



2026  
**CUBA**  
**+PANAMA**

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AFRICAN AMERICAN TRAVELERS



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# MEET THE TEAM



**Lawrence McLean**

**CEO/FOUNDER OF AAT  
TRIP HOST**

Lawrence McLean developed the concept of AAT in 2012, as a result of the constant let down of friends backing out of travel plans, or simply not sharing his interest in traveling any further than the Caribbean. He started the group, African American Travelers of Philadelphia, followed by another chapter in New York, on meetup.com. Since, he has led thousands from around the country, on the most epic, unforgettable, international tours. AAT's groups have perused six continents, including its, signature, annual NYE in Dubai experience, and taking travelers "Home for the Holidays" to the beautiful motherland, Africa, year after year. According to "Madame Noir" Lawrence has been recognized as one of the three US entrepreneurs who is changing the perception of travel to Africa!



**Andrea McLean**

**SOCIAL MEDIA ENGAGER  
HOST ASSISTANT**

Andrea McLean is known for traveling with style, She has worked in customer service and sales for many years, mastering 60-second pitches since the spunky age of 6! She is focused on customer satisfaction, engagement, and bringing a smile to our travelers faces. Some believe that she may have been a comedian in her past life. Whenever she is around , there is always laughter.



**William McLean**


**SOCIAL MEDIA ENGAGER  
HOST ASSISTANT**

William Mclean is our newest addition to the team. William is currently in college majoring in business acquiring relevant skills that will not only enhance your traveling experience with African American Travelers but ensure that your experience is our top priority. William loves building connections and meeting new people, as our entire team is incredibly eager to present our customers with the opportunity to develop lifelong friendships and memories as that will last forever.

**“Great things in business are never done by one person. They’re done by a team of people.”**

**– Steve Jobs**

**SUN, MARCH 29th**

 **USA → CUBA**

**ARRIVE IN HAVANA, CUBA**



**HOTEL GRAND ASTON  
3:00 PM CHECK IN**



**8:00 PM  
BLACK & GOLD HOST DINNER**

**MON, MARCH 30th**



**TOUR OF PLAZA VIEJA**

**(Lunch Included)**

- 9:00 AM** DEPART FOR TOUR
- 12:00 PM** BREAK FOR LUNCH
- 1:30 PM** DEPART FOR CASA DEL AFRICA
- 5:00 PM** RETURN TO HOTEL



**7:00 - 9:00 PM  
EL CANONAZO DINNER**

**TUES, MARCH 31st**



**TOUR OF CALLEJON DE HAMEL  
& JOSE FUSTER**

**(Lunch Included)**

- 9:00 AM** DEPART FOR TOUR
- 12:00 PM** BREAK FOR LUNCH
- 1:30 PM** DEPART FOR CALLEJON DE HAMEL
- 5:00 PM** RETURN TO HOTEL

# THE ITINERARY

## WED, APRIL 1st



### TOUR OF CIENFUEGOS / DEPART FOR TRINIDAD (Lunch Included)

- 9:00 AM** CHECK OUT / DEPART FOR TOUR
- 1:00 PM** BREAK FOR LUNCH
- 2:30 PM** DEPART FOR TRINIDAD DE CUBA
- 4:00 PM** CHECK INTO **IBEROSTAR TRINIDAD**



**8:00 - 10:00 PM**  
EL BOLO VISTA DINNER

## THURS, APRIL 2nd



### TOUR OF TRINIDAD & SUGAR MILL (Lunch Included)

- 9:00 AM** DEPART FOR TOUR
- 12:00 PM** BREAK FOR LUNCH
- 1:30 PM** DEPART FOR SUGAR MILL
- 5:00 PM** RETURN TO HOTEL

## FRI, APRIL 3rd



### RETURN TO HAVANA (Lunch Included)

- 9:00 AM** CHECK OUT / DEPART FOR HAVANA
- 1:30 PM** BREAK FOR LUNCH
- 2:00 PM** CHECK INTO HOTEL GRAND ASTON





**8:00 PM - 10:00 PM**  
FAREWELL DINNER

*SATURDAY, APRIL 4th*

**12:00 PM CHECK OUT**

HOTEL GRAND ASTON  
TRANSFER TO AIRPORT

CUBA   USA



# PANAMA EXTENSION

**SAT, APRIL 4th**



**FREE TIME**

**SUN, APRIL 5th**



## DEPART FOR PANAMA

- 9:00 AM** CHECKOUT/ DEPART FOR AIRPORT
- 11:28 AM** DEPART FOR PANAMA (COPA NO 372)
- 2:11 PM** ARRIVE / TRANSFER TO HOTEL



JW MARRIOT  
**3:00 PM CHECK IN**

**MON, APRIL 6th**



## CASCO VIEJO & MONKEY ISLAND TOUR

- 9:00 AM** DEPART FOR CASCO VIEJO & MONKEY ISLAND
- 5:00 PM** RETURN TO HOTEL

**TUES, APRIL 7th**



**SAN BLAS TOUR**  
**(For those who booked)**

**9:00 AM** DEPART FOR SAN BLAS TOUR

**5:00 PM** RETURN TO HOTEL

**WED, APRIL 8th**



**DEPART FOR**  
**BOCAS DEL TORO**

**8:00 AM** CHECKOUT/ DEPART FOR AIRPORT

**10:00 AM** DEPART FOR BOCAS  
(VIA AIR PANAMA NO 218)

**11:00 AM** ARRIVE / TRANSFER TO HOTEL



RED FOG BEACH ISLAND RESPRT

**3:00 PM CHECK IN**

**THURS, APRIL 9th**



**ISLAND HOPPING TOUR**

**9:00 AM** DEPART FOR TOUR

**5:00 PM** RETURN TO HOTEL



# PANAMA EXTENSION

**FRI, APRIL 10th**



**FREE TIME**

**SAT, APRIL 11th**



## DEPART FOR BOCAS DEL TORO

**9:00 AM** CHECKOUT/ DEPART FOR AIRPORT

**11:30 AM** DEPART FOR PANAMA CITY  
(VIA AIR PANAMA NO 219)

**12:30 PM** ARRIVE / TRASNFER TO HOTEL



JW MARRIOT

**1:30 PM CHECK IN**



**8:00 PM - 10:00 PM**

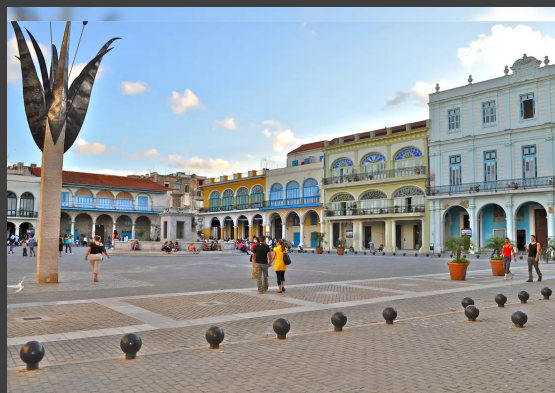
FAREWELL DINNER

**SUN, APRIL 12th**



## CHECK OUT / FLY HOME

**12:00 PM** CHECK OUT HOTEL / TRANSFER TO AIRPORT



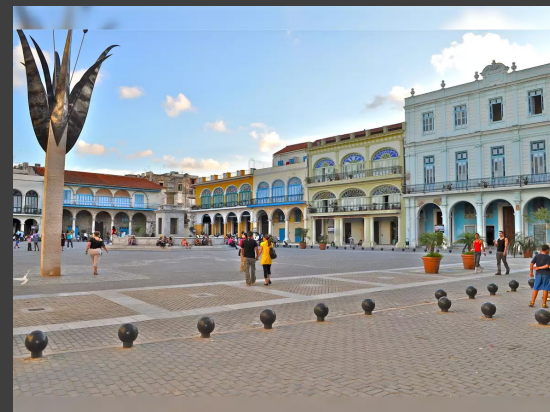
**Plaza Vieja**

Plaza Vieja is considered to be the neighborhood's main square. The cobblestone-lined plaza is flanked by brightly colored baroque and art nouveau-style buildings housing restaurants, art galleries, residences and even a camera obscura. Built in 1559, this plaza has had many faces and has played host to a bevy of historical events



**Casa De Africa**

The Casa de África Museum first opened its doors on January 6, 1986, to provide visitors with a vast ethnographic collection of the African continent. Here more than two thousand pieces are exhibited, from monumental wood carvings to tiny pieces in ivory. The building that houses the Casa de África of the Office of the Historian of the City was built in 1887 as a housing quarters on the upper floors and a tobacco warehouse on the ground floor along one of the most important arteries of the then Villa of San Cristóbal de La Habana ("Habana Vieja") on Calle Obrapía. Casa was founded as part of a larger program dedicated to divulging the realities of slavery in Cuba and its influence on society. The program was the basis for the creation of the Museum of the Slave Route at Castle San Severino, and the remains of the sugar mill Old Triunvirato, symbols of notable events that marked slavery in Cuba.



**Callejon De Hamel**

Havana's Callejon de Hamel (or Hamel alley) is the brainchild of artist Salvadore Gonzáles. In 1990 he began painting murals with an Afro-Caribbean theme outside of his apartment in Hamel. His art evolved into sculptures and later opened a children's art gallery. The alley became a thing which then attracted musicians and rumba dancers. Salvadore's art has taken over the alley with a riot of color and whimsy that travels down the street and up the sides of the buildings. Like the Franken-cars and cute casas, Salvadore's creations are representative of Cuba's make-do culture. He uses re-purposed materials like scrap metal, old bathtubs, industrial machinery, construction rubble and animal bones to construct his sculptures.



## *Jose Fuster*

José Rodríguez Fuster is one of Cuba's most original ceramists and a popular painter. He graduated from the National School of Art Instructors in Havana in 1965, after which he began working as a ceramist at the Cubanacán Ceramics Workshop, in 1966. Fuster has made major contributions to rebuild and decorate the fishing town of Jaimanitas on the outskirts of Havana, where he lives. By extending his artistic practice from his home to entire streets and neighborhoods, he has transformed Jaimanitas into a unique work of public art, decorating over 80 houses with ornate murals and domes to suit the personalities of his neighbors.



## *Cienfuegos*

Despite its popularity with foreign visitors, Cienfuegos is fairly industrial. The Sierra del Escambray mountains rise as a pretty backdrop to the city scape, and the impressive boulevard that runs along the Jagua Bay, with its quiet waters and easy breeze, is Cienfuegos at its most pleasant. For some, Cienfuegos is the quirkiest city in Cuba. It was founded by the French who constructed a European style holiday town. However the Caribbean vibe and the lingering Spanish influence are persistent, resulting in an interesting and unique city. Being the most recently founded city in Cuba it has a more clean, modern, and spacious feel, and along with its other attributes this gained the city the nickname The Pearl of the South.



## *Trinidad*

Outside of Havana and Cuba's famous beach resorts, Trinidad is Cuba's most popular destination for travellers. This popularity arises from its location - wedged between beach coastline and scenic mountains, and the fact that the city itself is still greatly preserved from its centuries old beginning. Trinidad is a city with Latin-Caribbean flair but has that natural subdued feel that almost feels like a small village that is perfect to get lost with your camera. In the midst of the streets are colourful rooftops, century old mansions and locals harmlessly chatting away to each other on doorsteps. You might hear a busker playing a tres or the sound of a tricycle's bell but generally the soothing atmosphere here is the reason why many travellers prefer Trinidad. Due to this, Trinidad is year on year the most visited destination in Central Cuba; travellers don't pass through here, they extend for longer



## *Valley of Sugar Mills*

Nestled between the verdant hills and towering palms of Trinidad, the Valley of the Sugar Mills is an absolutely iconic symbol of Cuba's erstwhile sugar industry. From the late 18th to the late 19th century, the valley was a thriving hub of sugar production, boasting over 50 sugar mills at its peak. In those days, the valley was buzzing with the constant hum of the mills, the huff of oxen, and the lively chatter of its workers. Whilst beautiful to see it has a darker history to explore. One of the most visited landmarks in the valley is the Manaca Iznaga Tower. It was built in 1816 by Alejo Maria Iznaga y Borrell, a wealthy plantation owner and the tower was used as an observation point to oversee slaves working in the sugar cane fields. Now guests can climb the 184 steps of this 45-metre-high tower offers an unrivalled panoramic view of the valley, once dotted with hundreds of sugar cane plantations.



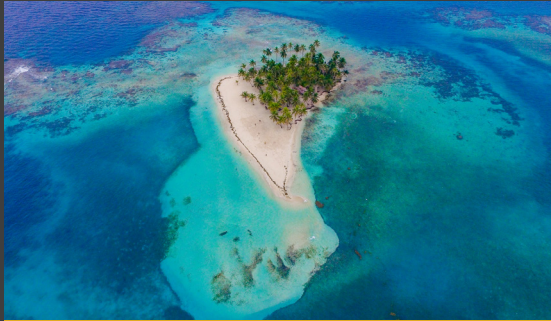
## *Casco Viejo (Old Town)*

explore the archeological site of Panama Viejo to see the Old Panama Cathedral, as well as various historical ruins. Next, climb atop the iconic bell tower and look at the Panama City skyline from the city's original "skyscraper." As you wander, keep in mind that the layout and scale of Old Panama remain largely unchanged from the original form, and no architectural renovations have been made—this means you'll have the rare opportunity to walk through history. While you're there, take some time to shop at the artisan market, where you can pick up local crafts and souvenirs.



## *Monkey Island Tour*

Monkey Island is most everyone's favorite thing to do while in Panama. Grab a bunch of bananas, get up with the sun, and embark on an adventure by boat through part of the Panama Canal. You'll marvel at the big ships as you pass them in Lake Gatun, which is the center of the Canal. Enjoy the calm of beautiful nature as the boat takes you from island to island to see the local wildlife distinct to the area.



## *San Blas Tour*

The territory consists of a narrow strip of land on the Caribbean side of the country, as well as an archipelago of 365 islands, of which only 50 are inhabited by Guna people. The islands in Guna Yala are also known as the San Blas Islands, which are considered a top destination in Panamá due to their well-protected natural beauty, as stewarded by the native Guna people. The Gunas are known for crafting the famous Molas, a traditional textile made from layers of colored fabric crafted to form patterns and pictures inspired by their cosmogenic beliefs. The molas, which recreate the Guna vision of a colorful and mythological world, make incredible, one-of-a-kind souvenirs.



## *Bocas Island Tour*

Located on the northern coast of the Panamanian Caribbean sea, you will find the natural paradise of Bocas del Toro, one of Panama's top destinations. The province of Bocas del Toro stretches from the Talamanca mountain chain, one of the most extensive primary cloud forests in Central America. It is a declared UNESCO's World Network of Biosphere Reserves to the islands of Bocas del Toro, home to Panama's first marine national park. The ecosystem in Bocas is extensive and diverse, from cloud rainforests to lowland mangroves and islands we have it all. The archipelago of Bocas consists of 9 main islands, 52 cays, and thousands of islets.

# ACCOMODATIONS



**HOTEL GRAND ASTON LA HABANA**  
4JV2+9JH, Avenida Malecón  
entre 1era y Calle D Havana  
Province of Havana, La Habana, Cuba

# ACCOMODATIONS



**IBEROSTAR GRAND TRINIDAD**  
Calle José Martí, & C. San Procopio,  
Trinidad, Cuba

# ACCOMODATIONS



**JW MARRIOTT PANAMA**  
Corregimiento de San Francisco, Cl.  
Punta Colón, Panama City,  
Panamá Province, Panama



# ACCOMODATIONS



**RED FOG BEACH ISLAND RESORT**  
3rd Street, Bocas del Toro,  
Provincia de Bocas  
del Toro, Panama