

# MIDE



## ANILLO DE PICOS \_ EXTREM Day 5

 time	<b>5h 30min</b>	 4	natural environment severity
 slope upward	<b>870 m</b>	 4	orientation in the itinerary
 slope downward	<b>985 m</b>	 4	difficulty in moving
 horizontal distance	<b>8 km</b>	 3	amount of effort required
 type of tour	<b>One Way</b>	 -	climbing steps

Summer conditions, estimated times according to MIDE criteria, no stops.

Existence of steps which requires the use of the hands. Experience in Mountain required.