



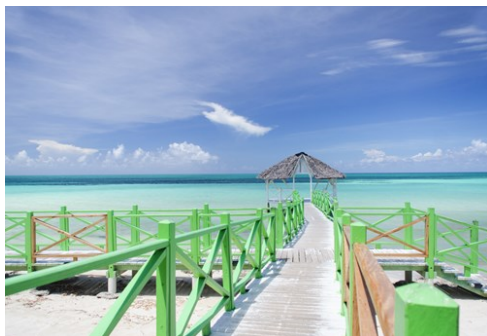
# Cayo Coco

Photo: vvital/Shutterstock.com



Kamira / Shutterstock.com

Cayo Coco's spectacular white sandy beaches remained untouched for centuries. Despite recent development, they still retain that same feeling, with untamed mangroves, beautiful coral reefs and colourful flocks of flamingos dotting the turquoise waters. Together with nearby Cayo Guillermo and Cayo Santa Maria, Cayo Coco has become Cuba's third most popular destination after Havana and Varadero, and it's not hard to see why.



jTanCreativeImage / Shutterstock.com



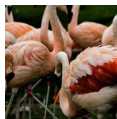
Kamira / Shutterstock.com

## Featured



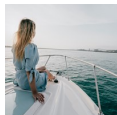
### Pueblo Holandés

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### Birdwatching with Paulino ...

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### Marina Gaviota

Located near hotels Meliá Cayo Coco and Pullman, Marina Gaviota has a great ...

## Top 5



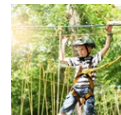
### Morón

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### Melia Cayo Coco Diving Center

As one of the country's prime diving areas, Cayo Coco offers great diving op...



### KristallTurm Rocarena Clim...

The Rocarena Climbing Center is a fun and exhilarating experience for visito...



### Speedboat Mangrove Tours

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### La Bolera

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## THE ISLAND



*jTanCreativeImage / Shutterstock.com*

Cayo Coco is a stretch of land on the Jardines del Rey (Gardens of the King) archipelago, located just off the northern coast of Cuba and connected to the rest of the country by a 27-km causeway ('pedraplén'). Though the area was first explored by early Spanish colonizers as far back as the early 1500s, development in Cayo Coco only took off in the 1990s. The development of nearby Cayo Guillermo is even more recent, and in both cases all development was aimed exclusively towards tourists.

The key with Cayo Coco is isolation. Visitors to any of the area's resorts can enjoy the pristine beaches and untamed mangroves without any other developments standing in their way. This means, however, that it can be difficult to get a good sense of local life since there are no towns or settlements for miles in any direction. A day trip to nearby Morón can be a rewarding experience to get a taste of Cuban residential areas. Otherwise, though, sit back and enjoy the idyllic beaches and absolute peace and quiet of the beautiful Cayo Coco.

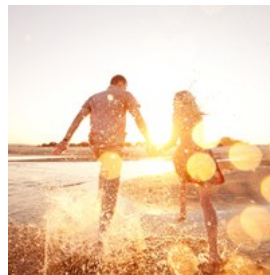
## BEACHES



*Kamira / Shutterstock.com*

Cuba's beaches are famous the world over for their crystalline waters, white powder sand, beautiful mangroves and picture-perfect palm trees. With over 22 kilometers of beaches in Cayo Coco, you're spoiled for choice, but here we've narrowed it down to the best of the best.

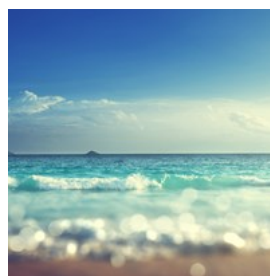
### Playa Larga



Playa Larga is perhaps the most popular beach in Cayo Coco, a 2.6 kilometer stretch of perfect white sand and calm turquoise waters between Punta Rasa and Penon Las Coloradas. There are several hotels located on Playa Larga, offering all manner of amenities.

*Photo: Surkov Vladimir / Shutterstock.com*

### Playa Prohibida



Playa Prohibida is a tiny stretch of sand, measuring just 300 meters in length, and one of the island's most adorable beaches. It is home to Lenny's Bar, a popular and much beloved restaurant, famous for their delicious lobster and collection of license plates.

Photo: Iakov Kalinin / Shutterstock.com

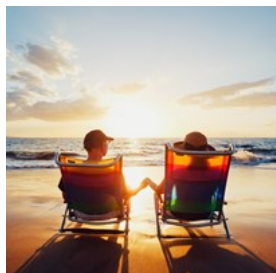
### Playa Las Conchas



Located between Punta Rasa and Punta Caimanera, this tiny beach is a great place to get away from it all, precisely because it is so small. Besides being cosy, the Playa Las Conchas is also incredibly scenic and rarely crowded. Very nearby is the Talasotherapy Centre, where you can get all kinds of spa treatments to improve your health.

Photo: BlueOrange Studio / Shutterstock.com

### Playa Flamenco



One of the largest and most popular beaches on Cayo Coco, Playa Flamenco boasts beautiful mangroves that come almost all the way up to the water. Many of the area's best and most visited hotels are located on Playa Flamenco, including the Melia Jardines del Rey and Hotel Memories Flamenco.

Photo: EpicStockMedia / Shutterstock.com

### Playa las Coloradas



A seemingly endless expanse of white powdery sand and clear turquoise water, Playa las Coloradas is another of Cayo Coco's best and most popular beaches, as well as being home to several hotels, including the Melia Cayo Coco, Hotel Pullman and Hotel Sol Cayo Coco.

Photo: haveseen / Shutterstock.com

### DO & SEE



Kamira / Shutterstock.com

Cayo Coco's main attraction is its pristine beaches and calm waters, and as such, most visitors spend their days enjoying the sunshine. There are numerous worthwhile activities on offer, including great diving spots, interesting nature tours and fun activities for the whole family. For a taste of local Cuban life, a day-trip to the small town of Morón is a must. For even more relaxation, be sure to check out one of the island's spas.

### Morón



A day trip to Morón, the closest town to Cayo Coco, is a great way to escape the confines of the resort area and see a bit more of the country.

Experience daily Cuban life in this calm residential town and enjoy some local food and shopping. You can go with organised excursions or on your own, using local buses to travel the approximately 60 km to Morón.

Photo: Richard Cavalleri / Shutterstock.com

Internet: [www.visitarcuba.org/moron-ciego-de-avila](http://www.visitarcuba.org/moron-ciego-de-avila)

## Melia Cayo Coco Diving Center



As one of the country's prime diving areas, Cayo Coco offers great diving opportunities. The Melia Cayo Coco Diving Center can provide all the equipment, guidance and expertise needed to experience the beautiful underwater surroundings. It is also able to cater to divers of all levels.

Photo: Dudarev Mikhail / Shutterstock.com

Opening hours: Daily 9am-4pm.

Phone: +53 3330 1020

Internet:

[www.meliacuba.com/cuba-hotels/hotel-melia-cayococo](http://www.meliacuba.com/cuba-hotels/hotel-melia-cayococo)

Email: [cocodiving.cuba@gmail.com](mailto:cocodiving.cuba@gmail.com)

## KristallTurm Rocarena Climbing Center



The Rocarena Climbing Center is a fun and exhilarating experience for visitors of all ages. It consists of a large structure of interconnected ropes, bridges and other climbing challenges where visitors can explore and test their limits. Everyone must wear a safety harness, making it perfectly safe for all.

Photo: Nataliia Zhekova / Shutterstock.com

Address: 1, Pedraplén a Cayo Santa María, Cuba

Phone: +53 5 3156628

Internet: [www.kristallturm.de/en/](http://www.kristallturm.de/en/)

Email: [service@kristallturm.de](mailto:service@kristallturm.de)

## Speedboat Mangrove Tours



Cayo Coco is one of the best places to explore Cuba's fascinating mangroves. The thick vegetation creates the impression of exploring a dense underwater forest. Zipping among those trees and roots in a speedboat is quite an experience. You may also get the chance to admire the numerous tropical birds that call the area home.

Photo: holbox / Shutterstock.com

## La Bolera



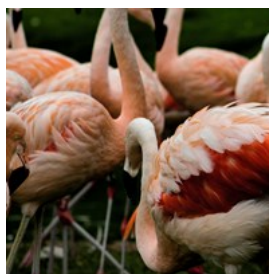
La Bolera is a fun entertainment venue located in the Plaza los Flamencos shopping complex. A four-lane bowling alley during the day, it transforms into more of a disco and cabaret venue after dark, but it is tons of fun for all ages at any time of day.

Photo: George Rudy / Shutterstock.com

Address: Plaza los Flamencos, Cayo Coco

Phone: +53 33 30 1697

## Birdwatching with Paulino Lopez Delgado



Cayo Coco's wildlife is one of the main attractions on the island and its wide variety of birds makes the area unique. Paulino, a local birdwatcher, offers private and group tours with binoculars, laser pointer and all the necessary equipment to have an enjoyable experience. You will learn a lot, not only about the different bird species, but also about their habits and

migration routes.

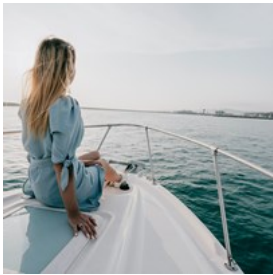
Photo: [abdullah ali/unsplash](#)

Phone: +53 526 732 07

Internet: [www.facebook.com/people/Paulino-Lopez-Delgado/100008969831500](http://www.facebook.com/people/Paulino-Lopez-Delgado/100008969831500)

More Info: You can get touch with Paulino via phone or Facebook. Make sure to book your tour in advance.

### Marina Gaviota



Located near hotels Meliá Cayo Coco and Pullman, Marina Gaviota has a great deal of experience in water sports activities and watercraft options.

The boat trip stops in two different reefs where you can dive in pristine water amongst colourful fish. Boarding takes place in Ensenada Bautista, close to any of the hotels in Cayo Coco, just 10 minutes from the Clinica Internacional.

Photo: [Dmitry Tomashek/unsplash](#)

Opening hours: Daily 9am-8pm

Phone: +53 33 307 211

### Pueblo Holandés



Pueblo Holandés is a picturesque village with architecture that can't be found anywhere else in Cuba. Its houses are famous for their tall, narrow design and steeply pitched roofs, which resemble the Dutch building style. It is located on the Turiguanó island, 18km away from Morón. Most resorts in the area offer tours that include a stop in this fairytale town.

While most locals refer to the town as Pueblo Holandés, the official name is Celia Sanchez Manduley Community. She was the revolutionary who inspired its construction of

this whimsical town.

Photo: [Scott Webb/unsplash](#)

More Info: Pueblo Holandés means "the Dutch village" in Spanish

### DINING



[jirawatfoto / Shutterstock.com](#)

Cayo Coco's numerous hotels offer fantastic high-quality cuisine from top chefs. They offer great variety, from typical Cuban dishes to the best of international gastronomy. However, the area also offers more local alternatives, especially in the form of 'ranchones', or local beach restaurants, famous for their grilled lobster. Lenny's is probably the best known and most popular, but they are all worth a try.

### Lenny's Bar and Grill



Also commonly referred to as Ranchón Playa Prohibida, Lenny's Bar and Grill is a much beloved beach restaurant located on Playa

Prohibida. The decor stands out with its numerous license plates, as does the fantastic food. The lobster in particular comes highly recommended.

Photo: [Wasant / Shutterstock.com](#)

Address: Playa Prohibida, Cuba

Internet: [www.cayocococuba.net/restaurant\\_lennys.html](http://www.cayocococuba.net/restaurant_lennys.html)

### Ranchón Flamenco



Ranchón Flamenco is another popular ranchón (a Cuban style beach bar and restaurant), named after the beach on which it is located, Playa

Flamenco. This laid-back establishment serves fantastic grilled specialties, including chicken, shrimp, pork and lobster.

Photo: Lisa F. Young / Shutterstock.com

Address: Playa Flamenco, Cuba

Opening hours: Daily 10am-6pm

Internet:

[www.cayocococuba.net/restaurant\\_playaflamenco.html](http://www.cayocococuba.net/restaurant_playaflamenco.html)

### Ranchón las Dunas



Offering great views, cold beer and some of the freshest lobster on the island, Ranchón las Dunas is another Cuban-style beach

restaurant named after the beach on which it is located. The menu features great seafood and plenty of refreshments.

Photo: Ed-Ni Photo / Shutterstock.com

Address: Playa las Coloradas, Cuba

More Info: Dine in or takeaway. No delivery

### Melia Cayo Coco



The Melia Cayo Coco Hotel offers numerous and diverse dining choices. For gourmet international cuisine with lagoon views, head to Las

Caletas, or if you prefer Italian and Mediterranean specialties, try La Terraza, which offers pasta dishes, pizza and more.

Photo: rocharibeiro / Shutterstock.com

Address: Jardines Del Rey Moron, Cayo Coco

Phone: +53 33 30 1180

Internet:

[www.melia.com/en/hotels/cuba/cayo-coco/melia-cayo-coco](http://www.melia.com/en/hotels/cuba/cayo-coco/melia-cayo-coco)

Email: [ventas1.mcc@meliacuba.com](mailto:ventas1.mcc@meliacuba.com)

### Hotel Pullman Cayo Coco



Hotel Pullman Cayo Coco offers eight different dining experiences, ranging in scope and flavors, including a la carte, fixed menu and

snack options. La Perla serves fine international cuisine, Tocaroro offers typical creole dishes, and El Gourmet specializes in French cooking.

Photo: Kzenon / Shutterstock.com

Address: Playas Las Coloradas, Cayo Coco

Phone: +53 33 304400

Internet: [www.pullmancayococo.website/](http://www.pullmancayococo.website/)

### Memories Flamenco Cayo Coco



On the other side of Cayo Coco lies the Memories Flamenco Hotel, which itself offers several fantastic dining options. Vista Hermosa offers

international buffets, Punta Alegre is an open-air grill restaurant, Asian specialties can be sampled at Shape Fen, and Creole dishes are available at Calalú.

Photo: Wasant / Shutterstock.com

Address: Jardines Del Rey, Cayo Coco

Phone: +53 33 304 100

Internet:

[www.memoriesresorts.com/en/resort/flamenco/dining.aspx](http://www.memoriesresorts.com/en/resort/flamenco/dining.aspx)

## BARS & NIGHTLIFE



bogdanhoda / Shutterstock.com

Nightlife in Cayo Coco revolves mainly around the different bars, lounges, and venues located at the area's hotels. There are, however, numerous bars and entertainment venues spread around the area, including beach parties, bowling, as well as a fantastic and animated cave bar.

### Lenny's Bar and Grill aka Ranchón Playa Prohibida



Also commonly referred to as Ranchón Playa Prohibida, Lenny's Bar and Grill is a much beloved beach restaurant located on Playa

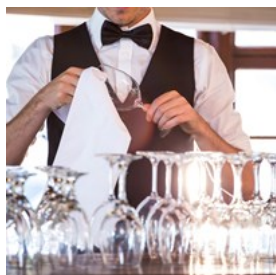
Prohibida. The decor stands out with its numerous license plates, as does the fantastic food (the lobster in particular comes highly recommended).

Photo: Wasant / Shutterstock.com

Address: Playa Prohibida, Cuba

Internet: [www.cayocococuba.net/restaurant\\_lennys.html](http://www.cayocococuba.net/restaurant_lennys.html)

### Memories Flamenco Cayo Coco



Memories Flamenco boasts numerous bars and lounges for evening entertainment. Piña Colada is the hotel's main lobby bar, but there is

also an aqua bar, a beach bar and a snack bar. All of them offer the best of national and international drinks and brands.

Photo: wavebreakmedia / Shutterstock.com

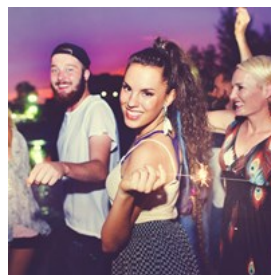
Address: Playa Flamencos, Cuba

Phone: +53 3330 4100

Internet:

[www.memoriesresorts.com/en/resort/flamenco/dining.aspx](http://www.memoriesresorts.com/en/resort/flamenco/dining.aspx)

### Playa Flamenco Beach Party



On Wednesday nights Playa Flamenco hosts a beach party. It features an African dance performance, open bar, dance contest and other forms of entertainment. It is a great chance to try something different and meet new people. Most hotels offer excursions and transport to and from the party.

Photo: Rawpixel/Shutterstock.com

### La Cueva del Jabali



La Cueva del Jabali is one of Cuba's most unique nightlife and entertainment venues. Located in a natural cave, this bar and club hosts numerous events, such as dance nights and cabarets, with drink included in the price of the tickets. Most nights DJs keep the dance floor busy with Cuban music and mainstream hits.

Photo: Jacob Lund / Shutterstock.com

More Info: [www.cayocococuba.net/cuevadeljabali.html](http://www.cayocococuba.net/cuevadeljabali.html)

### La Bolera



La Bolera is a fun entertainment venue located in the Plaza los Flamencos shopping complex. It is a four-lane bowling alley during the

day and a disco and cabaret venue after dark which offers tons of fun for all ages at any time of day.

Photo: George Rudy / Shutterstock.com

Address: Plaza los Flamencos, Cayo Coco

Phone: +53 33 305142

Email: [comercial@villagaviotacayococo.co.cu](mailto:comercial@villagaviotacayococo.co.cu)

More Info: [www.cayocococuba.net/gallery/Commerce/CayoCoco/PlazaLosFlamencos/Bowling](http://www.cayocococuba.net/gallery/Commerce/CayoCoco/PlazaLosFlamencos/Bowling)

### SHOPPING



Kamira / Shutterstock.com

Being exclusively a resort area, located far from any towns or local residents, there isn't much in terms of shopping in Cayo Coco. Most hotels have small gift shops with some souvenirs such as hats, cigars and the like, however, the selection tends not to be very wide. Plaza los Flamencos, described below, offers a small assortment of services and products.

### Plaza Los Flamencos



Plaza Los Flamencos is a small shopping complex located just outside the Melia Jardines del Rey resort. It has a few clothing and souvenir

shops, a bowling alley and a spa. If you're looking to do a bit of shopping around the resort area, this is your best bet.

Photo: Kamira / Shutterstock.com

Phone: +53 33 305 142

### Morón



A day trip to Morón, the closest town to Cayo Coco, is a great way to escape the confines of the resort area and see a bit more of the country.

Experience daily Cuban life in this calm residential town and enjoy some local food and shopping. You can go with organised excursions or on your own, using local buses to travel the approximately 60 km to Morón.

Photo: Richard Cavalleri / Shutterstock.com

Internet: [www.visitarcuba.org/moron-ciego-de-avila](http://www.visitarcuba.org/moron-ciego-de-avila)

### La Gaviota Commercial Centre



La Gaviota Commercial Center is a great stop if you're looking for some Cuban souvenirs to bring back home. It's a pleasant 30-minute walk from

Playa Larga and Playa Coloradas.

On the ground floor you will find an open-air handicrafts market. The air-conditioned boutiques are located on the first and second

floors. Shop here for handmade cigars and delicious dark rum, locally produced clothes and anything you might need for your beach holiday.

Photo: Pcamellon/cc by-sa 4.0/wikimedia(image cropped)

Opening hours: Daily 8:30am-4pm

Phone: +53 333 02233

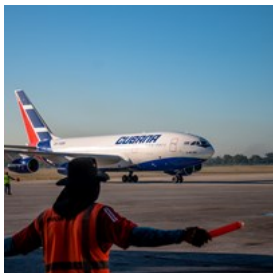
More Info: The 3-floor building is shaped like a seagull — gaviota in Spanish

### TOURIST INFORMATION



Juan Rojas/unsplash

### Airport



Jardines del Rey Airport (CCC), located just about 10-20 km from most resort hotels, serves the areas of Cayo Coco and Cayo Guillermo. There

are numerous shuttle services at the airport, usually handled by the different tour operators. If your vacation plan does not include a transfer, it is both cheaper and quicker to take a taxi. There are also a few car rental services located at the airport.

Photo: Ricardo IV Tamayo/unsplash

Address: Carretera a Cayo Coco, Cayo Coco

Phone: +53 33 30 91 61

More Info: <http://www.airportcuba.net/cayococo.html>

### Public Transport



If you wish to travel to other parts of Cuba from Cayo Coco by land, you'll have to take a taxi to Ciego de Ávila's Viazul station. From there, you can take buses to other cities and regions. It is also possible to rent a car and explore on your own. Alternatively, most hotels offer bike or moped rentals. There is also a tourist bus that runs from Playa Coco all the way to Cayo Guillermo six times per day.

Photo: Jack Prommel/unsplash

Public Transport: <https://www.amazingcocodiving.com/bus-schedule-cayo-coco-cayo-guillermo/>

### Taxi

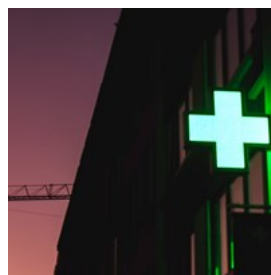


Taxis are always available at the airport and at most hotels. You can usually book a taxi at reception, or contact the local company, Cubataxi directly.

Photo: Persnickety Prints/unsplash

Phone: +53 33 30 1414

### Pharmacy



There is a small pharmacy at the Acuavida Spa.

Photo: Serkan Yildiz/unsplash

Phone: +53 33 302 158

## Telephone



Country code: +53

Photo: Debby Hudson/unsplash

## Electricity



The power supply in Cuba is mainly 110 volts, but most modern hotels have dual voltage, with 220 volts. They will accept both American

dual-flat-prong plugs and European round-prong plugs.

Photo: Call Me Fred/unsplash

## Internet



No hotels in Cayo Coco offer internet connection or WiFi in guest rooms, however most provide computers in the lobby or business center where

guests can access internet for an hourly fee. It tends to be on the expensive side, and you shouldn't expect blistering connection speeds, but it should get the job done, if needed.

Photo: Dreamlike Street/unsplash

## Cruise Port



Cruise ships can't dock in Cayo Coco, so you will be tendered ashore. In most cases you will be transported from a nearby town or island by

boat. The three main ports in Cuba are La Havana, Cienfuegos and Santiago de Cuba.

Photo: Fredrick Filix/unsplash

Internet: [www.traveldiscounters.ca/Travel-Vacations/DestinationImages/Cuba-Cayo-Coco-Map.jpg](http://www.traveldiscounters.ca/Travel-Vacations/DestinationImages/Cuba-Cayo-Coco-Map.jpg)

## Population

Cayo coco and the nearby cayos don't have permanent residents.

## Currency

For many years, there were two currencies in simultaneous circulation. The Cuban Peso (CUP, or MN — moneda nacional) was used exclusively by Cubans, while the Cuban Convertible Peso (CUC) was used by foreigners.

In 2020, the Cuban Convertible Peso (CUC) was eliminated. Only the Cuban Peso (CUP) remains in use.

## Emergency numbers

Police: 106

Ambulance: 104

Fire brigade: 105

Information is subject to change. Please contact your Lifestyle Consultant for the most up-to-date recommendations.