

**Falkirk Wheel Abseil Event Information Pack**

**Saturday 21st March 2026**

**Sunday 22nd March 2026**

**PLEASE KEEP THIS INFORMATION SAFE SO YOU CAN REFER TO IT IN THE DAYS BEFORE YOUR EVENT**

We are looking forward to seeing you at the Falkirk Wheel Abseil 2026. Please read the information below in full and follow all instructions to ensure you have a safe and enjoyable abseil experience.

**On the Day Contact**

* 1. In emergencies Spina Bifida Hydrocephalus Scotland ‘On the day’ contact details –
  2. Lynsey Hamilton – 07794297747

**But please first contact your charity representative that you are raising money for.**

**Getting to the Venue**

**By foot or bike**

The Falkirk Wheel can be accessed from the Forth & Clyde and Union Canal towpaths. It is approximately a 2.5mile walk from either Falkirk Grahamston or Falkirk High Stations.

Forth Bikes also offer a fleet of 120 electric bikes, spread out across numerous stations in the Forth Valley region and are available at **Falkirk High Street, Falkirk Community Hospital, Callendar Park, The Falkirk Wheel**and **The Kelpies**. Visit [**www.forthbike.co.uk**](https://www.forthbike.co.uk/) for more information.

**By public transport**

There are regular services from Glasgow, Edinburgh Perth and Stirling to Falkirk stations. Visit [**www.scotrail.co.uk**](http://scotrail.co.uk/) for timetables and tickets.

The Falkirk Wheel is just a short bus ride away as the number 6 bus runs between The Falkirk Wheel and Falkirk town centre. For more information and timetables please visit [**www.firstscotlandeast.com**](http://www.firstscotlandeast.com/).

You can also find taxi ranks at Falkirk Grahamston, Camelon or Falkirk High Station train station, or visit [**www.traintaxi.co.uk**](http://www.traintaxi.co.uk/) for details of taxis available for hire at these locations.

**By Car**

For Sat Nav enter FK1 4RS

* From Edinburgh – take the M9 west for Stirling. Exit at Junction 8 of the motorway, and follow the brown and white tourist signage for The Falkirk Wheel.
* From Glasgow – from the M80, then M876 and exit M876 at Junction 1. Follow signs for Falkirk and then the brown and white tourist signage for The Falkirk Wheel.
* From the North – Follow the M9 south and take junction 9 (Stirling Services). At the large roundabout, take the fourth exit for The Falkirk Wheel and Denny (A872). Continue to follow the brown and white tourist signs.

**Parking**

The main car park is a 5 – 10 minute walk along the side of the canal with a slight incline. There is a charge of £3.50 per day for parking. This payment helps to maintain The Falkirk Wheel and Scotland’s Canals.

**Blue Badge Holders**

Customers with walking difficulties or disabilities please follow the signs for ‘The Falkirk Wheel & Services’ and the yellow AA signs for The Falkirk Wheel starting on the outskirts of Camelon. There are plenty of car park spaces for Blue Badge holders, located right outside the entrance to the Visitor centre (20-30M distance). The ground here is paved and has little or no incline.

**Registration**

* **Please ensure you arrive at your allocated registration time – this will allow you to get registered and set up for the event.**
* Please bring your participant agreement with you all completed to hand into the organisers in order to take part.
* Please ensure you set off leaving plenty of time to get to The Falkirk Wheel and be ready at the abseil registration point at the bottom of the Falkirk Wheel by your arrival time. (indicated below)

A high angle view of a water dam

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**Restrictions:** Minimum age is 11 years old (and at least 140cm tall). If you are under the age of 18 your parents/legal guardian must consent and sign the participant agreement document for you **AND** be present throughout your participation at the event.

A diagram of a person's waist

Description automatically generated**Equipment Limitations**: We regret that beyond the following body sizes (see right) and weight we are unable to provide the required equipment to allow your participation:

Minimum Height: 140cm

Maximum Weight: 120kg

Helmet Size: Head circumference: 48-61 cm

**Rules of Participation Summary**

This is just a reminder of the rules of participation summary whilst participating in the abseil:

* You must always listen carefully and follow all instructions from the staff.
* Do NOT adjust or remove the harness or helmet once fitted.
* STRICTLY no phones or loose items are allowed to be carried.
* STRICTLY No smoking or vaping.
* Long Hair must be tied up.
* No necklaces, chains or loose jewellery.
* Shoes must be laced up tight. No slippers or loose-fitting shoes.
* No Hoodies or shorts.
* All glasses and eyewear must have a banded strap so that they are securely on you and cannot fall off, otherwise they must be removed.
* If you have any concerns please inform a member of our staff immediately.
* We recommend you bring leather gardening style gloves (if you have), if not we will provide gloves for you.

**Mobility & Medical**

* This is just a reminder that if you are aware of any pre-existing medical conditions/history which could in any way affect your ability to take part safely in the event, including climbing up to the abseil point and abseiling itself, it is essential that you seek advice from your doctor. You then must only take part in the event if you have been advised by your doctor that it is safe for you to participate. You must also communicate any relevant medical information as soon as possible ahead of the event.

**Unable to Participate**

* Please contact your lead charity contact as soon as possible to let them know that you are not able to participate in the event.
* As outlined in the Participation Agreement you are the person named on this form and will not give your place to anyone else, pretend to be anyone else or swap any participant identification methods during the Event.

**Weather**

* Inclement weather does not usually prevent an abseil from taking place. Should an abseil be postponed in the event of high winds, your charity representative will contact you to let you know. Please make sure you have provided your contact details to your charity lead.

**Photographs**

* Photos of you mid-abseil will be provided on the day by Taken Photography. Visit the sales trailer located at the event to view and purchase your photos or digitals.
* 12”x8” print £20 (3 for £45)
* 9”x6” £15 (3 for £35)
* Digitals – social media £7.50 / full size £20

**Friends and Family Spectators**

* Please encourage friends and family coming to support you to travel by public transport where at all possible.
* Spectators will be able to watch you undertake this amazing challenge, but we just ask that they follow instructions from your charity representative.

**Places to Eat & Drink**

* There are is café at the Falkirk Wheel abseil where toilets are also located.

Thank you once again for taking part in the Falkirk Wheel Abseil.