



London Abseil FAQ's

Are there age restrictions?

To complete the ArcelorMittal Orbit you must be over 16 years old. 16 and 17 year olds require parental consent and adult supervision at a ratio of 1:10. There is no upper age limit as long as you are fit and healthy.

There is a weight limit of 19 stone and a minimum height requirement of 1.2 meters. If you are pregnant, unfortunately you cannot take part in the abseil.

What are the timings?

The abseils will start at 10am and finish at 6pm.

What time should I arrive?

Please arrive 1 hour before your abseil time. This will allow 30 minutes for registration and preparation time.

What should I wear?

Your shoulders, midriff and upper legs should be covered. No loose clothing please e.g. long skirts or flowing cardigans. Please wear closed toe shoes, trainers or boots that cannot fall off. Open toe shoes, sandals or flip flops are not permitted.

Long hair must be tied back. Jewellery and scarves must be removed. Weather at the top of the ArcelorMittal Orbit is often magnified, so bring a waterproof jacket and warm layer.

We will provide you with a Barnardo's t-shirt, if you want a bigger size to wear over your layers please let us know.

Is there anywhere to keep my belongings?

There are lockers available to put your personal belongings in but please be aware they are left at your own risk.

Can I bring spectators?

Yes, they can purchase tickets to watch the abseil from the top of the structure at www.arcelormittalorbit.com, alternatively they can watch at ground level beside the landing site.



How do I get there?

The nearest tube station is Stratford. From there you need to walk through the Queen Elizabeth Olympic Park (approximately 1 mile) to the base of the ArcelorMittal Orbit. The abseil area is signposted from the waterfront. For satnav users the address is: Queen Elizabeth Olympic Park, 3 Thornton St, London, E20 2AD.

Where is the nearest car park?

The nearest car park is car park B at Westfield Stratford City Shopping Centre. If you have a blue badge there are 6 blue badge spaces located on Thornton Street, behind the ArcelorMittal Orbit.

What if I change my mind?

Our abseil instructors are used to helping abseil participants experiencing high levels of anxiety. They will support you and give you positive encouragement to go ahead with your abseil. Unfortunately, if you do change your mind on the day, your registration fee that you paid to Barnardo's is non-refundable.

Can I bring my own GoPro camera?

Due to health and safety reasons, participants cannot bring their own cameras. For a small fee of £15 there is an option to buy a ticket which includes GoPro footage using the ArcelorMittal Orbit's GoPro's, which have been tested and passed by their health and safety department.

How long will my abseil last?

Each abseil slot for between 5 - 10 people and is 30 mins long. Abseil times will vary dependant on people's confidence when doing their abseil and weather.