



Miami Five Freedom Walk, Sunday 3 July 2016

through the beautiful Chess valley in the Buckinghamshire countryside



"We owe a big part of our release to the British people who campaigned for our freedom and are looking forward to going there to thank you all in person." René González

In July 2016 CSC has invited the Miami Five, René González, Gerardo Hernández, Antonio Guerrero, Fernando González and Ramon Labañino, together with some of their families to Britain for a week of activities to celebrate their freedom, after their final release from US prisons in December 2014 after serving long harsh sentences since 1998 for trying to prevent terrorist attacks against Cuba. The Miami Five Freedom Tour comes with costs so we are asking our supporters to join us on a special sponsored walk near London to help raise some of the funds.

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 funds for the Tour in the process.

In 2014 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 over £3000 towards our work.

About the Walk

- 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.

Win prizes

We will celebrate the best fundraisers with special prizes.



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 V111 and Elizabeth 1st. There are 19th century alms houses 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!



We hope you will join us - register now by phone, online, or by post.

If you can't make it do consider sponsoring a friend or donating to the funds for the Tour. For more information contact 020 7490 5715 or office@cuba-solidarity.org.uk



How to register to participate in the Walk

- **Register by phone** 020 7490 5715 – pay £30/£5 by card
- **Register online** and pay £30/£5 by card online at <http://bit.ly/M5FreedomWalk>
- **Register by post** – send this form with your cheque to CSC office.

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 **10th June 2016**, 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 "Miami 5 Freedom Walk - (walker's name)"
- **CREDIT/ DEBIT CARD** - Telephone CSC on 020 7490 5715 or online via the CSC website at <http://bit.ly/M5FreedomWalk>

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 2016.

We will announce prize winners after 1 August.

For further information and any queries please contact the CSC office



SPONSORSHIP FORM

Name of fundraiser: _____

I am taking part in the **Miami Five Freedom Walk** on **Sunday 3 July 2016**, raising funds for the costs of the Miami Five Freedom Tour to the UK organised by the Cuba Solidarity Campaign (CSC). CSC campaigns in the UK for an end to the US blockade of Cuba, to defend the Cuban peoples' right to self-determination.

Please help me support CSC's work by sponsoring my **Miami Five Freedom Walk**.

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