

# Edinburgh Stag & Hen Weekends



## Abseiling

Abseiling is your chance to try something new and exciting!

At first you are lowered over the edge slowly and the rope is let out so you can go at your own pace. After a few attempts it's all yours!

Abseiling gives you the chance to really take your life in your hands as you lean back into the void. Fear?

You don't have time to fear. Abseiling is one of those beautiful activities where the fear is purely the fear of your own abilities.

Jump down or float smoothly, the choice is yours, but the quicker you're down the quicker you can get back up and do it all again.

Face your fears; show yourself what you can accomplish!

