

# MIDE



## PONGA NATURAL PARK TREK

### Day 2

 time	<b>6h 00min</b>	 3	natural environment severity
 slope upward	<b>920 m</b>	 3	orientation in the itinerary
 slope downward	<b>920 m</b>	 2	difficulty in moving
 horizontal distance	<b>11 km</b>	 3	amount of effort required
 type of tour	<b>Circular</b>	 -	climbing steps

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