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## Rough guide cuba pdf

AllMusic Rating User Rating (0) Your Rating Review [User Reviews](#) [Credits](#) [Releases](#) [Similar Albums](#) Nice something about the rough releases of the guide is the incredible width that they are trying to insert into their albums. This album, focused on Cuban music, is no exception. Campesina styles are represented by people like Selina Gonzalez. Cuban jazz is represented by Irakher and Belta. Modern dance hall music is represented by Orquesta Riverside. There's also the fat synth of Los Van Van. Here is the music of Big Musician by Mario Bauza (machito trumpeter, later soloist, later in Dizzy Gillespie's bands). What is essentially direct santerio ritual music is also present, courtesy of Lazaro Ross. All or most of the greatest styles of Cuban music are displayed at some point in this compilation. To climb the highest variety, most of the music is well executed. Irader is always pleased when it comes to jazz. The Great Tatato leads a beauty charge with Ritmo Y Candela and more. For a common starting point to the music of the island, this is a wonderful album. For a better look at specific older breeds, there are better compilations out there - for campesina, perhaps from the tobacco route; for the Dans hall, perhaps Diablo al Infierno (which even includes Cuban heavy metal); for jazz or mambos, on many tyto Puente, Chucho Valdez, Irakere or other albums. It's still a good performance. blue accent means song pick © 1996-2014, Amazon.com, Inc. or its affiliates World Famous say it like, a guide available Discover Cuba with this comprehensive, fun, say it as a Rough Guide full of comprehensive practical information and our experts honest and independent recommendations. Whether you plan to visit Havana, drive in an old American car along the Malecon, visit a tobacco plantation or loll on a white sand beach,Rough Guide to Cuba will help you discover the best places to explore, sleep, eat, drink and shop along the way. Features of The Rough Guide to Cuba: - Detailed regional coverage: provides in-depth practical information about every step of all kinds of travel, from off-piste adventures, to chilled-out-breaks in popular tourist areas. The regions covered include: Havana; Syngegos and Villa Clara; Trinidad; Sancti Spieth and Santiago de Cuba and Granma. – Honest independent reviews: branded rough guides, a combination of humor, honesty and experience and recommendations that you can really trust, our writers will help you get the most out of your trip to Cuba. - Meticulous mapping: always full color, with clearly numbered, color-coded keys. Find your way around Havana, Trinidad and Santiago de Cuba, and many other places without having to get online. - Full-color photography: Has a wealth of wealth inspiring colour photography – Things not to miss: Lagging behind the rough guides of Artemis and Pinar del Rio, Northern Orient and Isla de la Juventud. - Itineraries: carefully planned routes will help you organize your trip, inspire and inform your experiences on the go. – Basics section: packaged with basic pre-flight information, including getting there, accommodation, food and drink, health, media, festivals, sports and outdoor activities, culture and etiquette, shopping, etc. – Basic information: a comprehensive contexts chapter provides fascinating insights into Cuba, with coverage of history, religion, ethnic groups, environment, wildlife and books, as well as a handy language section and vocabulary. – Covers: Havana; Artemis and Pinar del Rio; Varadero, Matans and Mayabeke; Syenfuegos and Villa Clara; Trinidad and Sancti Spiritus; Seega de Avila and Camagüey; North Orient; Santiago de Cuba and Granma; Islae de la Juventud and Cayo Largo About Rough Guides: Rough Guides have been inspiring passengers for more than 35 years, with over 30 million copies sold worldwide. Synonymous with practical travel tips, quality writing and reliable ethos, the list of rough guides includes more than 260 guidebooks to 120+ destinations, gift books and fsteconders. Plan your travel dream , booked by local travel expertsIn the rough guides, we understand that experienced travelers want to get really off piste. That's why we've partnered with local experts to help you plan and book individual trips that are full of personality and stimulating adventure - at all levels of comfort. If you love planning but find logistics exhausting, you're in the right place. Learn Morechevron\_right more images Barcode: 605633104622 Matrix / Runout: (SONOPRESS logo) MULT A-19172/ RGNET1046 A Mold SID code: IFPI 0786 Start reviewing the Rough Guide to Cuban Music, I've heard it will be easier to pass. The stunning beaches of the white sand pier are in isolated splendor at the end of a narrow road. © BobNoah/Shutterstock #02 Jardines del ReyOne of Cuba's most popular resorts has miles of beaches, including one of the country's best in Playa Pilar, the largest coral reef and a top spot for kitesurfing.© Gaoko Escalona/ Shutterstock #03 Museo Presidio ModeloSear in solitary confinement. where Fidel Castro and his cohorts were in calculated.© Danita Delmont/ Shutterstock #04 Caverna de SantoTosA leads a narrow tour through the underground chambers, full of colonies of bats and an underground pool is exciting Tolkein-esque outing.© Alexandre G. ROSE /Shutterstock continue belowRelated articles from the blog #05 Havana ViejaThis well-preserved colonial centers boast perfectly restored centuries On its narrow streets and historic squares.© Alexander Todorovich/Shutterstock # 06 Alejandro Robeina Plantation This small, but a hugely successful plantation offers fresh down-to-earth tours.© the best time photos/Shutterstock #07 Viñalescontinued belowPartally enchanting morning, when you rise mystical from the floor, The Prehistoric Landscape of Vignales is unforgettable.© RudiErnst /Shutterstock # 08 Hershey TrainWhile traveling on this aging electric train, which slow wind through the best of the gentle province of Havana to Matanzas.© Jo Crebbin / Shutterstock #09 Diving off the south coastHelp from the calm waters of the Caribbean Sea and abundant marinecy, diving in Maria La Gorda, Punta Frances and Jardines de la Reina are world class. © Wild Farts/Shutterstock #10 La Plata Mountain Trail, which lived up to Cuba's new history with a day of mountian trekking to explore Fidel Castro's revolutionary camps.© David Ewison/Prison#11 Punta Gorda, Cienfuegosi Magnificently decorative Palacio del Valle is reading the cake while wandering along the wide boulevards of this bayside neighborhood in laidback Cienfuegos.© DeepGreen/Shutterstock #12 Santiago in JulyIt's the best time to visit Cuba's second city when its dynamic music scene boils over and the city's annual carnival costumes, excitement and song. View of the city center with old houses and the Basilica of our Lady of the Assumption of the Virgin Mary, Santiago de Cuba, Cuba © Vadim Nefed/Shutterstock #13 Trinidad Old Town This much-visited 16th-century city is full of colonial mansions and churches carved from cobbled streets and compact playgrounds.© rphstock/Shutterstock #14 National League Baseball Kay Sedmes to the ecstatic crowds at one of the country's most watched baseball stadiums. Cuba baseball © ygor/Shutterstock #15 Classic American CarsCaride around Havana or Varadero in one of gran car's classic 1950s cars. Testament to American Engineering and Cuban Ingenuity.© Julian Peters Photography/Shutterstock #16 Havana Jazz FestivalThis lively edition is the perfect place for jazz musicians in Cuba.© AlfredoLopez/ShutterstockJewel from coastal eastern Cuba, a small bar is an ideal base for exploring the cuban rainforests, mountain peaks and calm rivers dotted around this part of Guantanamo ©. postcards, photos, posters and vinyl, from Cuba and the UNITED States.© Maridav / Shutterstock # 19 Havana MalecónAll idiosyncrasies of Havana are on display here : the majestic and crumbling buildings, beatbox salsa, kissing pairs and jineteros.© Diego Cervo / Shutterstock # 20 Hotel Around the rocky gardens of this stately hotel in the capital or cool cocktails on one of the elegant terraces.#21 Fábrica de Arte Cubanoa Club. arts centre and gallery flying into one, this slippery, converted peanut butter factory is where you can immerse yourself in cuban counterculture. © Ivan Novelo /Shutterstock #22 Las Terrazas, Pinar del RioTicigi, herbaceous slopes and natural swimming pools make this idyllic eco resort a great base for a few days exploring.© Tupungato/Shutterstock # 23 Colonial CamagüeyThe most of them are the UNESCO World Heritage Site of the country. The 500-year-old heart of Camagüey, with its streets, plentiful churches and lovely squares, is a great place to ski and stay, with an exclusive set of boutique hotels and casas.© Julian Peters Photography/Shutterstock Travel Board for CubaFind even more inspiration for Cuba here Cuba is an island that regularly walks forward - then shrinks backwards. And it's also a place known for its stagnation over the past six decades, since the 1959 revolution stopped clocks and turned everything upside down. When you travel to Cuba, you'll be struck by vintage radios, refrigerators and lamps, and rocking neon signs hanging over shops. There are antique pharmacies and traditional barbers, as well as iconic classic American cars everywhere. But this is not a retro trend, it is straight and menid, frozen in carbonite cubite. New luxury hotels are blooming and blooming premium boutique hotels. And the restaurants of the house – paladarí – slowly put Cuban cuisine on the culinary map. There are other transformations. In recent years, this communist stronghold has lost its Titanic patriarch, Fidel Castro, and is celebrating the first presidential visit to the United States in 80 years. He has sworn in a new president of his own, Miguel Diaz-Canel, the first person outside the Castro family to lead the country since 1959. Roadside billboards still declare socialism or death, world-class ballerinas and baseball players earn the same state salary as ordinary workers. On your Cuba trip you can meet Cuban artists in their galleries in the front room and learn how to dance salsa in home-based studios. You can take a city tour in a 1956 Chevrolet and learn how to kite surfing, rock climbing, play the conong and ride a horse. A breathtaking beaches of the island, intact seas and forested mountains have gone nowhere. Capitolio national building in Havana © lazylama / ShutterstockCuba Fact size and population: 11.2 million inhabitants and 110,861 sq km of land. Cuba is the largest island in the Caribbean by population and region. Literacy: among the highest in Cuban peso (CUP) and Cuban convertible peso (CUC). Revolution: 26 July 1953 - 1 January 1959. The overthrow of fulgencio Batista's government and the creation of a revolutionary government led by Fidel Castro. The eastern province of Granma and one of Cuba's national newspapers are named after the boat that carried Fidel Castro and 81 other rebels from Mexico to Cuba in 1956. The boat itself is named after the grandmother of the original owner. National Holiday: Christmas removed as a public holiday in Cuba in 1969 and officially restored in 1998.Wildlife: the smallest bird in the world, a hummingbird bee, is characteristic of Cuba.The best time to go to CubaThe best time to travel to Cuba is usually between December and May. However, almost always, except sunny warm weather due to the islands quite close to the equator. Even if you travel to Cuba during the rainy season, between May and October, you will hardly have a soaked holiday, since the rains never last very long. September and October are peak hurricane season. Festival-wise, the best celebrations in Cuba are held from July 25-27, where locals took to the streets to celebrate the success of the Cuban Revolution. Rallies, speeches and dances are expected. Cubans celebrate these days as the happiest days in Cuba's history. Read more about festivals and when to go to Cuba.Where to go to Cubanl the capital, Havanalf you travel to Cuba, visit the dynamic capital, Havana, you need to feature on your route. Havana Vija is at the heart of this unique city – a clash of old and new, with architectural dimensions from the 16th century, along with the buzz of new bars and restaurants, boutique hotels and casas features. West of HavanaS its giant Jurassic-era hills, the Viñales Valley in Pinar del Rio province has a lost world quality, and the Sierra del Rosario is located in the remote and wonderful eco-resort of Las Terraza. There are many tobacco plantations that you can visit, the most famous being Alejandro Robeina. For fantastic head diving to the west to the secluded Maria La Gorda of Peninsula de Guanahacabibes.East of HavanaThere is not a shortage of seaside resorts in Cuba, but for a full package for a holiday head of Varadero in matanzas province. A seemingly endless beach, all-inclusive hotels and water sports are just a few hours' drive east of Havana. The wild and unspoiled Peninsula de Zapata in the southern part of the province has plenty of wildlife and great diving opportunities. Popular destinations for day trips include the fabulous Cuevas de Bellamar Caves and the lush landscape of the Jurmuuri Valley. Santa Clara, Syenfuegos and the surroundingsAnta Clara is worth snugging on a trip to Cuba, this large and bustling city probably famous for its gecko connections. Tolerant with a clear French feel, is known as the Pearl to the south, and enjoys the wonderful setting of bayside. Trinidad to the province of Ciesga de AvilaHistorical and atmospheric city of Trinidad, with its colonial architecture in pastel colors and its rustic feel, attracts visitors in large quantities. This is an ideal starting point for exploring the Sierra del Esambra, in particular, at the top of the belt. In addition, you can use it as a jumping point for the idyllic coast of Peninsula de Ancón and its beaches, in particular, Playa Ancón.For softer white sands head for Cayo Coco and quieter Cayo Guillermo, off the northern coast of The Province of Siergo de Avila. Base yourself in picturesque Morón, if the luxury hotels on the piers are off your budget. Enjoy the surrounding countryside, which is poured with palm trees, sugar cane and citrus trees. Camagüey, one of Cuba's oldest cities and a UNESCO World Heritage Site, is filled with architectural delights and atmospheric streets, and is particularly vibrant during the June carnival. A short drive to the north is the low-key seaside resort of Santa Lucia and the wonderfully remote and peaceful beaches of Cayo Sabinal.Holguín to GuantánamoThe crownel of HoteI province in the Northern Orient is a lively and picturesque Playaaalavaca, its sugar-like sands popular with Cubans and tourists. Playa Esmeralda, Pesquero and Turkesa offer luxury and tranquility. Baracoa, a small lively coastal town on the southern tip of Cuba, is surrounded by some of the most breathtaking mountains, rainforests and nature. Santiago de Cubalf you travel to Cuba, you can easily while away from the whole holiday in the province of Santiago de Cuba, to the southeast of the island. The southern road, which is located between shining waters and the blue-green mountains of the Sierra Maestra, is a magnificent road. And the mountains are home to a large trekking country and various attractions associated with the revolution. Santiago's energetic and buzzing offering an endless, definitely Caribbean vortex, seduce visitors with some of the best Cuban music, especially during its lively annual July carnival. Isla de la JuventudIt is a three-hour ferry ride to the island of Juventus, off the south coast of Artemis region. But if you make an effort to get there, you will appreciate the stomachless quality of the island. You can enjoy gentle beaches, peaceful walks and bike rides, and there are great diving spots. Agramonte Park in Camagüey © Alexandre G. ROSA/Shutterstock Find more places in CubaSet in Cuba is clear. Several airlines fly directly from Europe, although there is not much from the UK. It may be cheaper to indirectly fly to Cuba from the UK via other European cities. There are no direct flights from Ireland or From Australia. You can now fly directly from the US while Canada is most flights to Cuba. Most flights land at Havana's Jose Marti Airport, although you can go directly to some regional airports. If you travel to Cuba from the U.S. and book through a dedicated tour operator, you'll probably be licensed to take on groups of U.S. citizens. This removes the inconvenience of organizing a license. Get more information on how to fly to Cuba.How to get around CubaTimes in Cuba is done mainly by bus, especially as not so many Cubans own cars. There are two national bus networks. Viazzul works for foreign passports and Cubans, as well as the Empresa Omnibus Nacionales network, for the national peso paid cubans.Taxis, especially shared ones, are an easy and quite inexpensive way to travel to Cuba. Car rental is also a convenient option. Train travel is a slow but good way to see the country and cycling tours is gaining popularity. For long distances it may be worth flying between destinations. Read more about traveling around Cuba: the traps of car rental and driving, moving around buses, taxi options (utility taxis, or taxis colectivos, long-distance taxis, tourist taxis, private taxis, bicitax and mototaxis), cycling and train travel. The best places to visit in CubaCuba trip is characterized by warmth, music, dancing and culture. It is not possible to see the entire island has to offer on a trip, so here are some of the best places to visit in Cuba.BaracoaThis buzz of a small town on the southeastern council of Cuba is a must for travelers. Immerse yourself in your old atmosphere by walking the streets of colonial houses in pastel colors and observing the world in Central Park. Locals gather here to play chess and dominoes. Baracoa is surrounded by some of the country's most breathtaking mountains, rainforests and nature rich in bananas and coconut trees. You can get to the flat top of El Yunque, the flat mountain in saga Baracoa for a few hours without breaking too much sweat. Your efforts will be rewarded with a striking view. Jardines del ReyToihidag on cuba's north coast offers soft, creamy sands lapped by distorted clear waters, lovely lagoons and pink flamingos, and dense mangroves. Cayo Guillermo's Playa Pilar beach is the highest draw for beach lovers, while divers and snorkelers head to the northeastern coast of Cayo Coco. It has one of the longest coral reefs in the world, where angelic, butterfly fish and surgeon provide a riot of color. If underwater worlds are not your bag, explore cayo coco's lush woody interior, especially delightful for bird lovers. It's a haven for hummingbirds and pelicans,

and the marshes in the south provide a haven for herons and white ibis. Havana Vieja (Old Havana)The feeling that time has stopped still in this UNESCO Heritage. Habana Viña includes cobbled squares, crumbling mansions, green courtyards, sixteenth century and perfectly restored centuries-old buildings. With almost no motorized traffic, we are pleased to absorb the atmosphere of buzzing simply by walking around. Plaza Vieja is the most animated and enticing square in Old Havana, alive with the buzz of visitors in cafes and restaurants. Spend time watching coffee or rum. The Valley of VinalesGian humpback hills (mogote) rising from the flat floor of the lush Vinales Valley are the arrest of a view. This is especially early in the morning, when the valley can be shrouded in airy fog. Traditional tobacco-loving growers with their volo-based add to the sense of time in locks. Enjoy the friendly vortex in the low-key village of Viñales, visit the nearby caves, perhaps explore the region on horseback. TrinidadTrinidad is the most visited city on the island and for good reason, for this UNESCO heritage site is a character. Walking through the cobbled streets of the old town, with an assortment of houses with a red roof and colonial houses, is a pleasure. The beautiful Plaza Mayor square is in the centre of the old town, with all the major museums nearby. Large-scale winding wooden staircases in the towers of the Museum of Lucia Contra Bandidos and the Municipal Museum Historian. You will get the best views of Trinidad, framed by the coastline and mountains. Don't leave Trinidad without experiencing Casa de la Musica. Drawing the largest crowds in the city, this place for live music is trinidad's busiest place. You'll get the best big dance and guaranteed dance. Sierra MaestraTrenoming in the Sierra Maestra, cuba's highest mountain range literally and figuratively, will take your breath away. Steep climbs make for some endurance hiking, while the landscape of lush and unsettling vegetation, wild seas and away from sugar cane fields, is spelled. You can hike only in the Sierra Maestra with a guide, but it is worth doing. The path through the cloud of Cchional Turquino Park to the highest point of the island, Pico Turquino, is particularly stunning. Sierra del EscambrayThe Sierra del Escambray has some of Cuba's most stunning landscapes, with Gran Parque Natural Topes de Collantes offering wonderful tourist territory and horseback riding trails. Steep forest slopes of pine and eucalyptus trees give way to beautiful waterfalls and pools and great views. To access a wider network of trails, go with a guide, as access is restricted to independent passengers. Playa Pearl BlancaThe road to these remote, beach-blessed islets, the northern piers, along 50 km, reason skiing over the clear waters, is reason enough to visit. But the star attraction is the risiacal, creamy soft sands of Playa Pearl Blanca. Located at the far end of Cayo Santa this pristine beach feels remote and intact, partly due to the lack of facilities. María La Gorda for divingWater around María La Gorda de Peninsula de Guanahacabibes offer some of the best diving in Cuba and a quiet city that is an ideal base. The protection of the bay means that the waters are clean and calm, ideal for experienced divers as well as for the first time. Fifties or so diving sites offer the opportunity to witness a huge variety of underwater wildlife. This includes such as fierce barracuda, lobster, eels and whale sharks, among others. Alejandro Robeina tobacco plant sakuban cigars are known as the best in the world - and the best of the best are produced in the fertile Vuelta Abajo region in Pinar del Río province. Although there are numerous tobacco plantations, the most famous is Alejandro Robeina. Producing the best quality tobacco since 1845, it is the only plantation in Cuba to be grown for its own brand, Vegas Robaina, named after the founder's grandson. Although Alejandro Robeina died in 2010 at the ripe old age of 91, the plantation is still thriving. You can go on an intimate and ground-based tour that brightly enlivens the plantation's tobacco journey from sowing a cigar. Get more information about things not to miss in Cuba. View of Baracoa © Autumn Photography in the Sky /ShutterstockTimes to CubaTransporting to Cuba is somewhat disorganized and defies logic, so we suggest you plan your trip in advance. We've created several routes to inspire you and help you get the most out of your visit. For ideas on what to do in Havana in two to three days, check out our Havana Grand Tour. If you are interested in the great open-air cubans and have a few weeks to explore, check out our Mountains and Mogota route. And if you want to walk around Cuba on two wheels, our Havana to Trinidad by bicycle route will certainly appeal. We created this sample route combining city attractions, culture and paradise beaches – ideal for a first visit to Cuba.Days 1–3: Havana Havana, a 500-year-old bustling capital made up of vintage cars, colorful colonial-style buildings, cigars and salsa. Head to the charming Habana Vieja (Old Havana) to dine churros and explore the streets of crumbling buildings, new and interesting bars and restaurants. Embark on a classic car tour, where you will be taken to all the hot spots in Havana in a refined vintage car. Be sure to check out Plaza de la Revolución square and havana's infamous cathedral. The Sinistro cigar factory is quite an icon in Havana. It offers tours in which you can roll up your own cigars – perfect for a handmade souvenir. Days 3 – 7: Playa Jibacoa and VaraderoAbout 60 km from Havana is best located Secret of Cuba, Playa Jibacoa. This picturesque picturesque is a postcard worthy of its soft white sands and clean emerald waters. The beauty of Playa Gibacoa is that it is secluded and rarely known to tourists. Relax, swim and soak up the sunken shipwrecks for a few days and enjoy the Caribbean heat. A little further away is the better known place on Varadero Beach. Varadero offers the same wonderful beaches, but with more tourists and hotel chains. See our other routes to Cuba. Entry requirements for CubaShould have a ten-year passport valid for two months after leaving Cuba, return, or more chartered flight, booked, and health insurance. If you don't have proof of insurance, you may need to buy Cuban health insurance. Companies in the U.S. don't cover Cuba. You will also need to purchase a tourist card (visa to Cuba). This is available online, at UK airports, as well as by some airlines and tour operators. Tourist cards are valid for 30 days for UK, US and Australian citizens and 90 days for Canadians. They can be renewed for another 30 days after you are in Cuba. In addition, U.S. citizens need proof of a travel license. Read more about entry requirements: Cuba travel restrictions and visas for travel to Cuba.Traveling with children to CubaChildren are welcomed almost everywhere, although there is little in the way of entertainment aimed specifically at children. There are not many amenities such as high chairs, car seats, baby changing facilities, etc. First aid products can be more expensive and less affordable, and the same applies to diapers, baby wipes, etc. The only milk available is UHT. See more about traveling with children in Cuba.Accommodation in CubaCommutation options usually fall within two camps: hotels and casas features - literally private houses that often provide the best places to stay in Cuba. Hotels are divided into those run by the Cuban state, or internationally owned chains. Read more about accommodation in Cuba – different types of hotels and hostales, casas features, campismos (similar to camping). Health in CubaWill find that there are no specific health risks if you travel to Cuba, although you should not drink tap water because of possible parasites. Vaccinations are not legally required, although it is advisable to vaccinate for hepatitis A, cholera, tetanus and to a lesser extent rabies and tiff. Take a first aid kit with you as availability is limited. Read more about health issues in Cuba, such as food and water, mosquitoes and ticks, sun exposure, hospitals, clinics and pharmacies, etc. Safety in CubaCrim against foreign visitors has increased, especially in Havana, which also includes violent crime. In general, however, most crimes involving tourists are pickpockets and stolen bags, in Havana Viet and Centro Habana.Women traveling alone in Cuba are safer, more than in many cities, especially at night. And women are treated with kindness and respect. The problem that women are most likely to encounter if they travel to Cuba is unwanted attention. However, it is usually conducted with charm, so it tends to be more irritating than menacing. Read more about safety in Cuba: women traveling alone, precautions against crime, etc. Travel insuranceWhen visiting Cuba, you need to have travel insurance that covers medical expenses. If you found to be without insurance in immigration you will need to make insurance with Asistur, a travel aid agency. U.S. citizens should go to Asatur for insurance because U.S. insurance providers do not provide coverage for Cuba.Get more information about travel insurance for Cuba and information about buying travel insurance. Food in CubaPoes of Cuba are usually not enticing from their cuisine. You won't starve, as portions tend to be huge, and produce are grown locally, but you're unlikely to get excited about what's on your plate, as the food is more on the gushing side. That said, the growth of private enterprises in Cuba has seen the emergence of new and interesting restaurants (palader), especially in Havana.Meat tends to be distinguished by many menus throughout Cuba, often baked or prepared in a stew and accompanied by rice and beans, cassava or sweet potatoes. And you will find wonderfully fresh seafood in coastal areas. Street food is usually freshly made and very tasty, and provides cheap lunch or breakfast. The common breakfast includes tamales (stewed corn meats, peppers and onions wrapped in corn flakes) and corn chips. Where to eat in CubaConvertimi-peso restaurants usually provide the highest quality dishes from national-peso enterprises (catering mainly for Cubans). They also tend to be cleaner and nicer overall. However, sometimes you can get a lot of cheap and decent foods in national peso restaurants. Paladars worked from people's homes, but Cuba has seen a spike in these private restaurants in interesting settings, such as old colonial buildings and mansions. Note that most establishments only take cash, and where credit cards are accepted, you can come up against problems. So it is better to avoid paying by card completely. Read more about food in Cuba: state restaurants and paladars, popular dishes, street food, fruits, sweets and snacks, etc. Drink in CubaRum, the national is cheap and easily accessible, especially Havana Club, while Santiago de Cuba is the choice of many connoisseurs. Rum is also the star of several classic Cuban cocktails, such as cube libre, dayikiri and mojitos. Cerveza is plentiful. Soft drinks, including Coca-Cola and Pepsi, are sold in convenience stores as well as Cuba's own brands with fizzy pop. Other drinks in Cuba include granizado (slush drink), guarapo (sweet drink made from pressed sugar cane), Prú (a specialty in eastern Cuba and resembles spiced ginger beer) and fresh lemonade. It is no surprise that coffee is a very popular drink among Cubans. It is served in all restaurants and bars and in the cafés in the city centers. Read more about drinking in Cuba.Varadero beach © Kaco Eskalona /ShutterstockTips for a trip to CubaCosts and moneyCube is not a particularly inexpensive country to visit. If you have a limited budget, goods and services of national peso, such as fresh food markets and street vendors, but this is not always an option. You will have to pay for accommodation in convertible pesos, and most likely when traveling long distances on buses, taxis, etc., although long-distance taxis can be cost-effective if you share them with other passengers. Cuba has two currency units: the Cuban peso or the national peso (CUP) and the Cuban convertible peso (CUC), which can only be bought or sold in Cuba itself. Both are represented by the dollar sign (\$), which can be confusing, although sometimes prices are defined as CUC, CUP or MN (national pesos). Scottish, Northern Irish and Australian banknotes and coins cannot be exchanged in Cuba.Always carry cash, in low denominations, as many shops and restaurants, bus stations and train stations simply will not have enough changes. The slightest tear on any banknote means it is likely to be refused. Although luxury hotels, restaurants and tourist shops usually accept credit cards, most places still work with cash. Cards issued by an American bank or credit card company are not accepted at all; neither maestro nor Cirrus cards. ATMs are thin on the ground and many only accept Cuban cards. International and Banco de Crédito y Comercio are the most commonly used foreign currency banks; they have branches in all major cities. Read more about money: expenses, banks, currency exchange, and what to do in case of financial difficulties in Cuba.Media The state controls and censors all media in Cuba. The main national newspaper is Granma, official spokesman for the Cuban Communist Party; there are several international newspapers. Based on cuba magazine and website, is one of the best resources for up-to-date impartial news and opinions about Cuba and especially about Cuba-U.S. ties and cultural projects. The Havana Lion website is a good resource for news about the capital and beyond, as well as for listing and tourist information. Read more about the media at Cuba.Festivals in CubaCube has some of the best festivals in Latin America, from the unmistakable July carnival in Santiago de Cuba, to the famous Havana Film Festival (Festival internacional del Nuevo Cineoamericano), as well as numerous smaller festivals music, dance and other arts. Arts. You travel to Cuba worth your visit time to coincide with one of these. Activities in CubaCube is blessed with plenty of outstanding diving spots, especially around the cleaner waters of the southern coast, such as María La Gorda in southwest Pinar del Río. Diving is year-round, although visibility may be hampered during the hurricane. Other outdoor sports and activities to try include kitesurfing, hiking (although access is limited, so you'll probably have to go with a guide) and fishing - Cuba is one of the best fishing destinations in Caribbean.Spectator sports include baseball, basketball and football, and you can catch a game in the national leagues for near nothing. Learn more about sports and outdoor activities in Cuba.ShoppingCigars, rum, coffee, music and arts and crafts are really valuable purchases here. It is also possible to pick up some wonderful pieces of retro homemade utensils, furniture and souvenirs. Learn more about shopping in Cuba.Get more travel tips for Cuba: such as working hours, public holidays, work and training in Cuba, LGBT travelers, disability travel, tip etiquette – and more. Top image: a Cuban flag at a door in Trinidad, Cuba © Sabino Parente/ShutterstockClassic American CarsPerhaps the most clichéd image of Cuba is of a classic American car rolling past a crumbling colonial building, and you don't have to spend long in the country to see why this image has become so ubiquitous. They say there are about 60,000 vintage cars in Cuba, most of which are still on the road and almost all were imported from Detroit's factories in the 1940s and 1950s, when the United States was Cuba's most significant trading partner. After President Kennedy cut off trade with Cuba during the 1962 economic embargo that exists to this day, car owners were forced to keep their Buick, Oldsmobiles, Chevrolets and Fords on the move. Unable to get spare parts, the proud owners over the years have become the most ingenious on the planet, culminating in pieces of the Lada Eastern Block, household appliances and even old tanks to keep their cars alive. When Carlos V issued a royal order in 1539, shaping rum, he secured the place of Cuban rum on the map. Today, Cuba produces some of the world's most respected rum brands, silky smooth modern varieties that have little to do with the raw drink enjoyed by 16th-century pirates and renegades. Quality ranges from the most basic white rum widely used for mixing in cocktails (famous mojitos, cube libre and dayikiri), to various dark rums aged in oak barrels for different lengths of time, from about three years to thirty years, the last of which sells for about \$50CUC a bottle - and enjoy best neat or over a piece of ice. Despite Club Havana is the most famous of all Rum, looking at the shelves of stores for convertible pesos, will reveal tempting but less well-known varieties such as the pleasant sweet dark rum of Cuba and Ron Palma Mula, a good white rum that is a little cheaper than the Hawaii clubs. Among the best Cuban rums are Havana Club Gran Reserva and Santiago de Cuba Extra Añejo – known as favorites of Fidel Castro himself. Detailed and easy-to-use guidebooks full of expert advice. Use rough guides trusted partners for high prices Flight accommodation Car hire Tourist visa Insurance Rough Guides Editors 11/5/2020 11/5/2020

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