

# abseil *(ab-seil)*

## Definition

v. to descend a steep cliff or rock face by using a rope that is fixed at the top and secured to the body; rappel.

## Example Sentence

You have to learn how to **abseil** when you want to do technical climbing.

## More Example Sentences

The climbers decided to **abseil** down the cliff after reaching the summit.

## Synonyms

rappel; descend; lower

## Antonyms

climb up

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