



The Place, Ducie Street, Manchester, M1 2TP

NATIONAL CHARITY ABSEIL 27th SEPTEMBER 2009

Please read this information. It will help you to prepare your day.

LOCATIONS:

Choose to Abseil from one of the great locations below when completing your the application form.

Manchester The Place
Ducie St
Manchester
M1 2TP



Sheffield Opal 1 Sheffield
51 Wellington St
Sheffield
S1 4HL



Leeds Opal 3
Leeds
Jacob St
Leeds
LS2 8BR



Newport Opal 1 Newport
Endeavour House
Usk Way
Newport
NP20 2DZ



Birmingham Opal 1 Birmingham
Corner of Belgrave,
Middleway & Bristol Rd,
Birmingham
B5 7NB



Liverpool Great Newton Hall
Lower Gill St
Liverpool
L3 5BA



TIMINGS:

You should arrange to arrive at 10.30 am for registration and a safety briefing. Where there are large numbers of abseilers, we may suggest a later start time and will contact you beforehand, if this is the case.

WHAT TO WEAR:

You should wear trainers and loose fitting clothing or fancy dress. Please do not wear skirts or boots. You will be asked to empty your pockets and boxes for valuables will be provided. There will also be the opportunity to buy photos of your amazing descent for charity!

*Please bring your sponsorship money on the day, if you can.
Above all, enjoy yourself! It should be a great day!*