

How can we help you?

Chestnut Tree House Spinnaker Tower Abseil 2022

Where is the abseil?

It's held at the fabulous Spinnaker Tower, Portsmouth, Gunwarf Quays, PO1 3TT. We have hired it out for the day for Chestnut Tree House supporters and sharing this with St Barnabas House our adults hospice.

Where can I book?

Follow this link to our website:

www.chestnut-tree-house.org.uk/spinnaker-tower-abseil-day

where you can click 'register now' to sign up. Alternatively, you can call the Events Team on 01903 871800 and we will be happy to guide you through it or book you in over the phone.

What date is the abseil?

Saturday 20 August 2022

What time will I be doing the abseil?

You can tell us what time you would prefer and we will do our best to make sure you have this time; however, it is on a first come first serve basis so the sooner you book the more choice there will be.

How much is it to book my place?

Book your place for just £25 per person.

How much money do I need to raise?

To take part we require a minimum sponsorship of £285 per person, with £230 due two weeks before the event and the remaining money due by 20 September 2022. We can provide lots of hints and tips for your fundraising so don't hesitate to get in touch!

Can I book on the day?

Unfortunately, not, applications are closed on 5 August 2022.

Can I book a team?

Yes the abseil is perfect for facing your fears together!

The first teammate to register has to register as a team, and can set up a team name, select how many team members there are and mark the team name as 'public'. Then when the following team mates register, they will have the option to join a team, and can select the team name from a drop down list. Any queries just contact us and we can help.

What is the minimum age to abseil?

You need to be at least 14 years of age on the day of the event.

What is the maximum age to abseil?

There is no upper age limit to take part.

Am I fit enough?

Yes if you are under 19 (120kg) stone and class yourself in good condition. There are no health checks to complete, but if you are concerned about any aspect of the abseil please contact the Spinnaker Tower team directly on (0) 23 9285 7520 or email info@spinnakertower.co.uk. If you pregnant at the time of abseil, unfortunately you will not be permitted to take part in the challenge.

Will the weather affect the day?

Abseils will take place in all weather conditions other than high winds, lightning, heavy snow or ice or extreme weather conditions which we reasonably believe make it unsafe to participate in the abseil.

Can I wear fancy dress?

Fancy dress is permitted in certain circumstances; however, the outfit must not be loose or baggy as they may get caught in the abseil equipment and cause a safety issue. Specifically, no capes and no mankinis may be worn whilst taking part in the abseil.

What shoes should I wear?

You should wear closed-toed footwear with flat rubber soles such as trainers, sport or hiking shoes. Avoid leather shoes without any tread or shoes with heels. Refusal to wear appropriate footwear will result in you not being allowed to abseil and no refund will be given.

Can I use my GoPro?

Only cameras provided by the Spinnaker Tower will be used as part of the abseil. Abseil participants may not provide their own cameras for use whilst completing the abseil.

I've changed my mind, can I get a refund?

No refunds are provided

Can friends and family watch?

Yes, please bring them along.

Is there training?

You do not require any training to take part, you are talked through it all on the day.