

# MIDE



## PEÑA UBIÑA MASSIF TREK Day 2

 time	<b>5h 30min</b>		<b>4</b>	natural environment severity
 slope upward	<b>952 m</b>		<b>3</b>	orientation in the itinerary
 slope downward	<b>952 m</b>		<b>3</b>	difficulty in moving
 horizontal distance	<b>9 km</b>		<b>4</b>	amount of effort required
 type of tour	<b>Circular</b>		<b>-</b>	climbing steps

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