



GOING DEEP-COUNTRY IN CUBA

With a safe, reliable bus service, child-friendly foods such as rice, beans and fruit, and low crime rates - front doors are left wide open, keys in the ignition - Cuba is brilliant for families. A trip here is also a digital detox. So instead of Snapchat, the children will have their eyes opened to the wonders of the Viñales National Park, a UNESCO World Heritage site about three hours' drive from Havana. From your base at the small town of Viñales, you can set off at 5am for an hour-long trek in the dark to the tiny hamlet of Los Aquáticos. It clings to the top of a limestone mountain above the valley and once you reach the summit, there are incredible views of lilac mist curling like cigar smoke. Or ride on horseback through the countryside, a Pantone colour chart of shocking-pink shacks, rust-orange earth and blue skies. By dusk you'll have it all to yourself with just the stars above, the roar of cicadas and the creak of the saddle. If climbing in Viñales' local mountain range doesn't appeal, then hire a guide to explore Gran Caverna de Santo Tomás, a honeycomb of a cave system stretching 46km. Children will delight in the stalactites and stalagmites and swimming in the clear pools. Before returning to the capital, stop off at Las Terrazas, a biosphere reserve with organic farms and a reservoir over which you can zip-line. Viñales has many rainbow-coloured 'casas' (homestays) to choose from; in Las Terrazas there are treehouses beside Baños del San Juan - shower under waterfalls and fall asleep to the sound of the stream.

INSIDER TIP A lack of seatbelts, high chairs and changing facilities, along with cobbled streets, make travelling with babies a challenge outside Havana.

BOOK IT Cox & Kings offers a similar nine-day trip from £2,295 per person including flights, transfers, excursions and breakfast.

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