



Ever dreamed of secluded beaches, endless sun, breathtaking scenery, historic cities; welcome to Cuba. Cuba is an enchanted place of stunning beauty, amazing crafts, wonderful people and sinful pleasures.

Cycling Cuba



If you plan to visit Cuba or are looking for a different way to traveling, you need to see this slideshow.

Cycling Cuba is about the beauty of Cuba and the experience of independently traveling through the country by bike. This hour and a half slideshow is full of the most beautiful spots of Cuba, tips on traveling, tips on cycling Cuba and the adventure of experiencing the country by bike. Fantastic photos, Cuban music and humors stories bring the trip to life.



Rick Kaselj is a Kinesiologist who specializes in fitness and exercise rehabilitation. Rick works with doctors, physiotherapists, nurses and occupational therapists to rehabilitate people in a safe, timely and effective manner.

Rick has traveled independently in 19 countries and on three continents. In his spare time Rick takes on endurance adventures. He has completed the 225 Km Ironman Canada Triathlon and the hiked the 4300 Km Pacific Crest Trail. His next challenge is the 18,00 Km Trans Canada Trail. Rick can be reached at www.healingthroughmovement.com where you can read more about Rick's adventures.