

MIDE



ANILLO DE PICOS _ CENTRAL MASSIF

Day 3

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