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SarkaSch / Shutterstock.com

Cayo Coco's spectacular white sandy beaches remained untouched for centuries, and despite recent development, they still retain that same feeling, with untamed mangroves, beautiful coral reefs and colorful 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.

*NOTE: This Guide has been limited to 20 points of interest per section. For the full guide, please visit [ArrivalGuides.com](http://ArrivalGuides.com)*

### Top 5



#### Morón

A day trip to Morón, the closest town to Cayo Coco, is a great way to escape...



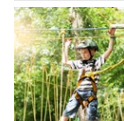
#### Melia Cayo Coco Diving Center

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#### Acuavida Spa Talaso

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#### KristallTurm Rocarena Clim...

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



#### Speedboat Mangrove Tours

Cayo Coco is one of the best places to explore Cuba's fascinating mangroves....



## 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-kilometer causeway ('pedraplén'). Though the area was first explored by early Spanish colonizers as far back as the early 1500's, development in Cayo Coco only took off in the 1990's. 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 surrounding 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, however, and is highly recommended. Otherwise, though, sit back and enjoy the idyllic beaches and absolute peace and quiet of beautiful Cayo Coco.

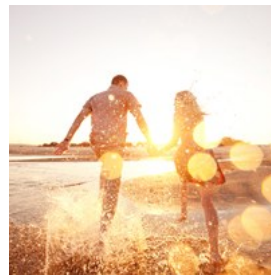
## BEACHES



*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

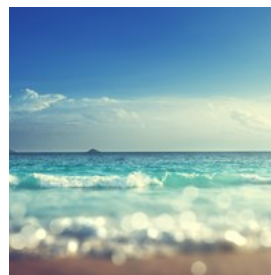


Playa Larga is perhaps the most popular beach in Cayo Coco, a 2.6 kilometer stretch of perfect white sand and calm turquoise waters

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

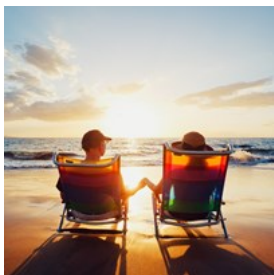


Located between Punta Rasa and Punta Caimanera, this tiny beach is a great place to get away from it all, precisely because it is so

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, but 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, or 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 organized excursions or on your own, using local buses to travel the approximately 60 km to Morón.

Photo: Richard Cavalleri / Shutterstock.com

### 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, able to cater to divers of all levels.

Photo: Dudarev Mikhail / Shutterstock.com

Phone: +53 3330 1020

Internet:

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

### Acuavida Spa Talaso



For a bit of pampering and relaxation, head over to Acuavida Spa Talaso. Located next to the Cayo Coco International Clinic, this charming spa offers all manner of services and treatments designed to maximize your enjoyment, including Jacuzzis, massage rooms and outdoor terraces.

Photo: Y Photo Studio / Shutterstock.com

Address: Avenida de los Hoteles, Cayo Coco

Phone: +53 33 302158

### 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: Jardines del Rey, Cayo Coco

Phone: +53 5 3156628

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

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

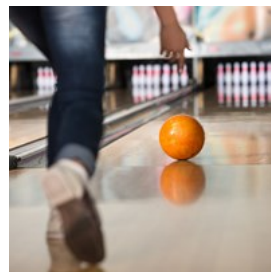
### Speedboat Mangrove Tours



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, and zipping among the 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

## 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)

### Ranchon Playa Flamenco



Ranchon Playa 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-5pm

Internet:

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

### Ranchón las Coloradas



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

restaurant named after the beach on which it is located (you may notice a trend emerging). The menu features great seafood and plenty of refreshments.

Photo: Ed-Ni Photo / Shutterstock.com

Address: Playa las Coloradas, Cuba

Opening hours: 9am-4pm

### 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

Phone: +53 33 30 1180

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

### 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

Phone: +53 33 304400

Internet: [www.pullmanhotels.com/gb/hotel-A082-pullman-cayo-coco/restaurant.shtml](http://www.pullmanhotels.com/gb/hotel-A082-pullman-cayo-coco/restaurant.shtml)

### 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

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 and a fantastic and animated cave bar.

### 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

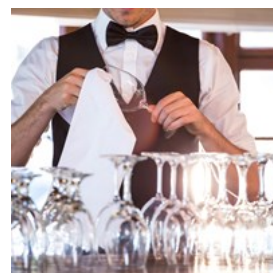
Prohibida. The decor stands out with its numerous license plates, as does the fantastic food (the lobster in particular comes highly recommended).

Photo: Wasant / Shutterstock.com

Address: Playa Prohibida, Cuba

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

### 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 offering the best of national and international drinks and brands.

Photo: wavebreakmedia / Shutterstock.com

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.com / 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-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

### 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

## 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, hats, cigars and the like, but 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, as well as 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

Email: comercial.plf.mjr@mjr.solmelia.cu categories

### Morón



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

Photo: Richard Cavalleri / Shutterstock.com

### ESSENTIAL INFORMATION



PHB.cz (Richard Semik) / Shutterstock.com

### Airport



Jardines del Rey Airport (CCC), located just 10-20 minutes 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: Juan Garces

Address: Carretera a Cayo Coco, Cayo Coco

Phone: +53 33 30 9165

### 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, and 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: Pierre-Luc Auclair

### Taxi



Taxis are always available at the airport and at most hotels. You can usually book a taxi at reception, or contact a company directly. Cubataxi: +53

33 30 1414



## Pharmacy



There is a small pharmacy at the Acuavida Spa.

Photo: Gemma Garner  
Phone: +53 33 302158

## Telephone



Country code: +53

Photo: Jardson Almeida

## Electricity



The power supply in Cuba is mainly 110 volts, but most modern hotels have dual voltage, with 220 volts, and will accept both American dual-flat-prong

plugs and European round-prong plugs.

Photo: Stirling Tshan

## Internet



No hotels in Cayo Coco offer internet connections or WiFi in guest rooms, but 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: Marco Rosales / Shutterstock.com

## Currency

Cuba uses two distinct currencies: Cuban Peso (CUP) and Cuban Convertible Peso (CUC).

CUP can only be used by Cubans and residents of Cuba.

Visitors to the island will be doing most, if not all, of their transactions in CUC. It is technically the only currency tourists are allowed to use. Prices at most restaurants and shops will be displayed in CUC.

## Emergency numbers

Police: 106

Ambulance: 104

Fire brigade: 105