



Join the UNISON team on the Cycle Cuba Experience 2025

8-18 November 2025



We are organising a UNISON team to complete the Cycle Cuba Experience in 2025 to raise vital funds for educational projects in Cuba and the work of the Cuba Solidarity Campaign.

Over the past few years hundreds of trade union members have participated, raising over £150,000 for projects in Cuba.

David McKnight, UNISON North West said: "Cycling across Cuba was amazing. Meeting Cuban trade unionists in their workplaces helped us understand the challenges they face every day in the face of the US Blockade. Cuba now needs our help more than ever, and this sponsored cycle challenge is a great way to give practical solidarity, learn about Cuba first hand, and help build the campaign to end the Blockade"

You can raise the funds yourself and seek sponsorship from your branches and regions. You can also sponsor cyclists from your own UNISON region or branch.

To join the Cycle Cuba Experience contact the Cuba Solidarity Campaign direct on 0207 490 5715 tours@cuba-solidarity.org.uk

Full details: www.cuba-solidarity.org.uk/tours

You can watch a short video of one of the trips at bit.ly/Cycle2018video

Sign up yourself to join the UNISON Team 2025

CYCLE CUBA EXPERIENCE

- Cycle through 355km of breathtaking scenery and experience the diversity of Cuban culture away from the usual tourist trails.
- The Cycle Experience is a fully escorted trip and is suitable for everyone from beginners to experienced cyclists.
- Deliver much-needed material aid direct to the Abel Santamaria School for blind and visually impaired children.
- Meetings with Cuban trade unions, Federation of Cuban Women and CDRs.
- Irresistible blend of dramatic scenery, vibrant colours of a lush tropical landscape, stunning architecture and iconic images of the Cuban Revolution.
- Specialist visits to a local healthcare centre, a neighbourhood community project and workplaces.
- Guided cultural and historical visits including Old Havana and Che Guevara's secret countryside HQ during the missile crisis.



Registration fee and minimum sponsorship required

**GRAB THE EXPERIENCE OF A LIFETIME
AND REGISTER YOUR INTEREST TODAY**

call: 020 7490 5715 email: tours@cuba-solidarity.org.uk

visit: www.cuba-solidarity.org.uk/tours for full details

Cuba Solidarity Campaign, c/o Unite, 33-37 Moreland Street, London EC1V 8BB

