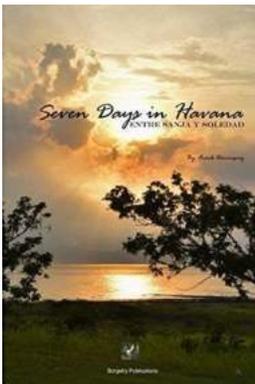


Seven Days In Havana Entre Sanja Soledad: A Journey of Adventure, Culture, and Discovery

Cuba, a vibrant and captivating island in the heart of the Caribbean, has long been a destination that entices travelers with its rich history, vibrant culture, and stunning landscapes. Among its many enchanting cities, Havana stands out as a place where time seems to stand still, offering a perfect blend of old-world charm and modern energy.

If you're looking for an experience that combines adventure, cultural immersion, and a deep connection with the locals, Seven Days in Havana Entre Sanja Soledad is the ultimate journey for you. Over the course of a week, you'll delve into the heart and soul of Havana, exploring its diverse neighborhoods, indulging in delicious cuisine, and immersing yourself in its vibrant music and dance scene.

Day 1: Exploring Old Havana



Seven Days in Havana: Entre Sanja Y Soledad

by Frank Dominguez (Kindle Edition)

★★★★☆ 4 out of 5

Language : English

File size : 965 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 196 pages

Lending : Enabled

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Your adventure begins in the historic district of Old Havana, a UNESCO World Heritage site known for its Spanish colonial architecture and charming cobblestone streets. Start your day by strolling along the iconic Malecon, a seawall promenade that offers breathtaking views of the ocean.

Next, make your way to Plaza de la Catedral, home to the stunning Havana Cathedral. Marvel at its magnificent Baroque architecture and elaborate interior before exploring the nearby Plaza de Armas, where you can browse through antique book fairs and soak in the relaxed atmosphere.

Day 2: Delving into Cuban Cuisine



No trip to Havana is complete without indulging in its delicious cuisine. On your second day, prepare yourself for a culinary journey like no other. Start your day

with a traditional Cuban breakfast consisting of strong coffee, fresh tropical fruits, and warm pastries.

For lunch, make your way to a local paladar, a privately-owned restaurant that captures the essence of Cuban flavors. With its blend of Spanish, African, and Caribbean influences, Cuban cuisine offers a unique and tantalizing experience for your taste buds.

Day 3: Dancing to the Rhythms of Havana



Havana is renowned for its vibrant music and dance scene, and on your third day, you'll get the chance to immerse yourself in this lively aspect of Cuban culture.

Start your day with a visit to a local dance school, where you'll learn the basics of salsa, rumba, and other traditional Cuban dances.

In the evening, head to a local salsa club and experience the infectious rhythms firsthand. Let the music guide your hips as you dance the night away with locals who are more than happy to share their passion for dance with you.

Day 4: Exploring the Art Scene



Havana is a city that breathes art, and on day four, you'll have the opportunity to explore its thriving art scene. Start your day with a visit to the Museo Nacional de Bellas Artes, which houses an impressive collection of Cuban art from pre-Columbian times to the present day.

Afterward, take a leisurely walk through the streets of Vedado, a neighborhood known for its colorful street art and vibrant arts community. Visit local galleries and interact with artists who are pushing the boundaries of Cuban contemporary art.

Day 5: Discovering the Outskirts of Havana



Escape the hustle and bustle of the city for a day and explore the natural beauty that surrounds Havana. Head to the lush greenery of the Las Terrazas eco-community, located in the Sierra del Rosario biosphere reserve.

Take a refreshing dip in the crystal-clear waters of the San Juan River before enjoying a traditional Cuban lunch in the heart of nature. Immerse yourself in the

tranquility of the surroundings and let the serenity of the countryside rejuvenate your soul.

Day 6: Embracing the Afro-Cuban Culture



Cuba is a melting pot of cultures, and nowhere is this diversity more evident than in the Afro-Cuban culture. On your sixth day, delve deep into this rich heritage by visiting the Callejon de Hamel in the vibrant neighborhood of Cayo Hueso.

Here, you'll find an explosion of color, music, and dance, as the street comes alive with Afro-Cuban rituals and vibrant murals depicting the history and spirituality of the Afro-Cuban community. Engage with the locals, learn about their traditions, and be captivated by the energy that emanates from this vibrant cultural hub.

Day 7: Bidding Farewell to Havana

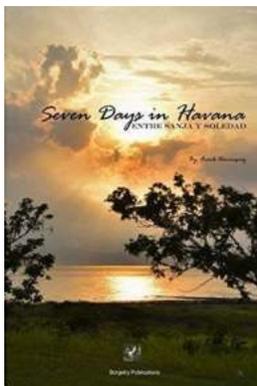


On your final day in Havana, take some time to reflect on the magical experiences you've had throughout the week. Indulge in a leisurely breakfast, savoring the flavors of Cuba one last time.

Before bidding farewell to this captivating city, take a moment to appreciate the architectural wonders that define Havana. From the grandeur of the Capitolio to

the charming plazas scattered throughout the city, Havana's architecture is a testament to its rich history and cultural significance.

Seven Days in Havana Entre Sanja Soledad is not just a trip; it's an immersive experience that will leave you with a deep appreciation for Cuban culture, a collection of unforgettable memories, and a longing to return to this captivating island time and time again. Dive into the vibrant streets, savor the delectable flavors, embrace the energetic rhythms, and let Havana enchant you.



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This is a story of fate, hope, destiny, and self-realizations, uncovered while spending time in Cuba. I never envisioned that I would be drawn into something so deep, contrived and infinitely larger than I could ever have imagined.

Here in Havana, at the Corner of Sanja y Soledad, I was staring at what felt like another crossroad. A place that might define the here and now, or a future yet to unfold. I wondered, why now?

My diluted ideals or expectations of love, had been so off track.

The love, I was made to witness was beautiful. It wasn't demanding, contrived, or measured. What I saw, was shared; giving, warm, and tender. It was unspoken yet loud, it was offered freely and reciprocated selflessly.

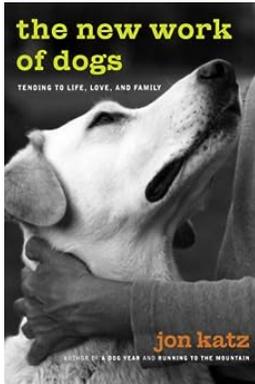
More than anything it was clothed in innocence, and a purity of want. It was meant to last, and felt eternal! I never thought of love being electrifying, or becoming a contagious manifestation, that could weaken the strongest of souls.

Yet, it was also one of those times in my life; where or when, I was made to realize or question, the true strength or ironclad conviction of knowledge. If or when, one is afraid to wisely wield truth from its scabbard, and talk as men. Where individual opinions and convictions, are affected or controlled, not by state, political association, but by self-imposed perception, and fear.

I learned the appalling truth of the Embargo and felt ill at what I had uncovered; it's effects on a most kind but resourceful people,

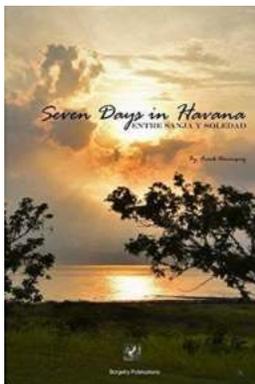
I had never paid much attention to the meaning of the word Embargo, I don't think anyone ever did. But, I would soon understand that what we were fed, and the true definition contained within the parameters of its composition, was meaningless, nothingness. How could it be? If we couldn't understand or grasp the true consequences of the action. If we couldn't see or feel the full weight, brought to bear and or associated with that word.

What happened to the innocent; to men, women, wives, mothers, children, the poor and afflicted was, and is still unforgiveable.



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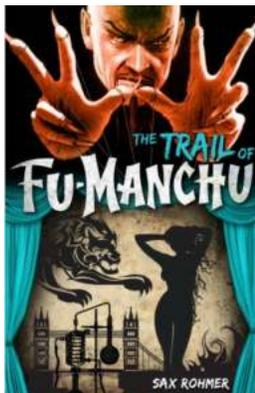
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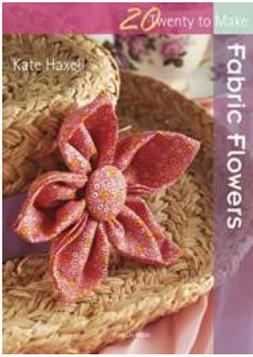
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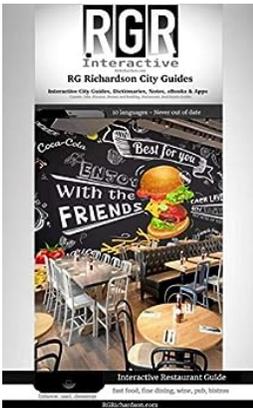
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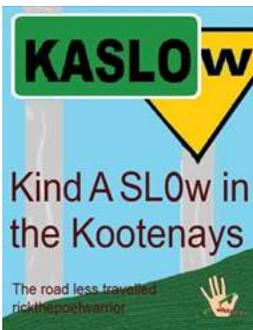
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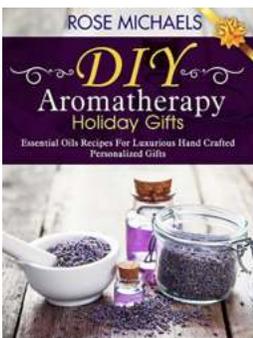
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