Complete the text with words given. There are two extra words.

narrow   flew   glacier   crevasse   of   rescue   dead   very

Local men Steven Woods and Ben Radley are safely home with their families after a very _____ escape in the Swiss Alps. A Swiss mountain _____ helicopter managed to find the two men after Steven's sister Harriet and her friend Joshua raised the alarm.

When Steven failed to answer her calls, Harriet became alarmed. She called 999, and then the police contacted the Swiss authorities. 'Harriet and Joshua should be proud _____ themselves,' said a police spokesman. 'Their quick thinking certainly saved two lives'.

The two men were attempting to cross a glacier when Ben slipped and fell down a deep _____. 'Unfortunately he hit his head as he fell and was just hanging there at the end of the rope,' explained Steven. 'I couldn't pull him up, he was a _____ weight. I couldn't do anything except wait for him to wake up. Thank goodness for Hattie.'

'The rescue team searched for ages before they finally saw Steve waving,' said Harriet, 'but by the then it was getting dark. They nearly gave up for the night. But luckily they managed to pull them both up into the helicopter. Ben woke up while they were pulling him on board!'

Both men stayed in hospital overnight but they _____ home the next day. They both say that they have learnt lessons from their adventure, and that they are planning to return to the Alps next year.