

Join the Unite team on the Cycle Cuba Experience 2025



8-18 November 2025



Unite is organising a 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 around 100 Unite members have participated raising over £100,000 for projects in Cuba.

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

Peter Hughes, Unite Wales regional secretary said: "The Cycle Challenge was amazing. Meeting Cuban trade unionists in the workplace helped us understand the challenges they face every day in the face of the US Blockade."

Michelle Smith, Unite North East Yorkshire and Humberside said: "It was great to be with such a wonderful diverse group of Unite members supporting each other on the challenge. It was an awe inspiring experience which helped me understand the Cuban reality and the urgency of the need for international solidarity."

To join the Cycle Cuba Experience contact your branches and regions to find out more. You can:

- Sponsor cyclists from your own Unite region or branch to join the Unite Team
- Sponsor the Unite Team online at bit.ly/UNITE2025team or call CSC direct on 0207 490 5715 to pay by cheque, Bacs or card
- Sign up yourself to join the Unite 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

