The Tower Trip is a challenging climb up 275 uneven, narrow, spiralling medieval steps to the top of York Minster’s Central Tower. It takes about ten minutes to climb the Tower.

**You must be fit and healthy** to climb the Tower.

Trips are **not suitable** for persons who:
- Are under 8 years old (those between 8–18 **must** be accompanied by an adult)
- Have breathing problems (including asthma)
- Have heart problems or high blood-pressure
- Have had recent surgery or illness
- Are pregnant
- Are not comfortable with heights or tight spaces—the Tower is 60m (200’) high, and the stairway narrows to 61cm (24”) wide.