

UP  
Ralph McTell

When you look to the hill you must climb,  
And your doubts will not disappear  
But don't look down, look ahead  
Isn't that what they said  
It's a long way up from down here

To be fearless does not mean you're brave  
To be brave means you have to know fear  
Each crevice, each grip,  
Each foothold, each slip,  
It's a long way down from up here.

Rise with the morning and run to the hills  
Until you can't run no more.  
Like a bird set free from the chains of the night  
And rise from the valley floor.

The bigger the hill the more shade  
Deep in the dark lurks the fear  
On the top all alone  
The only shadow's your own  
It's a long way down from up here.

And you'll remember each painstaking step  
And the thump of your heart in your ear  
Let it beat like a drum  
Marshall courage to come  
It's a long way down from up here.

Rise with the morning and run to the hills  
Until you can't run no more.  
Like a bird set free from the chains of the night  
And rise from the valley floor.

The picture is broader high up,  
With a view that cannot compare  
Three-sixty degrees  
Might bring you to your knees  
It's a long way up from down here

So rise with the morning and run to the hills  
Until you can't run no more.  
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