

MIDE



ANILLO DE PICOS _ EXTREM

Day 3

 time	8h 00min	 4	natural environment severity
 slope upward	1,170 m	 4	orientation in the itinerary
 slope downward	1,270 m	 4	difficulty in moving
 horizontal distance	16 km	 4	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.