



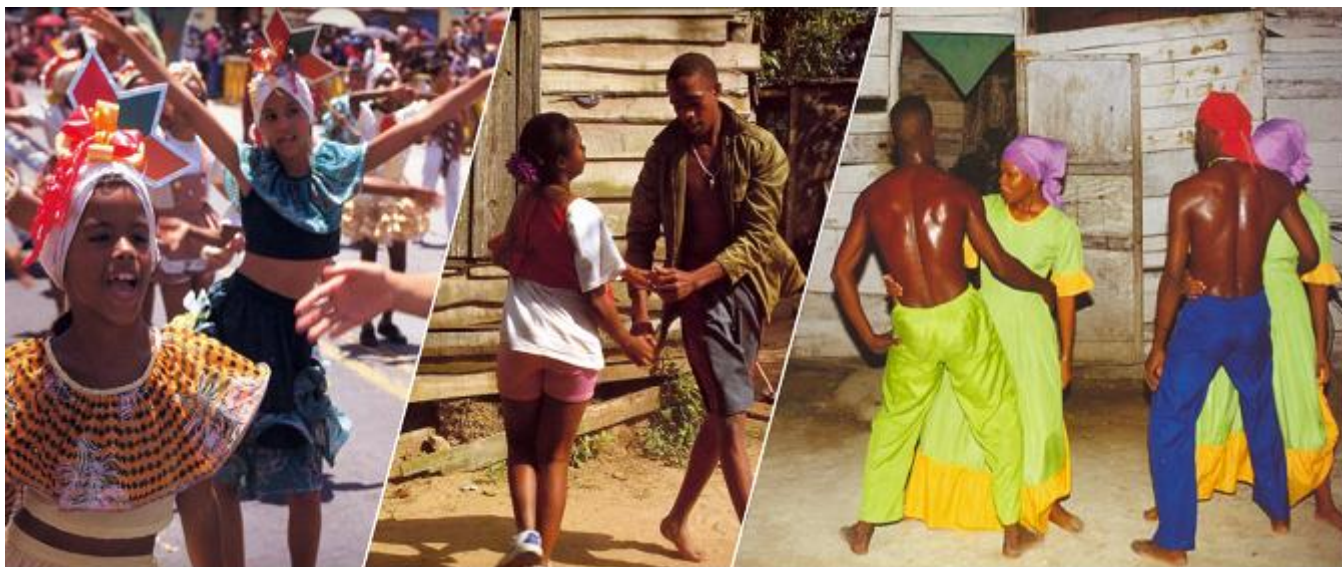
with SalsaNor to

# CUBA

★ Habana – Cienfuegos – Trinidad ★

## Programme

5<sup>th</sup> - 20<sup>th</sup> of december 2009



## Come with us to Cuba in December?

If you've never been to Cuba before, it's like entering another world, with tons of things to experience! If you have been there already, perhaps you are contaged, finding all other travel-goals a bit dull, always ready for a rendezvous, just to get another serving of the heat, the joy and the energy that only Cuba has. Vamos a Cuba!!

A 15-day unforgettable life experience for the price of **NOK 20 250,-** per. person in a double room, including: (single room for an additional fee of NOK 2 480,-)

- Return flight to Havana from Oslo, Stavanger or Bergen
- Transfer between airport and hotel in Havana
- All accommodation in \*\*\*(\*) hotel w/breakfast
- All dance classes in groups + 1 private lesson with professional cuban dance teachers
- A 4-day excursion to the cuban countryside, Cienfuegos and Trinidad
- A tour with a cuban, englishspeaking guide around Havana
- Full pass to The Norwegian Rueda Congress the last 4 days (17th-20th of Dec.), including all classes, Congress Dinner and Congress Party!
- The entire trip accompanied by 2 experienced Cuba-travellers from SalsaNor as tour guides ☺



## Sign-up

Sign-up for the trip is easily done at [salsanor.no](http://salsanor.no). Your place on the trip is confirmed once you receive an email from us that we have received your deposit NOK 2 250,-. Only 20 places available! From your sign-up and until departure in December you will receive Newsletters with practical information, some travel advice etc.

## So WHAT do we have in store for you on our SalsaNor dance holiday in Cuba?

"First we take **Havana**", the magic city with its 2,3 million inhabitants, where the sound of salsa music from ancient cassette recorders constantly try to outloud the traffic noise and the loud cubans in their more or less busy everyday life. Havana is the political and cultural centre of Cuba, and doubtless one of the worlds most fascinating cities. A cuban, englishspeaking guide will take us on an exciting walk through the Old City (Havana Vieja), with its beautiful hotels and plazas, Plaza de Armas, Plaza Vieja, Plaza de Catedral, La Floridita, El Capitolio, og Plaza Vieja, to mention a few.



After big city "overdose", demanding dance workshops every morning and hotheaded nightlife until the next morning during 5 days, we'll take off for a 4-day excursion to see a completely different part of Cuba.

First stop on our excursion is the charming harbour city **Cienfuegos**, situated 250 kilometres from Havana. On Club Cienfuegos we meet our good friend, Juan Alexis, known (at least between Norwegians;) for making the very best mojito in Cuba! We'll also meet our dance maniac friends from the University of Cienfuegos who love to show you how casino and reggaeton REALLY is to be danced. There will be some surprises coming up here, as well, we say no more...



We continue through **the Cuban countryside** and on to **Trinidad**, a historical-cultural treasure. Cobblestone streets, rows of pastel-colored houses, charming street life and great markets with local handcraft arts and souvenirs.

It feels like time simply stopped one hundred years ago. In 1988 the city of Trinidad was declared place of historical importance by UNESCO. A short ride out of the centre you'll find one of the greatest beaches in Cuba, Playa Ancón. Here we'll spend a couple of lazy days, do some scuba diving, or even some fishing. During our visit to Trinidad you'll also have the opportunity of horseback riding in one of Cuba's national parks, El Cubano. Along the way we'll have a stop for a nice, cooling swim in a waterfall/natural pool. One of the most popular places at night in Trinidad, Casa de la Musica, has an outdoor bar/café where we can dance our shoes off (literally) to great live music. And at the night-spot Ruinas del Teatro Brunet we can enjoy an afrocuban show, more live music and of course salsa dancing!



## The workshops

There is an infinite number of dance instructors and more or less organized dance academies in Havana, and most of them claim to be the best or the most professional... We will meet different teachers, some "oldies" that we KNOW can do the job very well, and some new names that will get the chance to prove their abilities ☺

One very competent dance teacher that already has worked a lot for SalsaNor, is **Geldys Morales Feitó**, professional dancer from "Companía Folclórica Cubana JJ"; one of the most wellknown dance companies in Havana, run by the coreographer Johannes Garcia Fernandez, prior first dancer in the Conjunto Folclórico Nacional de Cuba. Geldys will be responsible for part of the workshops, and also be available for private classes. Which other dance teachers you will meet, will be announced a few months before departure.



There will be **workshops** in the mornings when we are in Havana, and during the Rueda Congress the last 4 days there will be workshops to attend most of the day. Additionally, you have one **private class** included; and if you wish to have more private classes there will be possibilities for that.

## The 8<sup>th</sup> Norwegian Rueda Congress, 17<sup>th</sup> – 20<sup>th</sup> of December 2009

The last 4 four days of the journey we will attend the annual SalsaNor Rueda Congress, organized in Cuba this year! We will be staying at the Congress hotel and you will have a full Congress Pass which includes all workshops, the Rueda Congress Party and Congress dinner. A fantastic finale of a magical experience that we hope you will enjoy for a long time afterwards.

If you have any questions about the Dance Journey to Cuba in December, please e-mail: [salsareidun@gmail.com](mailto:salsareidun@gmail.com).

We reserve the rights to make minor changes to the programme, if necessary.