

So there I stood, staring up at the treacherous abseiling tower, my excitement turned off the fear building up inside me. Heart pumping, legs wobbling and butterflies in my stomach, it was now or never! With determination I climbed the ladders.

When I got up to the 15 m high tower, I wanted to go back down but I knew this was a once in a lifetime opportunity, so I had to do it. The instructor started putting the rope through the loops on my harness; Elouise could tell I was nervous and said, "You can do this!" I said, "thanks." My group was very supportive and started cheering us on. They encouraged me. I started lowering myself down slowly. When I got to the point (starts going down straight,) my legs slipped and I had to pull myself back up. Now I knew what I was doing it was quiet easy! Luckily I eventually got back on solid ground.

It was hard standing up since my legs were like jelly. Mr Barber helped me get my harness off and put it back on the rope. I felt calm and my heart stopped beating, my legs went back to normal and my butterflies flew away.

Ellie