 7

CIENFUEGOS

Morning drive to Trinidad. Spend the day exploring this city, the crown jewel of Cuba’s colonial cities. Begin the day at the Plaza Mayor which is in the center of town. Around the plaza are the Museo Romantico, the Museo Arquelogia, and the cathedral, Iglesia Parroquial de la Santisima Trinidad which was built between 1817 and 1892. Visit the Palacio Cantero which is housed in a mansion. The view of Trinidad from the top of the tower is wonderful and not to be missed.

Stop in at the home and studio of artist Carlos Mata and his wife, Barbara Calzada and daughter, Amaya Mata, who are also artists. Enjoy lunch at Sol Ananda and engage with the staff of the restaurant before visiting Trinidad’s Library where the group will meet with library staff to learn how books are selected and what censorship occurs and discuss how Havana exerts control in more rural areas.

Explore the Valle de Los Ingenios, the sugar industry’s living museum. Continue on to the home of horse whisperer, Julio Munoz and his wife Rosa where we will get a chance to chat with his family. End the meeting with an introductory salsa lesson led by Renier Toscano.

Enjoy dinner at a paladar called El Lagarto. **B,L,D.**

Monday, February 8

HAVANA

Drive to Havana making a stop en route to the Bay of Pigs where in 1962, heavily armed CIA-trained Cuban exiles came ashore equipped to provoke a counter-revolution.

Upon arrival in Havana, enjoy lunch at the historic Nacional Hotel. Its remaining splendor and history serves as a tangible reminder to Cuba’s past times.

After lunch, visit the Arte Corte community and meet with organizer Papito to learn about this project before checking in to the **Parque Central Hotel**.

Prior to dinner, enjoy a lecture on *Cuba Today* by Dr. Rena Perez, formerly with the Ministry of Agriculture and an advisor to the Ministry of Sugar.

Enjoy a cocktail reception and dinner on the hotel roof-top immediately after the lecture. **B,L,D.**

Tuesday, February 9

HAVANA

Enjoy a discussion this morning by macro-economist Ricardo Torres Perez on *The Changing Faces of Cuba’s Economic Structure*.

After the lecture, begin exploring Havana by foot. Enjoy the city’s many squares, its cathedral, and a scale-model of Old Havana. End the morning at the Plaza Vieja, a stunningly beautiful old square surrounded by mansions and enjoy lunch at Moneda Cubana.
Continue on to a city orientation tour by bus which will be led by an architectural historian. Visit the Riviera Hotel, which was considered a marvel of modern design when it opened in 1958. Continue following La Rampa to the Parque Copelia, a large lush park and visit a 1960’s ice cream parlor. End the afternoon at the steps of the University of Havana.

This evening, enjoy listening to a wonderful jazz trio during dinner at Café Oriente, located in Old Havana on one of its most beautiful squares. B,L,D.

**Wednesday, February 10**  
**HAVANA**

Depart for a full day excursion to the west part of Cuba, with it’s jungle covered summits dropping down limestone cliffs to verdant valleys.

Visit an Orchid farm at Soroa, which is maintained by the University of Pinar del Rio and contains over 800 species of plants, including 200 endemic to Cuba.

Stop at a tobacco farm to learn more about this industry so important to Cuba.

Enjoy a lunch at a private farm with beautiful views overlooking the valley. After lunch spend more time exploring the town of Vinales.

Spend some time exploring the town of Vinales before returning to Havana.

Enjoy dinner at leisure this evening. B,L.

**Thursday, February 11**  
**HAVANA**

After breakfast, enjoy a roundtable discussion on US-Cuban Relations by Professor Raul Rodriquez from the University of Havana.

Watch a dance rehearsal at the Danza Contemporanea de Cuba, an extraordinary dance group.

Enjoy a private lunch at the home and studio of artist Jose Fuster, who has turned his neighborhood into one enormous piece of mosaic art.

This afternoon, visit the Presidential Palace, now a museum, which illustrates the history of the Cuban political development. Walk to the Granma Memorial which preserves the vessel that brought Fidel Castro, Che Guevara and other revolutionaries to Cuba.

Enjoy dinner this evening at a private restaurant. B,L,D.

**Friday, February 12**  
**HAVANA**

Enjoy a morning briefing at the U.S. Interest Section to learn about US-Cuban Relations.

Continue on to visit the Museo Nacional de Bellas Artes: Arte Cubano (Cuban Collection). This tour will be accompanied by a contemporary art curator.

After lunch at El Ajibe, visit the 7 y 60 studio to view the works of four young and emerging artists— Maria Cienguegos, Adrian Fernandez, Frank Mujica, and Alex Hernandez. End the day at the Santovenia Senior Center and enjoy a chance to meet with staff and residents.

Enjoy your farewell dinner at Havana’s most well-know paladars, La Guarida. B,L,D.

**Saturday, February 13**  
**RETURN**

Return flight to Miami.
Trip Price: $4,540 (Based on minimum 20 participants)
Single room supplement: $870 (Limited Availability)
Group size is limited

Trip price includes roundtrip airfare on charter flights from Miami to Cuba, accommodations in hotels as outlined in the itinerary based on double occupancy, all meals listed (B-breakfast, L-lunch, D-dinner), one drink with lunch and one with dinner, bottled water kept on the bus, sightseeing and excursions as listed, transportation in a deluxe, air conditioned motor coach, the services of a Distant Horizons tour manager and of a local Cuban guide, a Cuban visa, all gratuities, Cuban departure tax, and mandatory health insurance and evacuation required by the Cuban Government which provides $25,000 worth of medical coverage and $7,000 worth of medical transportation.

Trip price does not include domestic airfare to and from Miami, any overnights in Miami, luggage charges, additional drinks at meals, trip cancellation, lost baggage and medical insurance (above a mandatory amount required by the Cuban government), items of a purely personal nature and any items not listed.

Please note that participants must be in good physical condition and be able to walk for long distances over uneven cobblestones and up and down stairs without problems. This is a rigorous, fast-paced program.

To sign up for this trip, please send your application form along with a deposit in the amount of $600.00 made payable to Distant Horizons. Send to Distant Horizons at 350 Elm Avenue, Long Beach, CA 90802

For additional information, a more detailed itinerary, or a full set of terms and conditions, contact Melissa Costa at Distant Horizons at 1-800-333-1240 or via email at MelissaC@Distant-Horizons.com

For University Wisconsin-La Crosse related questions, please call Melissa Webster at 1-608-785-6509

RESERVATION FORM:

University Wisconsin La Crosse
Exploring Cuba’s Heritage: Trinidad and Havana
February 6-13, 2016

I would like to reserve ____ space(s) for Exploring Cuba’s Heritage: Trinidad and Havana with UW-La Crosse
Enclosed is a deposit of $600 per person, in the total amount of $____________.
Your deposit is refundable up to 60 days prior to departure less a $300 administration fee. Please make checks payable to Distant Horizons.

Room Arrangements
☐ Single Occupancy (Single supplement $870)  ☐ Double Occupancy, I will share a room with:_____________________
☐ I would prefer a roommate but will pay the single supplement if one is not available

Personal Information
Last Name_______________________________________  First Name_______________________________________
Address________________________________________  City, State, Zip____________________________________
Daytime phone (______)__________________________  Email Address____________________________________

Send reservation and deposit made payable to Distant Horizons to:
Distant Horizons, 350 Elm Avenue, Long Beach, CA 90802