



Walk for Cuba, Sunday 13th July 2014

through the beautiful Chess valley in the Buckinghamshire countryside



What is the Walk for Cuba?

- It is a 6½ mile circular walk and will take about 4-5 hours at a leisurely pace. The walk is through woods, beside fields and marshes, across the river, along country lanes taking in some amazing views, over rolling terrain with no steep slopes. There will be a coordinated refreshment stop at one of the historic pubs along the way. A shorter walk of 3 miles is also possible, which takes about 2.5 hours.
- Begins and ends near the Chalfont and Latimer tube station on the Metropolitan underground line, from central London. There is car parking available. We will meet approx. 11am.
- Each walker is asked to raise a minimum sponsorship of £30 (£5 children) and will receive a special T shirt, a bar of delicious Cuban chocolate and badge.

Who can join the Walk for Cuba?

Everyone is welcome – all ages, CSC members, supporters, friends, family – bring a group. The aim is to get together to enjoy the day together and raise some funds for the Campaign in the process. Last year nearly 100 CSC supporters and friends joined together on what turned into a marvellous day of sunshine, solidarity and fundraising for Cuba. Together they raised almost £5000 towards our work.



Win prizes

We will celebrate the best fundraisers with special prizes including a pair of much sought after tickets to see the **Buena Vista Social Club with Omara Portuondo** on their Farewell Tour at the Royal Albert Hall, London on 5th April 2015.

Contact us now to register for the Walk for Cuba:

email office@cuba-solidarity.org.uk or call 020 7490 5715

Cuba Solidarity Campaign, c/o Unite, 33-37 Moreland St, London EC1V 8BB
Tel 020 7490 5715 Email office@cuba-solidarity.org.uk Website www.cuba-solidarity.org.uk



What is there to see on the Walk?

There's something for everyone on this walk:

For bird watchers – the chance to see heron, swans, water rail, woodpeckers and kingfishers.

For children – the chance to walk between fields with cows, horses and Shetland ponies and to see a weather cock with a cow not a cock on it.

For walkers – the chance to walk through the full range of English countryside in an Area of Outstanding Natural Beauty – across the rolling hills of the Chilterns, on bridges over water meadows, through ancient woodlands on paths covered with beech and oak leaves and through green tunnels of laurel and rhododendron.

For those interested in history – there is Chenies Manor, a step gabled and brick turreted Tudor manor house, built in 1460 and visited by Henry V¹¹ and Elizabeth Ist. There are 19th century almshouses built by the Earl of Bedford, and the village of Sarratt, with its Norman church, its village green half a mile long with duckponds and lined with a wonderful range of 18th and 19th century houses, each built in an individual style.

And finally there's the only remaining water cress farm in the Chess valley where spring water bubbling up from the ground at 10 degrees C allows the cress to grow throughout the year. You can buy a bunch to take home to remind you of this wonderful walk!



Support the campaign for Justice for the Miami Five

This year the funds raised will go towards the campaign for justice and freedom for the Miami Five. Following the successful Commission of Inquiry in March we now want to step up our campaigning efforts even further to do everything we possibly can to see the remaining three prisoners returned to their families in Cuba as soon as possible. Please help us to help Cuba and free the Miami Five.



Contact us now to register for the Walk for Cuba:

email

office@cuba-solidarity.org.uk

or call 020 7490 5715



How to register for the Walk for Cuba, Sunday 13th July 2014

Contact the CSC office 020 7490 5715 or office@cuba-solidarity.org.uk to give us your details (see below) to register and pay the minimum sponsorship (£30 per adult/£5 per child) OR send the details and payment in the post to our office address at the bottom of this sheet.

What we need from you:

Your contact details:

First Name:

Surname:

Email:

Telephone:

Address:

Postcode:

Your t-shirt size (if you would like a t-shirt)

Child

Small

Medium

Large

X Large

XX Large

Do you want an online sponsorship page? Yes or No

CSC can set up an online sponsorship page for you so friends and family can sponsor you by paying directly online via the CSC website. If you would like your own picture on the page please send one by email to us. We will send you the link to the page for you to forward to your friends by email.

Please pay the minimum sponsorship of £30 per adult/£5 per child.

This needs to be paid no later than **13th June 2014**, to guarantee your free t-shirt. You can still join after that date but we may not be able to get you a t-shirt.

How to pay:

- CHEQUE - Made payable to 'CSC' and clearly marked on the back with "Walk for Cuba - (walker's name)"
- CREDIT/ DEBIT CARD - Telephone CSC on 020 7490 5715

What will happen next?

You start collecting sponsors

A sponsorship form is attached for recording your sponsorship raised. Contact us to set up an online page. Remember every £ over your minimum sponsorship really helps. All cheques payable to Cuba Solidarity Campaign.

We will send you final details

We will send you full details of the route, starting points, times, guidance on the walk about a month before the event.

All sponsorship monies raised to be paid to CSC by 1 August 2014.

We will announce prize winners after 1 August.

For further information and any queries please contact the CSC office

Tel: 020 7490 5715 or Email: office@cuba-solidarity.org.uk



SPONSORSHIP FORM

Name of fundraiser: _____

I am taking part in the **Walk for Cuba** on **Sunday 13th July 2014**, raising funds for the Cuba Solidarity Campaign (CSC). CSC campaign in the UK for an end to the US blockade of Cuba, to defend the Cuban peoples' right to self-determination, and campaign for justice for the Miami Five.

Please help me support CSC's work by sponsoring my **Walk for Cuba**.

Full Name	Email Address	Postcode	Amount Given	Date	Please send me info about CSC