

## **Part 1     Extreme Climber**

Leo Houlding is on a remote island in the Arctic Circle. For two weeks, he climbs a steep cliff face nearly 1 mile high. At night, he sleeps in a hammock hanging from the rocks. When he reaches the top, he puts on a parachute, jumps off and flies back down. Soon after, he starts again, but this time he doesn't stop and finishes the climb in just 24 hours.

There's no wonder that 30-year-old Leo is one of Britain's top adventurers! After starting climbing at the age of just 10 and becoming a champion at 15, Leo now climbs the most difficult cliffs and peaks in the world such as Mount Everest and Half Dome and El Capitán in the USA's Yosemite National Park. He often breaks speed records, finishing climbs that usually take a week in just one day!

All this can be very risky, though. Leo bravely climbs up vertical cliffs using just his feet and fingertips and tiny cracks in the rock. He often faces severe storms, extremely cold temperatures and rock falls. So does Leo ever get scared? "Yes, absolutely!" he says. "But you can't imagine how wonderful it is waking up on a big wall, thousands of feet above a glacier."

These days, Leo is still climbing, but he also makes documentaries about his adventures, appears in adverts and on TV shows and gives talks to young people to encourage them to challenge themselves in life. All in all, Leo never stops looking for the next thrilling adventure!