

LA HABANA triathlon

ATHLETES AND TEAM OFFICIALS GUIDE

LA HABANA (CUBA), January 24-25th 2015

CAMTRI Sprint Triathlon American Cup

**ITU Long Distance Triathlon Series Event and Iberoamerican
Championships**

**ITU Middle Distance Triathlon Series Event and Iberoamerican
Championships**



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INTRODUCTION

The purpose of the Athlete's Guide is to guarantee that all athletes, coaches and spectators are informed about the event. The LOC guarantees that the information contained in this Guide is correct and is updated.

However, we suggest that you check at the Information Center the weekend of the event and our webpage at <http://www.triathlonhabana.com>, in case of any changes contained in this guide.

KEY CONTACTS

ITU Technical Delegate	Enrique Quesada	enrique.quesada@triathlon.org
ITU Assistant Technical Delegate	Leslie Pujol	lesliepujol@gmail.com

Executive Director	José Carrasco	organizer@triber226.com
Secretary	Yasleidis Acosta	info@triber226.com
Race Director	Rolando Herrera	triatloncuba@inder.cu
Athlete Services Manager	Gabriella Lorenzi	gabriellalorenzi@fitri.it
General Services Director	Pedro Urquía	pedro@cubadeportes.cu
Reservations, Lodging and Transfers	Yolanda Muiña	yolanda@cubadeportes.cu

CONTACT INFORMATION



ORGANIZING COMMITTEE:

Executive Director, José Carrasco Tel: +34 959 102710

Email: organizer@triber226.com

Websites: http://www.triathlon.org/events/event/2015_havanna_itu_long_distance_triathlon_series_event
<http://www.triatlonhabana.com/>

<http://www.triber226.com/>

Facebook: <https://www.facebook.com/triatlondelahabana>

Twitter: <https://www.Triatlón d La Habana@Tribler226Habana>

GENERAL INFORMATION

KEY DATES

2015 HABANA CAMTRI SPRINT TRIATHLON AMERICAN CUP:			
Activity	Date	Time	Place
Information Office	January 23	12:00-18:00	Marina Hemingway
Age Group Packet Pickup and elite.	January 23	12:00-18:00	Marina Hemingway
Swim Familiarization	January 23	9.00 am	Marina Hemingway
Bike Course Familiarization	January 23	10.00 am	Marina Hemingway
Athlete's Briefing	January 23	18:00	Marina Hemingway
Women's Race Start elite	January 24	8:30 am	Marina Hemingway
Men's Race Start elite	January 24	10:15 am	Marina Hemingway
Award's Ceremony elite	January 24	14.00	Marina Hemingway
Age Group Men's Race	January 24	12:00 am	Marina Hemingway
Age Group Women's Race	January 24	12:02 am	Marina Hemingway
Age Group Award's Ceremony	January 24	2.00 pm	Marina Hemingway

2015 HABANA ITU LONG Y MIDDLE DISTANCE TRIATHLON SERIES EVENT AND IBEROAMERICAN CHAMPIONSHIPS:

Activity	Date	Time	Place
Information Office	January 22, 23	10.00 to 18.00	Marina Hemingway
Agegroup Packet Pick Up	January 24	10.00 to 15.00	
Women's Mid Distance Start	January 25	07.05	Marina Hemingway
Men's Mid Distance Start	January 25	07.00	Marina Hemingway
Agegroup Men's Mid Distance Start	January 25	07.10	Marina Hemingway
Agegroup Women's Mid Distance Start	January 25	07.13	Marina Hemingway
Women's Long Distance Start elite	January 25	07.20	Marina Hemingway
Men's Long Distance Start elite	January 25	07.15	Marina Hemingway
Agegroup Men's Long Distance Start	January 25	07.25	Marina Hemingway
Agegroup Women's Long Distance Start	January 25	07.28	Marina Hemingway
Relay Race Start	January 25	08:15	Marina Hemingway
Award's Ceremony Elite – Mid Distance	January 25	Approx. 17.00	Tribuna - Malecon
Award's Ceremony Elite – Long Distance	January 25	Approx. 17.00	Tribuna – Malecon
Musical Concert	January 25	23:00	A determinar
Award's Ceremony Mid and Long Distance – Agegroup and Relay	January 26	12.00	Marina Hemingway

VENUE

Venue

The Official Hotels are:

- Hotel Acuario, at Marina Hemingway, Calle 248 y 5a Avenida, Santa Fe.
- Hotel Occidental Miramar, 5ta avenida, Miramar. Playa
- Hotel Melía Habana. 5ta avenida, Miramar. Playa

Information Center

The "LOC OFFICE" del **2015 La Habana Triathlon** will be located at **Marina Hemingway**, Calle 248 y 5a Avenida, Santa Fe, La Habana, Cuba

Coordinates: 23° 05' 20" N 82° 29' 38" W it will be open the following days:



FECHA	HORA
Thursday, January 22	10:00 - 18:00
Friday, January 23	10:00 - 18:00
Saturday, January 24	10:00 - 15:00

LOGGING AND TRANSPORTATION

Official Agency:



Cubadeportes s.a.

muestra el camino del triunfo porque cuenta para ello, con

LA EXPERIENCIA DE LOS CAMPEONES

Contact for Reservations, Lodging and Transfers:

Yolanda Muiña

Email: Yolanda@cubadeportes.cu

Phone: 0053 52630228

The Official Agency of the **2015 LA HABANA TRIATHLON** is *Cubadeportes S.A.*, the entity with exclusive rights to commercialize the products and services related with Cuban sports, their prestige and successes are known world-wide.

It specializes in offering technical assistance, event organizing in Cuba and abroad, sports package sales that guarantee the stay of delegations interested in training, courses, sports spectacles for which it uses its special institutions and installations; it also offers training, consulting and sports coaching abroad by specialized experts in more than 40 different sports.

The division of Events and Travel organizes events, academic courses and other sports activities. It also organizes training camps in all sports, with the possibility of training with our best athletes, Central American and Pan American Champions, World and Olympic Champions and the chance to know their trainers.

In order to guarantee your stay we offer sports packages in hotels from 2 to 5 stars, with options of beaches, city tours, visits to historic places, night-time recreational centers and others. We also have Sports Residences that provide lodging and food to delegations.

We have recreational sports installations in the city of Habana, Varadero, Sancti Spiritus and Ciego de Avila which include base ball parks, Golf Courses, Tennis Courts, pool tables, and dominoes; bike rentals, massage services and gastronomic services.

LODGING AND TRANSPORTATION

TRANSFERS: AIRPORT – HOTEL - AIRPORT

International Airport: José Martí (code HAV)
 Distance: 15 km from downtown
 Service: Included in hotel packages

ACCOMMODATION OFFERS: LA HABANA (CUBA)

HOTEL	Package from January 23 to 26, 2015 3 Nights Price per Person (CUC**)		Distance to Start Line	Distance to Finish Line
	TWIN room	SINGLE room		
NACIONAL 5*	350	410		3 Km
MELIA COHIBA 5*	400	460		3 Km
MELIA HABANA 5*	350	410	7 Km	
HABANA LIBRE 5*	315	375		3 Km
OCCIDENTAL MIRAMAR 4*	230	290	7 Km	
COPACABANA 4*	230	290	8 Km	
PANORAMA 4*	275	320	8 Km	
PALCO 4*	250	280	5 Km	
COMODORO 4*	225	255	7 Km	
MONTEHABANA 3*	220	250	7 Km	
TRITON 3*	130	160	7 Km	

Package includes:

- Lodging with Breakfast and Dinner, one beverage included.
- Transfers from Airport to Hotel and back.
- Transfers to Host Hotel.
- Basic Medical Assistance.
- Personalized assistance.

CURRENCY**:

All prices and services are in Cuban Convertible Pesos (CUC).

For the exchange rate please go to the official site:

http://www.bc.gob.cu/Espanol/tipo_cambio_METROPOLITANO.asp

After January 26th, Cubadeportes offers packages designed to allow competitors in the 2015 La Habana Triathlon visit the Cuban Republic:

- Beaches and Recreational Centers
- Ecotourism
- Nature
- Spa y Health
- Visit historic places

In order to make your reservation and plan your stay please email: Yolanda Muiña e-mail: yolanda@cubadeportes.cu

ALL THIS IS AVAILABLE TO THOSE WHO CONTRACT THE SERVICES OF CUBADEPORTES



REGISTRATION

Please visit our website:

<http://www.triber226.com/inscripcion.php> or <http://www.triatlonhabana.com/inscripcion.php>

In order to receive assistance during the days of the competition and to receive updates about the event, please fill out the form “Athlete Information” and send to the following address:

LOC - ORGANIZING COMMITTEE, Contact: Yasleidis Acosta e-mail: info@triber226.com

Registrations for the ELITE 2015 La Habana CAMTRI Sprint Triathlon American Cup should be done through the National Federations on the ITU website registration page.

ENTRY FEE

2015 Habana CAMTRI Sprint Triathlon American Cup

Distances: Swim 750m - Bike 20km - Run 5km
Registration: 100Euro – 127USD
Capacity: 150

2015 Habana ITU Long Distance Triathlon Series Event and Iberoamerican Championships

Distances: Swim 3.8km - Bike 180km - Run 42km
Registration: 300Euro – 381USD
Capacity: 600

2015 Habana ITU Half Distance Triathlon Series Event and Iberoamerican Championships

Distances: Swim 1.9km - Bike 90km - Run 21km
Registration: 200Euro – 254USD
Capacity: 400

REGISTRATION – RACE PACK

The registration will take place in the LOC Information Office located in Marina Hemingway, Calle 248 y 5a Avenida, Santa Fe, La Habana, Cuba

Opening hours:

Thursday, January 22 10:00 – 18:00
Friday, January 23 10:00 – 18:00
Saturday, January 24 10:00 – 15:00

It is compulsory for all athletes to register and pick up their race pack during the times stated in the Race Week Schedule. To register you need the following:

- Photo ID
- A valid triathlon licence. (elite)
- A signed event waiver: through a mandatory, personal signature on the form “Waiver” the athlete accepts the conditions of participation. The waiver will be sent to you via e-mail.

PACKAGE PICK UP

Packet Pick Up and Athlete's Bag - <http://www.triber226.com/>

The athlete and his/her companions will receive a bracelet that should be worn every day in order to have access to all the areas of competition.

Each participant needs to sign a waiver, as well as each member in a relay team. Please be ready to show identification. A photocopy will be taken for our records.

You will receive your race packet during the days and hours assigned to each event. Race numbers come with safety pins, but use of race belts is allowed. Please remember packet pick-up is done in person.

Your race packet will contain:

1. Bulletin with information about all events.
2. Race number and swim cap.
3. Bracelet. MUST WEAR AT ALL TIMES.
4. Numbered stickers (1 for the bike + 3 for your helmet, frontal, front, and both sides)
5. Bags with numbered stickers – these will be for swim, bike and run clothes.
6. Bracelet (1)
7. One chip and one chip holder to be placed in your ankle.

BAGS

Three (3) bags of different color will be given:

- White
- Gray
- Black

GRAY BAG – This bag should contain dry clothes, your hotel key and medications. No backpacks will be accepted, nor air pumps. This bag will be handed before the start of the swim next to T1, from where they will be taken to T2 where you will be able to pick them up after your competition.

BLACK and WHITE BAG – It is mandatory to bring your black bag for the Bike portion of your race to Check-in/Registration so that it will be placed in T1, and bring the WHITE bag to T2.

Please be sure that your bags are marked with your name and race number, and that you have placed the correct clothing in each bag. We recommend not leaving cell phones, ipods, cameras, watches or sun glasses in your bags. The organizing committee is not responsible for lost valuables.

FINISHERS – will receive a Finishing Medal and a t-shirt.

RACE INFORMATION

Distances

	SWIM	BIKE	RUN
Sprint	750m	20km	5km
Mid Distance	1.9km	90km	21km
Long Distance	3.8km	180km	42km

RACE INFORMATION

CUT Times

There is no cut time for the SPRINT

	SWIM	BIKE	RUN
Mid Distance	09.45	19.15	16.15
Long Distance	08.30	13.15	24 hours

EVENT INFORMATION










Schedule:

DAY	TIME	ACTIVITY	PLACE
January 23	09.00	SPRINT: Swim Familiarization	Marina Hemingway
January 23	10.30	SPRINT: Bike Familiarization	Marina Hemingway
January 23	18.00	SPRINT: ELITE Athlete's Briefing	Marina Hemingway
January 24	8:30	Women's Race Start elite	Marina Hemingway
January 24	10:15	Men's Race Start elite	Marina Hemingway
January 24	14.00	Award's Ceremony elite	Marina Hemingway
January 24	12:00	Agegroup Men's Race	Marina Hemingway
January 24	12:02	Agegroup Women's Race	Marina Hemingway
January 24	14.00	Agegroup Award's Ceremony	Marina Hemingway
January 25	07.05	Women's Mid Distance Start elite	Marina Hemingway
January 25	07.00	Men's Mid Distance Start elite	Marina Hemingway
January 25	07.10	Agegroup Men's Mid Distance Start	Marina Hemingway
January 25	07.13	Agegroup Women's Mid Distance Start	Marina Hemingway
January 25	07.20	Women's Long Distance Start elite	Marina Hemingway
January 25	07.15	Men's Long Distance Start elite	Marina Hemingway
January 25	07.25	Agegroup Men's Long Distance Start	Marina Hemingway
January 25	07.28	Agegroup Women's Long Distance Start	Marina Hemingway
January 25	08:15	Relay Race Start	Marina Hemingway
January 25	Approx. 17.00	Award's Ceremony Elite – Mid Distance	Tribuna - Malecon
January 25	Approx. 17.00	Award's Ceremony Elite – Long Distance	Tribuna - Tribuna
January 25	23:00	Musical Concert	A determinar
January 26	12.00	Award's Ceremony Mid and Long Distance – Agegroup and Relay	Marina Hemingway

NEOPRENE

Neoprene use is prohibited pro ITU regulations, and changes of temperature expected wather day of the event.

WEATHER CONDITIONS

<u>Max Daytime Temperature (°C)</u>		26°C (79°F) in January
<u>Min Night-time Temperature (°C)</u>		17°C (63°F) in January
<u>Hours of Sunshine (Daily)</u>		7 Hours per day in January
<u>Hours of Daylight (Daily)</u>		11 Hours per day in January
<u>Heat and Humidity Discomfort</u>		Low in January
<u>Days with some Rainfall</u>		6 Days in January
<u>Monthly Rainfall (mm)</u>		68 mm (2.7 inches) in January
<u>UV Index (Maximum)</u>		6 (High) in January
<u>Sea Temperature (°C)</u>		25°C (77°F) in January

TIMING CHIPS

On the race day, athletes will be given a timing chip, to be worn on the athletes'ankle.

The Transition Area will opens at 5:30am and the athletes will pick up the timing chips, swim cup, body marking before the competitions, during their check-in procedure in the Athlete's Lounge.

Please do not use sunscreen, vaseline, oils or lotion before the body marking.

Athletes have to return the timing band, in order to collect their bike from the Transition Area, after the race.Your timing chip is on loan to you, failure to return the chip will result in a fee charged

OFFICIAL PHOTO SERVICE

"FOTODEPORTE" is the Official Photo service of the TRIATHLON DE LA HABANA which will ensure an accurate souvenir of your participation

RESULTS

Results will be uploaded live at the ITU's official website: www.competitions.com

All the results information will be distributed to the Team Leaders at the LOC Information Office.

COMPETITION RULES

The race will follow the latest published competitions rules of the International Triathlon Union.

http://www.competitions.com/uploads/docs/itusport_competition-rules_december20141.pdf

PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

ATHELETE'S SERVICES

BIKE MECHANIC SERVICE

We will offer a comprehensive bike mechanic support.

In T1 will be a limited number of air pumps; if you will bring yours, you must give it to a friend or assistant before the competition start because these pumps are not permitted inside your gray bag.

COURSE FAMILIARIZATION

Pre-competition trainings will take place for the Sprint distance event, in the Marina Hemingway race venue. During the familiarization, Police and LOC will escort the athletes round the course:

Only Sprint will familiarize the circuit and will be for the elite and popular athletes.

FRIDAY January 23th: Marina Hemingway

9h00 Swim Familiarization

10.30 Bike Familiarization

During your trainings please remember to do it with at least one person, especially in open water; during the cyclism in along the streets ride in line and not side by side, please respect the traffic rules, bring with you and identity card and don't forget to be polite.

SPORT MASSAGE AND PHYSIOTHERAPY SERVICE

Sports Physiotherapy and Massage Service will be available to the athletes after all the races at the recovery area

DOPING CONTROL

Doping Control will be performed according to the ITU /WADA rules.

MEDICAL SERVICES

First Aid and Emergency Medical Services at the Finish Area will be available to anyone requiring medical assistance during the competition hours.

Medical and paramedical personnel will be available throughout the familiarization courses and competitions times. All athletes and team support personal must carry their own appropriate medical insurance.

SECURITY

Safety during the whole competition will be guaranteed by a specific Security Plan. In the swim course security will be guaranteed by the Sea Civil Guard together with lifesaving staff. In the bike and run course Local Police will guarantee security along with a large trained volunteer team.

The Emergency number in Cuba is 106.

ATHLETE'S BRIEFING

Athletes' briefing, mandatory for the Elite athletes Sprint, will take place in Marina Hemingway, Friday January 23th at 18.00

ACCREDITATION

LOC will provide all coaches, technical officials, journalists, etc. an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards will be handed out during the official registrations.

Only accredited persons will be allowed to access in specific areas of the competition areas.

All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

ACCREDITATION CARD REQUEST

National Federation representatives and observers apply for accreditation by sending their request to the ITU.

BODY MARKING CHIP PICK Up

Timing will be done with CHIP system.

Transition area will open at 5:30 am and athlete's check-in will be done at the Athlete's Lounge and do body marking on the day of the race.

Please try not to apply sunscreen, lotions or oils before body marking.

If you loose your chip you will be charged.

FIELD OF PLAY MAPS

LONG DISTANCE

Swim: 3.8 Km



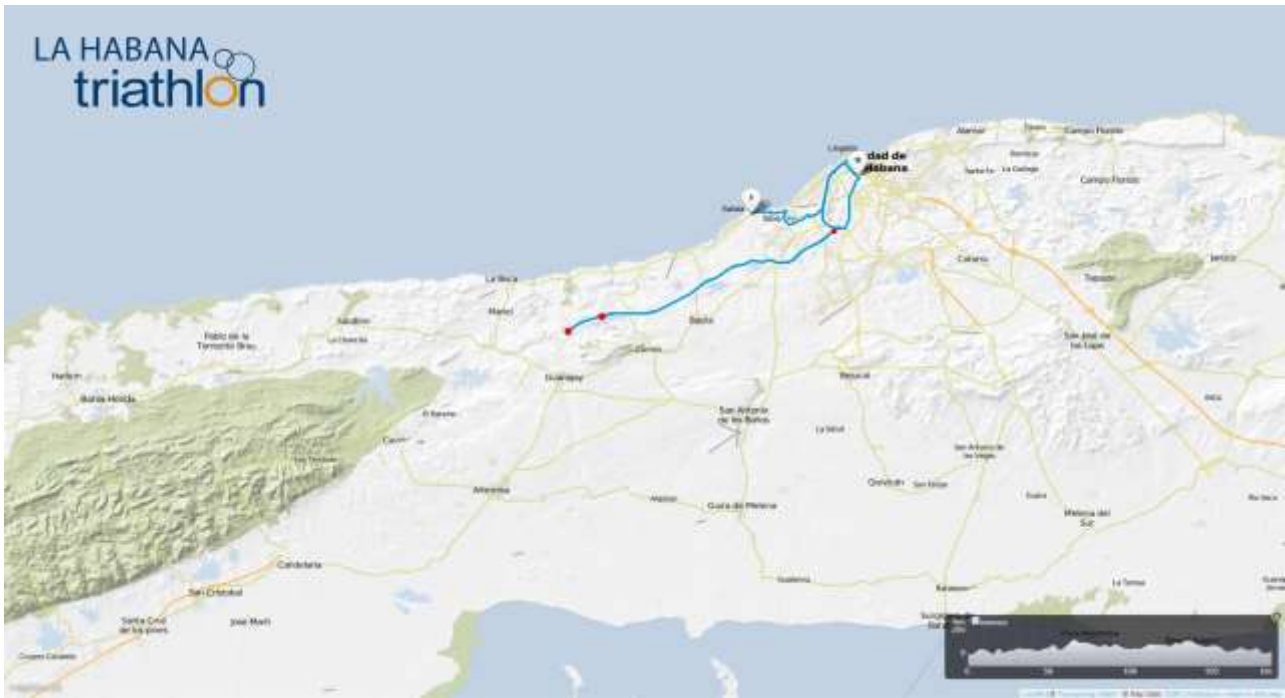
MIDDLE DISTANCE

Swim: 1.9 Km



BIKE COURSE

Long Distance - 180 Km (2 Laps)
Mid Distance - 90 Km (1 Lap)



RUN COURSE

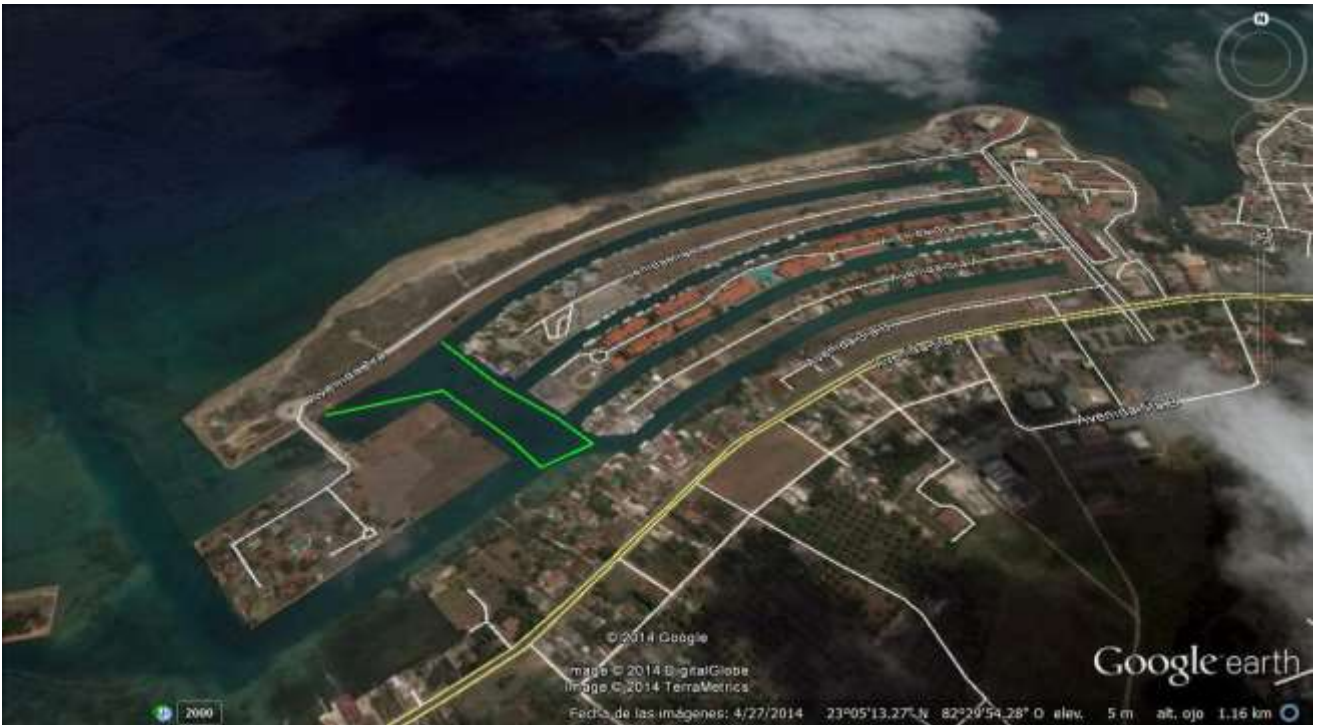
Long Distance - 42.2 Km (2 Laps)

Mid Distane - 21.1 Km (1 Lap)



SPRINT

Swim - 750 m



IMPORTANT

- All courses are flat with pavement in good condition.
- Wetsuits will not be allowed
- Cuba's climate in January is very stable and it's eternal summer year round.
- When you train, please do so with at least one other person especially in open water. In the streets please cycle in line and not side to side. Obey traffic laws, and always carry an ID. Use this if you are stopped and please be courteous.
- You are our guest in La Habana and your cooperations is appreciated.

LONG AND MIDDLE DISTANCE EVENTS – JAN 25

There will be 5 aid stations on the bike course and another 5 on the run course, where you will have a choice of gels, energy drinks, energy bars and Nutrisport, as well as Gatorade in cans, fruits and water.



Energy bars

AWARDS

- All prizes will be in art, with the marking greater value.
- Prizes for the best times of Swimming, Cycling and Carrera must be Finisher and NOT include competitors Relays.
- The award of SPRINT will be immediate to finish the competition on January 24, 2015. The MEDIA LONG DISTANCE elite and after the event on January 25, 2015, the age groups on January 26.
- The first three and the first three in each age group will receive a trophy during the awards ceremony.

Participant Handout test completes the set time

- Ladies and Finisher Medal

Art will be from recognized international Cuban artists:

- Rancaño
- Maikel Herrera
- Kamil Bollaudy
- Choco
- Juan Moreira
- Alicia Leal
- Enrique Avila
- Roberto Chile
- Nelson Dominguez

PRACTICAL TRAVEL TIP

How to get there – Entry into Cuba

All tourists must have a valid passport and a Tourist Card.

Information about entry and exit into Cuba is found here: <http://www.aduana.co.cu/>

Travel Visas

Travel Requirements for Foreign Visitors

Valid passport for at least one week after the date of departure from Cuba, return ticket and Tourist Card (available at a cost at airlines, travel agencies and Cuban Consulates in different countries), it must include the address where you will stay in Cuba. Do not lose this document; you will need it when leaving Cuba.

Tourist Card

The Tourist Card allows you a stay up to 90 days from the day of entering the country, it can be extended monthly, and it's valid for only one entry into the country. In order to stay more than 90 days, you can ask for an extension for 1 time.

Children, independent of their age, also need a tourist card even if they are registered with their parent's passports.

Tourist Card Validity:

Normally 30 days, 90 for Canadian Visitors. This card can be extended for 30 additional days once in Cuba, or 90 for Canadian Visitors.

Important information that you must not forget:

Custom's Laws in Cuba prohibit any type of imports of pornographic material, narcotics, live animals and fire arms; the latter may be authorized by the proper tourist authority when used for hunting purposes. Any consumption or traffic of narcotics and other substances is penalized by the law.

Arriving Passengers

In addition to your personal jewelry and other valuable objects, visitors are allowed to bring in to Cuba two liquor bottles free of charge, one entire cigarette carton and up to 22lbs (10 Kilos) of medications. Gifts with value of up to US \$250 are also allowed, where \$50 will be allowed duty free and the rest is subject to 100% tax.

Imports of narcotics or fire arms are prohibited. There is no restriction to the amount of money a visitor can bring, however, quantities of US \$5,000 or more should be declared.

The introduction of VCR's and DVD's is allowed in Cuba.

Cuban Customs has eliminated the restrictions on imports of VCRs and DVDs into Cuba. After May 1st of 2007, tourists may bring these items independent of type, brand or model including combo models.

Tourists are allowed to bring in their personal effects, including new and used articles, under what is reasonable necessary for their vacation according to the length and purpose of the trip. In addition sports equipment, jewelry, photographic equipment, video cameras, cell phones, smart phones, laptops, MP3 players, video games, hair dryers, electric shavers, binoculars, one radio, recorders, portable musical instrument and one sound recorder. Walkie-talkies are allowed. After December 20, 2007 tourists are allowed to bring walkie-talkies. They must be registered at customs upon entry and they must be taken out of the country upon departure.



PRACTICAL TRAVEL TIPS

Not Allowed:

The introduction of narcotics, explosives, pornography, and any article including literature with the intention to use it against national security; animals, and regulated plants by the Convention of International Trade in Endangered Species of Wild Flora and Fauna, GPS, wireless phones (for the home) that operate on other bands other than 40-49 MHz and 2.4 and 5 GHz; electro domestics: freezers, air conditioners, stoves, and electric ovens, electric shower heads, water heaters, irons (passenger's irons are allowed), toasters and any parts for any of these items.

Exiting Visitors:

Please make sure to save \$25 CUC (Cuban pesos) in cash to pay the exit tax at the airport. Visitors who leave Cuba can take with them 23 cigars and 1.14 liters of liquor (2 bottles of 750 ml). In order to export other items like art and antiques, a permit from the Registro Nacional de Bienes Culturales must be obtained. Most legitimate vendors already have these permits and can put an official seal on your receipt.

There are strict laws pertaining with exports of plants and animals from Cuba. The Convention of International Trade in Endangered Species of Wild Flora and Fauna, prohibits to take the following: native flora and fauna; live or preserved specimens and products made with parts of species in extinction. Products approved by the administrative authority of the Convention of International Trade in Endangered Species of Wild Flora and Fauna (CITES) may be exported.

Security

Cuba is a safe place. The country warmly receives families and children. Children are welcomed practically everywhere. Logically, precautions should be taken to protect valuables. Do not leave cameras or other valuable objects unattended in public areas.

Police, Fire Department Numbers

The Emergency number in Cuba is 106.

Medical Insurance

Visitors must present a travel insurance policy to cover their medical expenses while in the country.

In order to comply with this requirement, the passenger must have a travel insurance policy that covers medical expenses or a medical insurance policy valid in Cuba.

The policy must be obtained in the point of origin. Those travelers who do not have insurance on arrival may acquire one with such coverage from insurance companies in Cuba at the airport, port or marina.

US residents traveling to Cuba directly, need to acquire their policy at origin from the network of agencies associated with Havanatur-Celimar, since US insurance companies are unable to provide coverage in Cuban territory.

Travelers who arrive in the country will need to show a policy, insurance certificate or travel assistance card valid throughout the entire stay in Cuba.

Visitors traveling to Cuba will not just find the natural beauty of the island, and the hospitality of its people; but an absolute security that includes their well-being and health. In case of medical emergencies of any type, the Cuban medical service guarantees the assistance necessary through a network of clinics and hospitals that cover every corner of the country. Most major hotels provide basic medical attention.

To obtain more information and to plan your trip to Cuba, visit our website or contact your nearest Cuban Embassy or consulate, or the offices of the Cuban Ministry of Tourism.

Contact your nearest Cuban consulate:

cubacon@on.aibn.com



PRACTICAL TRAVEL TIPS

Medical Services

All hotels have a resident doctor or one on call that guarantees primary medical attention. Most vacation centers have an international clinic that can help with more complex health issues. These clinics are found in different parts of the country, like Pinar del Rio, La Habana, Varadero, Cienfuegos, Trinidad, Cayo Coco, Santa Lucia, Guardalavaca y Santiago de Cuba.

How to get around

Transportation

Cuba has excellent taxi service, as well as rental cars, vans, and motorcycles. Touristic Buses in La Habana, Pinar del Rio, Jardines del Rey, Trinidad, Baracoa and Varadero cover most principal points of interest. For special excursions please contact: **CUBADEPORTES SA, Yolanda Muña, yolanda@cubadeportes.cu**

By Air

The country has 10 International Airports and 5 local airports with domestic charters and air taxis. Several airlines offer charter flights to access the more remote parts of Cuba.

Taxis

Tourist Taxis, or Official Taxis have a meter and tariffs must be paid in CUC. You pay by distance, not time. These are curious vehicles of oval shape (like a coconut), bright yellow and with 3 seats. You can find them in most cities and are a fun alternative to the Tourist Taxis, they are also official but do not have a meter.

Driving in Cuba

You must be 21 years or older and have a valid driver's license that shows you have at least one year of experience. There are several rental companies, though we recommend that you do not drive.

Photography

You can freely take photos and videos, except in restricted areas like military zones. Museums have their own specific regulations.

Shopping

In hotels, villas and airports you may purchase cigars, rum and coffee as well as snacks, arts and handcrafts, toiletries, books and souvenirs. Specialty stores in the major tourist regions also offer fine imported products from Europe and other places.

Tourist Information

There are 27 Tourist Information Centers (INFOTUR) distributed all around the country which will provide free information.

Currency

Prices for all products and services in Cuba are only in **Cuban Convertible Pesos (CUC)**, including transportation and the exit tax. There is another currency, Cuban Pesos, which is not accessible to tourists.

In some establishments payment can be made with credit cards Visa, MasterCard, Access, Bancomer International, Banamex, Dinners Club International, JCB and Carnet, plus other local cards like BFI and RED.

Credit Cards emitted in the USA and affiliates are not accepted. Traveler's Checks are not accepted.

Money exchange must be done in the exchange offices CADECAS, located at all hotels.

To check the current exchange rate please visit the official site:

http://www.bc.gob.cu/Espanol/tipo_cambio_METROPOLITANO.asp

PRACTICAL TRAVEL TIPS

Telephone and Internet Access

Telephone:

Public phones allow you direct calls, which you can pay in Cuban Pesos (you will need 20 cent coins and 1 peso) or with phone cards usually for sale in Cuban Convertible Pesos. Phone cards come in denominations of 10 and 20 CUC and can be purchased in hotels, conference centers, ETECSA Offices and in phone cabins.

You can also make your international calls from your hotel.

<http://www.eteCSA.cu/index.php?sel=internetturista>

To call Cuba directly from any country:

Dial the code to make international calls (usually 00), in the US 011

Dial the Country Code for Cuba: 53

Dial the Area Code of the place you wish to call.

Dial the phone number of the person you need to call.

Area codes inside Cuba:

Area Code, **La Habana.....7**

Mobil Phones

There are roaming agreements with most international phone companies. If your phone operates in GSM on band 900 MHz (European Standard) or with TDMA on band 800 MHz (American Standard) it is very likely that you may use your own phone in Cuba. It is possible that you might need to activate your phone with a local company:

C_COM for GSM or [CUBACEL](#) for TDMA. You may also rent a cell phone in Cuba.

Internet connection and service:

You can access the Internet in your hotel.

Electricity

Electric current in Cuba is 110V 60 Hz. In some places it is possible to find 220V. You will need to bring an adaptor with flat prongs if your electrical appliances have round prongs.