

# MIDE



## ANILLO DE PICOS \_ EXTREM

 time	<b>44h 10min</b>	 5	natural environment severity
 slope upward	<b>6,755 m</b>	 4	orientation in the itinerary
 slope downward	<b>6,755 m</b>	 4	difficulty in moving
 horizontal distance	<b>91 km</b>	 5	amount of effort required
 type of tour	<b>Circular</b>	 1	climbing steps

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

Existence of steps which require the use of the hands. Experience in Mountain required.