

MIDE



ANILLO DE PICOS _ CENTRAL MASSIF

Day 2

	time	6h 30min		4	natural environment severity
	slope upward	1,750 m		3	orientation in the itinerary
	slope downward	265 m		3	difficulty in moving
	horizontal distance	11 km		5	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.