

*So there I stood, as I listened to the men, my eyes were fixed on to the treacherous tower and my heart was filled with fear... We had to get into our harnesses and hats. Luckily, I was third and the men called me up and every step I took I knew I was a second closer to the abseiling tower at the very top...*

*I was worried and felt a little bit uncomfortable so I tried as hard as I could to get down to the first ledge! My legs felt like jelly and I had to not be afraid, my heart was thumping, my blood was pumping and I was ready for action! I was nearly at the bottom when my team mates cheered me on and I jumped and got down!!*

*Although I was scared of heights and not even sure about touching the rope or harnesses, I survived and got to the bottom. As long as I liked it I was alright!*

*By Amber*