

# MIDE



## PICOS EUROPA NATIONAL PARK VEGABAÑO TREK - Day 1

 time	<b>5h 00min</b>	 3	natural environment severity
 slope upward	<b>985 m</b>	 2	orientation in the itinerary
 slope downward	<b>627 m</b>	 2	difficulty in moving
 horizontal distance	<b>9 km</b>	 3	amount of effort required
 type of tour	<b>One Way</b>	 -	climbing steps

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