

MIDE



ANILLO DE PICOS _ CENTRAL MASSIF Day 5

 time	5h 30min	 4	natural environment severity
 slope upward	130 m	 3	orientation in the itinerary
 slope downward	1,771 m	 3	difficulty in moving
 horizontal distance	10 km	 3	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.