

MIDE



REDES NATURAL PARK TREK

 time	10h 30min	 3	natural environment severity
 slope upward	1,141 m	 2	orientation in the itinerary
 slope downward	1,141 m	 2	difficulty in moving
 horizontal distance	30 km	 3	amount of effort required
 type of tour	Circular	 -	climbing steps

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