

Forth Rail Bridge Abseil – Macmillan Cancer Support

☒ Sunday 18 May 2014 – your chance to take on the challenge of abseiling 165ft SAS style, (i.e. freefall) from the Forth Rail Bridge onto the beach below. The Forth Bridge Abseil is a real adrenaline rush for the daring and the ultimate challenge for the rest of us!

No previous experience is necessary to take part in the Forth Bridge Abseil; it is suitable for everyone over the age of fourteen. The team of highly skilled instructors from the Glasgow Climbing Centre will ensure you are equipped with all you need to make your abseil as safe and enjoyable as possible.

We ask for a registration fee of £25 and a pledge from you to raise a minimum of £125. This will guarantee you a place at the abseil, sponsor forms and a Macmillan T shirt.

You can find more information about Miles for Macmillan visiting this website [here](#).

Submitted by [Macmillan Cancer Support](#)

