

## Update on Protests and Shortages in Cuba

### Protests in Eastern Cuba

During the month of March, demonstrators filled the streets of four eastern Cuba cities in rare protests, calling for food and electricity provisions amid widespread shortages throughout the country.

These protests are non-violent and have not impacted travellers, we continue to monitor the situation and give our support to the people in expressing their needs.

Cuba's economy has not fully recovered since the COVID pandemic; Currency reform has led to continually high inflation; U.S. economic restrictions on Cuba and delayed plans to build links between the Cuban and U.S. private sectors have stifled the recovery process. These are key elements contributing to the current situation facing the Cuban population.

### Food Shortages

Food shortages have minimal impact on private hotels, guesthouses, restaurants, cafes, and bars that supply services for the tourist industry. These small, locally-owned businesses can import their own provisions. However, food shortages do impact state-owned and operated establishments.

### Fuel and Energy Shortages

In Havana, power disruptions have been minimal, but provinces are experiencing prolonged outages. Residents are usually advised in advance of planned outage times, when possible, your guide will keep you informed of scheduled outages.

Our local team works to minimise the impact on your itinerary, but some activities could be affected. Because of potential power outages at night consider bringing **a battery-operated fan, power bank, flashlight, and mosquito repellent with DEET** to enhance your comfort. Some guesthouses have generators to help reduce the impact of power outages; however, as these can sometimes be noisy, **earplugs** may help you sleep better. You can read more on our [Cuba travel updates](#) page.

Our tour drivers are not only skilled but beloved for their kindness and dedication to your safety

and comfort. They work diligently to keep the vehicle fueled for your journey, which may cause minor delays or detours. We ask for your patience and understanding if this occurs.

### **Should Cuba Travel be Postponed?**

Despite these challenges, travellers are still enjoying their time in Cuba and gaining a new perspective on the daily struggles faced by the Cuban people and appreciation for their resilience and hospitality. Your support benefits the local economy and shows solidarity with the Cuban people during this difficult time. We encourage you to embrace this unique opportunity to experience the authentic Cuba.

We are committed to minimizing disruptions to your travel experience and believe that navigating these challenges is part of the adventure of exploring a new country. With humor, patience, and understanding, you will find more pleasure than discomfort during your tour.

**Thank you** for choosing Cuban Adventures, and we look forward to welcoming you soon!

### **What Our Travellers Are Saying**

“Our travel in Cuba was an incredible experience, and we met so many kind people who I hope to keep in touch with. I learned so much from this tour and am grateful for having decided to travel to Cuba in this way. It was life-changing!” Lauren, March 2024

“This was an amazing trip all around and I highly recommend it! Daniel was an excellent guide, René was a wonderful driver, and we got a good sense through a variety of tours and experiences of the history and the current situation in Cuba. Going to Viñales was a highlight!” Meredith, March 2024

“The tour was great! It was very informative and eye opening to the daily struggles of the Cuban people. We visited beautiful sites with historical value and learned so much about their culture. Yasiel, our guide, is amazing and helped in every way to make this tour enjoyable.” – Olivia, March 2024

More [traveller comments](#)