

Buen Viaje to Cuba

Tourist and Cultural Magazine
Year 2022, FITCUBA



**Cayo Largo del Sur, 40 years
among Cuba's favorite destinations**

**Típico Cubano,
new Cubatur circuit**

**TURNAT 2022, nature,
adventure and rural tourism**



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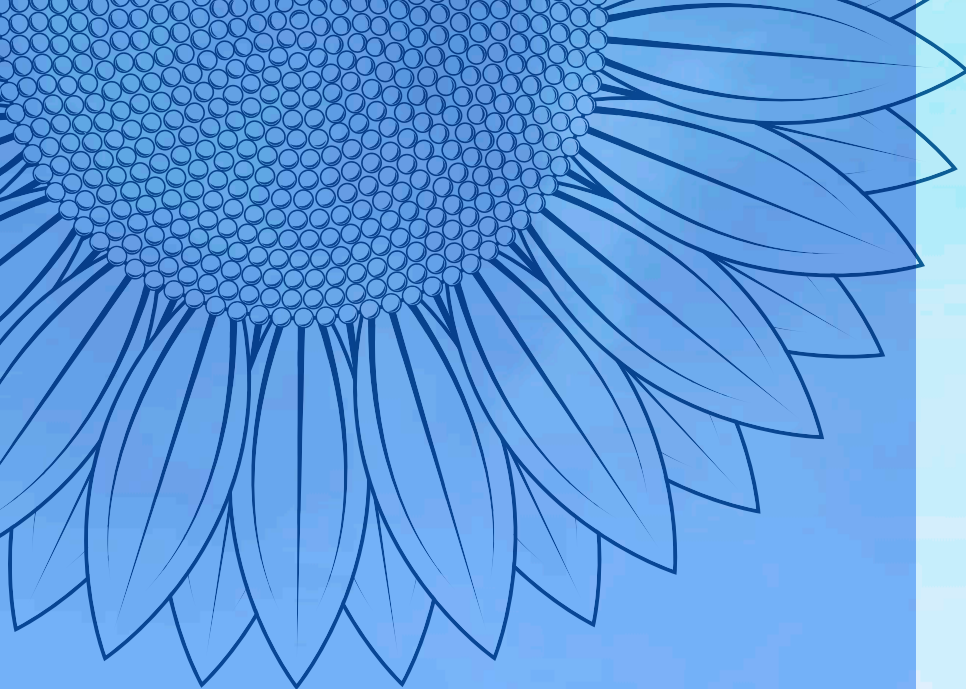
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Hi friends,

We are still with you, sharing the good reasons to travel to Cuba.

The month of May is here and with it came Cuba's main tourism fair, FitCuba, to which we dedicate this edition. We are celebrating 40 years of Cayo Largo del Sur as a tourist destination and we do it hand in hand with the Gran Caribe Hotel Group.

Many novelties were presented at FitCuba and among them we highlight Cubatur Travel Agency's Circuits, especially the one named Típico Cubano (Typical Cuban). Cuba Ron is approaching its 30th anniversary and for this corporation and Cuba's Movement of Rum Masters we have a special feature. The Cubanacán Group is celebrating its 35th anniversary and with its hotel facilities is making a difference.

Among the events we include those organized by Marina Marlin, the Medical Services Marketing Corporation, the Gaviota Group, and especially Turnat 2022, organized by Ecotur, dedicated to the western part of the country.

Discover Cuba from our pages.

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CAYO LARGO del SUR, 40 years among Cuba's favorite destinations



One of the best known and most photographed places in Cuba is celebrating 40 years since the beginning as a tourist destination. It is Cayo Largo del Sur and the group of islets surrounding it, located in the southwestern region of the Cuban archipelago.

Close to Isla de la Juventud, Cayo Largo del Sur covers an area of 37 km², and offers visitors beautiful natural landscapes and almost virgin coasts where the famous Playa Sirena and Playa Paraíso stand out, recognized among the best in the world by the TripAdvisor travel website. Its seas are ideal for sailing, kayaking, sailing on catamarans and other motorboats; and hidden





Those who wish to venture into gastronomy outside the hotel can visit restaurants serving Italian, Cuban, and international cuisine, as well as a bowling alley, a museum house, shops, and a souvenir market.

One of the places frequently visited is the Sea Turtle Rescue Center, where a team of scientists monitors the populations of these animals and ensures their conservation. During the reproductive season, the turtles build their nests in the sands of Cayo Largo, from where the eggs are collected and taken to special farms to make sure that they reach full development and at the same time protect



under the waters are coral reefs that are home to numerous species of fish, mollusks and sea turtles. This infinite variety of ecosystems — which show a high degree of conservation — places Cayo Largo among the main destinations for diving and snorkeling in the Caribbean.

Accommodations in Cayo Largo include a variety of facilities of various categories and designs, in which visitors receive careful attention and from which they can go on excursions, tours or simply enjoy the sun and the beach.

them from predators. Once they hatch, they are taken back to the sea in a beautiful environmental experience, which involves tourists and workers on the key.

Other entertainment options are due to the proposals of the Marina Marlin, with excursions, sport fishing offers and life on board; and the International Diving Center from where the routes to more than 30 dive sites depart. In this Diving Center there are instructors who accompany the divers, offer introductory courses and are also trained to give international certification.



In Cayo Largo there is a tree known as “La Yana,” which is said to be the oldest in the place. Stories and legends have been woven around this unique plant, some related to its longevity and others that tell of pirates and corsairs who sailed through the region and used it as a guide or mark to hide their precious treasures. Today many travelers visit it and take home a souvenir photo.

Cayo Largo is accessible by air through an international airport; or by sea on yachts and other vessels. Along with international flights, there is also the possibility of national connections, and travel agencies such as Cubatur sell excursions that can include airfare or maritime transportation, tours, accommodation and food for one or several days.

To live memorable days in Cuba’s hospitable environment, Cayo Largo del Sur offers itself as a renovated destination of incomparable beauty. For more information, we recommend consulting international travel agencies, Cuban agencies or visit Cuba’s official tourism website:

www.cuba.travel



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Authentic flavors and traditions in new Cubatur circuit



With a unique geographical configuration, where spectacular beaches, impressive landscapes and heritage cities full of history are mixed, Cuba is an ideal destination for circuits and combined tours. Tour operators and travel agencies invite visitors to immerse themselves in the magical universe of colonial townships, beach resorts and ecological reserves, thus integrating all the beauties of the island in the same adventure.

These days, the Cubatur travel agency is presenting a new 7-day circuit that is an invitation to learn about Cuban customs, traditions and gastronomy. Those who join the itinerary will be able to enjoy live the elaboration of typical dishes and the preparation of traditional cocktails, savor the famous rums of the largest of the Caribbean islands and walk through heritage cities or in natural landscapes.

The circuit has been named Típico Cubano (Typical Cuban) and begins in Havana, the Wonder City. Travelers will tour its historic area, starting at the Havana Club Rum Museum, where they will discover the process of making the popular drink



and delve into its origins associated with the cultivation of sugar cane. They will also visit the Floridita Restaurant-Bar, one of Ernest Hemingway's usual places in the Cuban capital, to taste the delicious Daiquiri. The Mojito, another favorite cocktail of the great U.S. writer, will make its entrance during lunch at a local Cuban restaurant. The route through the Historic Center also includes stops at places of interest such as the *Plaza de la Catedral*, the *Plaza de Armas* and the *Plaza San Francisco de Asís*.

After lunch, a panoramic tour of modern Havana is planned, this time in classic cars. After visiting Fifth Avenue, the *Malecón*, the *Plaza de la Revolución* and visiting the Hotel Nacional, the day will end in the *Callejón de Hamel*, where visitors will appreciate the strength of religious syncretism in Cuba and the influence of African culture on this country's cultural identity.

Days 3 and 4 of the *Tipico Cubano* circuit are dedicated to nature, as vacationers will first arrive



at Las Terrazas Community (a pioneering experience in sustainable rural development in Cuba), where they will visit the ruins of 19th-century coffee plantations and have time to enjoy a dip in the nearby San Juan River. Later they will go to the famous Viñales Valley, a World Cultural Landscape. Here the activities will include a visit to the *Casa del Veguero*, to learn about Cuban tobacco; a visit to the Cueva del Indio with a boat ride; and the possibility of reaching the Mural of Prehistory and admiring it in all its dimensions. The island's third emblematic cocktail, the Cuba Libre, awaits tourists at lunchtime in a local restaurant. And to appreciate the beauty of the impressive landscape of Viñales Valley, a stop at Los Jazmines Hotel's lookout point has been included.

During days 5 and 6, the township of Trinidad and its *Valle de los Ingenios* will be the protagonists. Previously, during the transfer from Viñales, there will be a stop and panoramic city tour in Cienfuegos, another jewel among Cuban cities.

Once in Trinidad, visitors will discover the *Plaza Mayor*, the *Casa Santander*, the *Palacio Cantero* and the *Canchánchara* bar, to taste the fourth famous Cuban cocktail, which gives the place its name. It is a mixture of cane spirit, honey and lemon juice, which today is recreated by bartenders from various places in Cuba, who use new ingredients, but nothing is better than trying the original in Trinidad. In the *Valle de los Ingenios* there will be an opportunity to discover the sugar traditions and savor the exquisite sugar cane juice, a very authentic refreshing drink from Cuba. In the afternoon, it's time to go swimming in the nearby Ancón beach, one of the most beautiful in the area.



Finally, the seventh day of this circuit proposed by Cubatur will include an approach to the city of Santa Clara, with entrance to the mausoleum and monument to Ernesto Che Guevara. Lunch will be at a traditional thatched-roof restaurant, which in its varied buffet will present the flavors of different distinctive Cuban foods, as well as fruits, root vegetables, broths and meats. Then, the return trip to Havana will begin.

The *Típico Cubano* circuit is assisted by the specialized guides of the Cubatur travel agency and its greatest charm lies in the wealth of Cubaness that it proposes to offer to travelers. Undoubtedly they will be days full of experiences, which we invite you to experience from our pages. We predict you will enjoy unique moments of authentic Cuban identity at each stage of the itinerary.



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Cuba Ron, on the way to 30 years

Celebrating the first 30 years of existence, with the pride of being the Original Producer of the main Cuban rum brands that today go around the world, is a joy for Cuba Ron S.A. Its treasure has been jealously guarded over the years by the Rum Masters, prestigious specialists who know they are the custodians of the knowledge that has passed from generation to generation and that is essential in the elaboration of a unique product.

The Cuba Ron S.A. corporation is responsible, either autonomously or jointly, for the elaboration, production, conservation, marketing and promotion of major rum



brands in Cuba. At the same time, it is in charge of efficiently managing the operation of the main factories in the country, in which we can find the aforementioned Rum Masters, focused on maintaining the highest quality standards and ensuring with their experience that the tradition of manufacturing the best Cuban rums is preserved.

The past two years have been especially difficult around the world. The contraction of the spirits market, as a result of the Covid-19 pandemic, has forced many companies to redefine their production and marketing strategies. Cuba has not been the exception, which is why creativity, commitment, the sense of belonging and the will to grow and diversify





have been the driving force behind Cuba Ron on the way to its 30 years.

In this 2022 there are several events in which Cuba Ron will be able to celebrate the success of its operation and that of the products that it makes available to the most demanding buyers in the entire world. In a special way, the celebration of the Centennial of the Nave Don Pancho, also known as The Cathedral of Rum in Cuba, stands out, an occasion in which the work of the Rum Masters and the history that links the “child of sugar cane” with Santiago de Cuba will also be extolled.

Also this year Cuba Ron will be present at a group of international events to be held in Cuba, among which are the International Tourism Fair (FITCuba), the Food Fair, Expo Caribe, the Havana International Trade Fair (FIHAV '22) , and the World Cocktail Championship that will take place in Varadero and that will be attended by representatives of the Bartender Federations from a large number of countries.



And to get to know the history of Cuba Ron in the voices of its protagonists, since last October 27, coinciding with the World Day for Audiovisual Heritage, the official YouTube channel of the corporation was launched. Information about its brands and products, about initiatives in its factories to protect the environment, about the movement of the Rum Masters and about the stories that over the years have accompanied the creation of the most awarded Cuban rums. All this and more, accompanied by beautiful and valuable images, are available to the most curious followers.

The Cuba Ron S.A. Corporation is approaching its first 30 years, while continuing to promote the proposal that “The knowledge of the Cuban Rum Masters” form part of UNESCO’s World Cultural and Intangible Heritage list. This would be a fair recognition of a history of more than 160 years of commitment to the culture and identity of the Cuban nation. It would be like rewarding all Cuban rums at once, and not only those that have already won their medals around the five continents, but also those being born right now in the aging warehouses, under the watchful eye and care of those Rum Masters, who, hand in hand with Cuba Ron, the original producer, time and time again find the way to bottle Cubanness.



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CUBANACÁN makes the difference



The Cubanacán Group is getting to its 35th anniversary making a difference from its hotels, located in the main tourist destinations in Cuba, and preferred by many travelers in the world. It currently has more than 17,000 rooms in the country, of which just over 8,000 are in self-managed hotels and the rest managed by prestigious hotel chains present in Cuba.

The diversity of accommodation offered by the Cubanacán Group is easily identified based on its Commercial Brands, and depending on the reasons for traveling, it will be possible to select among those that the group has and make the reservation, either from its new online sales platform or through travel agencies and tour operators.

For sun and beach lovers, Cubanacán has hotels of the Brisas and Club Amigo brands. For those who wish to tour the heritage cities and townships, there are those grouped under the Cubanacán Hotels and Hoteles E brands, while,

for stays in natural surroundings, the Horizontes Hotels brand allows you to choose among those it has in various parts of the country.

Currently, the Cubanacán Group's hotels have the Most Hygienic and Safe Tourism Certification, offer Wi-Fi connection in common areas and walkways in the beach area, and the decoration and settings have been renovated, as well as changes in the air conditioning and water systems.

To diversify its proposals, new products have been developed, such as quality of life programs, long-stay programs and the one developed jointly with the Cuban Medical Services Marketing Corporation, aimed at people with kidney failure. And with the aim of rescuing the flavors of Cuban food, a campaign called Ponle Salsa has been created and invites you to enjoy the flavors of Cubanacán in its hotels.

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La Havana

from October 17 to 20, 2022

**I INTERNATIONAL MEDICAL
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**II FORUM ON FOREIGN INVESTMENT
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PLAZA OASIS, innovative leisure and enjoyment option in VARADERO

Very close to the Paso Malo canal, the Oasis Tourist Plaza is ideal for having a good time during a vacation in Varadero. Its varied offers of entertainment and gastronomy, the excellent quality of the services and the attentive disposition of its staff come together to create a wonderful memory for those who visit it.

Managed by the Gaviota Tourism Group, Plaza Oasis offers visitors three themed restaurants; the first is Tokyo Sushi, which specializes in Japanese cuisine, and has a cozy terrace. For its part, the Seafood Restaurant offers an extensive menu based on delicacies such as lobster, shrimp, crabs and other seafood; while the Tapas restaurant invites you to enjoy exquisite combinations, along with a wide variety of drinks.

And precisely, the typical Cuban drinks, liqueurs and cocktails are also available at the Mojito Bar, where in addition to the famous cocktail that gives

it its name, you can find the popular Cuba Libre and Daiquiri, just to name a few, along with the main Cuban rum brands.

Another proposal of the Plaza Oasis for each day is the Spa, which includes hairdressing, barber, manicure, pedicure, massage, body and facial treatments services and a relaxing hydrothermal circuit. On nights from Wednesday to Monday there is a party room with a bar, shows and the tempting invitation to move your body to the rhythm of Cuban music. Finally, a commercial gallery that includes a market, a boutique and two mixed stores, offers beautiful souvenirs from the largest of the Caribbean islands.



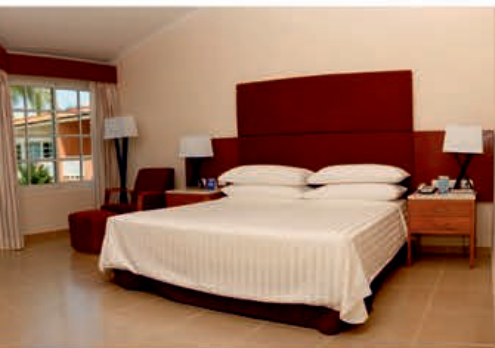
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CUBA, a destination for health and wellness trips



Cuba is recognized as a health destination of excellence, endorsed not only by the extensive experience of its institutions and medical specialists, but also by the country's real possibilities to provide health tourism services. Both aspects, when complemented, ensure comfort and customer satisfaction.

Every year in the world there is a growing number of people seeking travel destinations in which it is possible to combine personal or family rest with medical treatments, quality of life programs and environments related to improving health. There is also a growing preference for health tourism programs that include the use of natural products in medicine, as well as new drugs of proven efficacy and safety.

Cuba makes available to these travelers the professional experience and scientific development of an entire country. The prestige of its health system and the warmth of its professionals are well known, with extensive expertise and sensitivity,

which translates into excellent care at all times. On the other hand, the country has kept in mind the importance of ensuring health care in all tourist destinations. Cuba has a wide network of institutions throughout the country, which provide services to travelers, among which we can mention international clinics, thermal centers, pharmacies, to which are added the institutions of the country's healthcare system, which have rooms for foreign patients.

With all these strengths, and having as the perfect setting the celebration in Cuba of the 15th edition of the Health For All Fair, the Ministry of Public Health and the Comercializadora de Servicios Médicos de Cuba, S.A. are calling from October 17 to 20 to the 1st International Medical and Wellness Tourism Fair (FITSaludCuba), which will be held at the PABEXPO fairgrounds, in Havana.

The Fair will be an ideal time to consolidate alliances and establish new paths in the sustainable development of this economic activity, with a great impact on health, culture and contemporary society.



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As part of the Fair, the 1st International Medical and Wellness Tourism Seminar will be held, which will address issues related to medical tourism marketing models and their development trends, an issue in which Cuba has successful experiences to share.

Another highly topical issue will be addressed at the 2nd International Foreign Investment Forum, which is of great importance in the health sector. This will be a perfect space to promote foreign investment opportunities in Cuba.

One of the keys to the success of this 1st International Medical and Wellness Tourism Fair is recognized since its very call, as it aims to bring together the main players in the health tourism industries, both national and international, with their institutions and professionals. On the one hand, hoteliers, tour operators, travel agencies and insurers are called upon to exchange experiences, and on the other, specialists and directors of

hospitals, international clinics, medical providers and technology providers.

This event will be held at a very special moment for Cuba, whose new and innovative results in public health contribute to enhancing its international prestige and its tourism industry exhibits the result of renovations, improvements and diversification in its facilities.

The Comercializadora de Servicios Médicos Cubanos, S.A., which is arriving at its 10th anniversary with a renewed Commitment to Life, invites you to learn about the experiences and potential of Cuba, a destination where sun and beach, nature and culture combine perfectly. Where the benefits of the climate, the traditions and the hospitality of its people will be the perfect complement for a stay of health, safety and well-being.

We invite you to follow from now on everything related to this Fair in its spaces on social networks:

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ISLAZUL invites you to live good times with your family



The Islazul Hotel Group makes available to those who wish to travel to Cuba a variety of accommodation proposals to enjoy with the family throughout the country. In beach, city and nature destinations, its hotels offer a customized service, backed by the quality of the facilities and the culture of detail of a staff that aims to please the most demanding visitors. Those interested in the youth tourism segment will find that they can organize unforgettable vacations in its hotels, combining rest and adventure.

Islazul's beach hotels are located in Varadero, Holguín and Santiago de Cuba and all of them feature ideal facilities to share with the family. We invite you from our pages to take a tour of Varadero, to learn about the hotels that Islazul has in this famous Cuban resort.



We begin with the most recently opened **Hostal Boulevard *** plus**, which is located on the new Boulevard de Varadero, and has 10 rooms, including 2 standard and 2 superior, as well as 6 single rooms. This facility has a swimming pool, as well as a snack bar, the Cava Boulevard Restaurant, and a Charcoal Grill, which offers all cuts and types of meat and a wide variety of cocktails and wines.

Among the favorites of families is the **Hotel Club Tropical**, located on the beachfront, in the center of Varadero. The hotel has 143 air-conditioned rooms as well as 2- and 3-bedroom apartments with a kitchen and other facilities. It also has comfortable houses on the beachfront. It has a buffet restaurant and a specialized one, lobby bar and snack bar. It has two swimming pools, one for children and one for adults, a shop, a nautical point with waterbikes, kayaks and catamarans, and a tourism bureau for the sale of excursions and tours.

Also in the center of Varadero is the **Aparthotel Mar del Sur**, with wide spaces, a swimming pool and several restaurants and bars, which works in the All Inclusive mode. Here the family concept is combined with joviality and customized attention. Added to this are the creativity of its animators, the music at night, the variety of its cocktails and the careful attention of the chef. It has 196 air-conditioned standard rooms, with private



bathroom and satellite TV, as well as 2-bedroom and 1-bedroom apartments. In addition, it has houses equipped for the enjoyment of a more familiar environment. Some apartments are perfectly equipped for long stays.

Among the historic accommodations in Varadero is the **Hotel Los Delfines**, located on the beachfront, in one of the most privileged sectors of the resort. It has 103 air-conditioned rooms, as well as a restaurant, bar, shop, swimming pool for children and adults, safety deposit box and tourism bureau. It also has neighboring houses with all the comforts that vary between 1 and 5 rooms. The customized attention that its



visitors receive and the comfortable atmosphere that characterizes it, have made it one of the preferred hotels in Varadero.

Our tour ends at the **Hotel Club Karey**, a beautiful facility made up of a set of attractive buildings, with a beautiful view of the Varadero canal and direct access to the beach in most of its houses. It is ideal for families and for couples looking to enjoy a quiet vacation, since a relaxing atmosphere is breathed throughout its extension. It has 130 air-conditioned rooms with private bathroom, satellite TV and safety deposit



box. The hotel offers its guests the delights of its buffet restaurant, the specialized restaurant and the lobby bar. In addition to its strip of beach, you can enjoy the swimming pool, the tennis court and a variety of non-motorized water sports, as well as its party room and gift shop.

Islazul awaits you in Varadero, the most famous and international beach resort in Cuba, to offer you all the accommodation and service facilities, with the purpose of satisfying the most demanding travelers. We invite you to visit the website of this Cuban hotel group, where you can find more details of these and other hotels in the country and make a reservation for your next trip to Cuba.



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TURNAT 2022, nature, adventure and rural tourism



From September 20 to 24, 2022, a new edition of the TURNAT Tourism and Nature Event will take place, whose venue this time will be the western region of Cuba. Its program of activities will include visits to sites of great beauty in the provinces of Pinar del Río, Artemisa, Havana and Mayabeque, and will extend to the Isla de la Juventud.

Organized by ECOTUR, a specialized tourism agency that has nature tourism among its main strengths, TURNAT 2022 returns this year to its in-person celebration. Its inauguration foresees the La Giraldilla recreational center as its venue and during that day there will be master lectures, a farmer party and a nightly dinner with entertainment at the El Viejo y el Mar Hotel.



During the following days, the scheduled activities will be carried out for the participants, who will be divided into twelve groups. Each of these groups will focus on a different theme: Hiking, Horseback Riding, Adventure and Air Sports, Motorcycle, Bicycle Tourism, Bird Watching, Sport Fishing, Diving, Kayaking, Nautical, Country Farms and Accessible Tourism.

The tours and excursions calendar includes sites emblematic for their beauty in western Cuba, which has protected areas, Biosphere Reserves and the Viñales Natural Landscape, declared a World Heritage Site by UNESCO. Places such as Soroa, the Las Terrazas Community, the María La Gorda International Diving Center, in the Guanahacabibes Peninsula, as well as the Cape of San Antonio, the Levisa and Jutías keys, and the Punta Francés National Park stand out.

The group that will enjoy the hiking program will begin the tour in Havana by visiting the National Botanical Garden, and will be able to admire the important collections of Cuban plants and from other parts of the world that are preserved there. In all the programs there will be specialized ECOTUR guides.

We invite you to get to know other details of the organized programs, accommodation variants and other details for the participation in this event. Contact its organizers and select the adventure you want to experience in this new edition of TURNAT 2022 in Cuba.

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ROC VARADERO Hotel



The Spanish Roc Hotels company invites you to enjoy one of the accommodations it manages in Cuba, which after a stage of reforms and improvements has reopened its doors, the Roc Varadero Hotel.

After a profitable stage of renovations, in which a series of investments were made in the hotel, in accordance with the company's standard, greater comfort can now be ensured for travelers of all ages. Free internet access via Wi-Fi throughout

the hotel, new elevators, a new thatched-roof bar, the redesign of its bars and a new access walkway to the beach, are just a few examples of what those who choose Roc Varadero Hotel will find for their next vacation in Cuba.

Owned by the Cuban Gran Caribe Group, the hotel is located right at the entrance to Varadero and offers an All-Inclusive service with a 4-star category. From its rooms, which are distributed in 9-story towers, you can admire the most





beautiful views of its extensive beach area and the soft tones of the sea of the most famous beach resort in Cuba.

This hotel has 6 restaurants that offer a varied and delicious gastronomy with international and Cuban specialties. In its 8 bars you can taste everything from classic Cuban cocktails to very innovative ones, which include liqueurs, juices and essences from the Cuban rum industry.

The 4 swimming pools of the establishment are available to the whole family, 2 of them designed for the little ones, who also can enjoy a Miniclub that offers them various activities.

The daytime entertainment program includes aerobic exercises, yoga, dance classes, Spanish classes, games in the pool and in the beach area. At night, guests can enjoy a wide variety of shows, some of Cuban music and dance and others dedicated to international music. Theme nights and participatory shows will make each day end with a touch of color and joy.

For event organizers, the Roc Varadero Hotel has various spaces with capacity for 50 people, which can host meetings of various formats. Its large outdoor areas could also become the perfect setting, for example, for dinners around the pools, weddings, private parties, special celebrations and anniversaries, as well as the opening or closing of events.

Its proximity to the center of Varadero makes it possible to enjoy other recreational and gastronomic offers, with the ease of an All-Inclusive Bus available to all hotel guests.

For more information on the services, offers and rates of the Roc Varadero Hotel, we invite you to visit the official website of Roc Hotels, a space that, according to the company itself, has been created especially for those who enjoy designing their own vacations, choosing among the newest destinations and the most modern hotels.

www.roc-hotels.com



SOL PALMERAS HOTEL, a warm welcome to **VARADERO**



To enjoy the best vacation experience in Cuba, the All-inclusive four-star Sol Palmeras Hotel is always an excellent option.

Located on the beachfront in Varadero, this spectacular hotel and bungalow complex is surrounded by refreshing swimming pools and gardens, with terraces and bars distributed in very cozy spaces. Its attractive entertainment program and the attention to detail that characterizes its team of workers, have made it a favorite of thousands of travelers from all over the world.





Especially recommended for families, golfers, weddings or honeymoons and groups, Sol Palmeras is a smoke-free hotel and offers free Wi-Fi in all areas. It has two swimming pools for adults and one for children, mini club, an evening entertainment theater featuring shows, beauty and massage salon and a shopping arcade. It also has facilities for the practice of basketball, beach volleyball, kayaking, snorkeling, windsurfing and tennis, among other sports.





Sol Palmeras offers comfortable rooms in its main building, with categories ranging from Standard to Suites and Junior Suites. Especially noteworthy are the Superiors, renovated and located on the highest floor, with a minimalist design and in total harmony with the environment. For families and couples who prefer a more reserved space, the nearby bungalows are an attractive proposal.

This accommodation's wide gastronomic offer includes 6 restaurants: the bright and spacious buffet, the international, Latin American, Italian, Oriental and Tex-Mex, to which are added 9 bars and cafes, some located very close to the beach area. The Health Bar stands out with a menu of natural juices and smoothies, and the ice cream parlor that delights young and old.



Managed by Meliá Hotels International in collaboration with the Cubanacán group, Sol Palmeras arrives this year at its 32nd anniversary. The facility is a benchmark for the hotel industry in Varadero, thanks to the excellence of its work teams and its managers. That is why many travelers feel the desire to return and choose it again and again for those special moments when the family gathers.



12 EDITION VARADERO GOURMET INTERNATIONAL FESTIVAL

Presentations / Conferences / Exhibitions / Tastings / Contests

Convention Center Plaza América. From 12 to 16 September 2022

Registration deadline: august 19, 2022



www.palmarescuba.com / www.havanatur.com
#Palmares_SA / #Varadero Gourmet





MARLIN NAUTICAL EVENTS in 2022

The Marlin Marina and Nautical Company S.A. is organizing various nautical events this year. The first of these is the 70th edition of the Ernest Hemingway International Marlin Fishing Tournament, which will take place from May 23 to 28; the second will be the Fotosub underwater photography contest, which will reach its 13th edition July 21-25 in Varadero, and the Big Game Trolling International Sport Fishing Tournament, scheduled for October in Jardines del Rey. For the holding of these events it will have the collaboration of the Havanatur travel agency.

As usual, the Ernest Hemingway Tournament is held in the waters that bathe the city of Havana

and follows the rules of the International Game Fish Association (IGFA). For this edition, the participation of 30 teams is expected, in the "catch and release" modality, in a program that includes 4 days of competition. During the day for rest, the contestants will be able to opt for the excursions offered by the Havanatur agency (tours of Havana, visit to Viñales, among others). The first prize winning team will also receive their free registration for the 71st Tournament next year.

For its part, Fotosub 2022 is focused on certified divers, and has had several of Cuba's underwater nature scenarios. This year Varadero will be the venue and around 80 contestants from Cuba and



MARLIN
MARINAS & NAUTICA

other countries are expected to participate. It will take place from the Barracuda International Diving Center, and the tours to take the photos will extend along the north and south coast of Matanzas and include the nearby keys with areas located at a depth that ranges between 4 and 35 meters, with 32 of coral reef sites, caves, tunnels and buckets. The competition days will consist of 4 dives that will be mainly in the morning.



For sport fishing lovers who still do not know the Jardines del Rey tourist destination, in the center of the country, or for those who wish to return to enjoy its natural beauty, we suggest choosing the month of October, and participate in the Big Game Trolling Tournament.

With the waters surrounding Cayo Coco and Cayo Guillermo as the setting, this event takes place in a fishing area that includes up to five miles to the north-northeast between the aforementioned islets. Pelagic and bill species abound there, such as casteros, wahoo, white and fan marlin, and dorado. Experts point out that from October to December is the period of greatest transit of these species in front of the Cuban keys, in particular the fan marlin or veil fish, which is excellent for the success of the tournament.

For more information on these events and on the facilities and services offered by the Marlin Marina and Nautical Company S.A. throughout the country, we suggest you visit their official website and contact their specialists through their official Facebook page or e-mails:



The organizers of Fotosub have planned to carry out other activities out of competition, among which will be parties on the beach and night diving.

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