

MIDE



PICOS DE EUROPA NATIONAL PARK VEGABAÑO TREK – Day 1

 time	4h 30min	 2	natural environment severity
 slope upward	680 m	 2	orientation in the itinerary
 slope downward	420 m	 1	difficulty in moving
 horizontal distance	9 km	 2	amount of effort required
 type of tour	One Way	 -	climbing steps

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