

# MIDE



## ANILLO DE PICOS \_ CENTRAL MASSIF

### Day 1

|  |                 |   |                              |
|--|-----------------|---|------------------------------|
|  time                | <b>3h 45min</b> |  3 | natural environment severity |
|  slope upward        | <b>447 m</b>    |  1 | orientation in the itinerary |
|  slope downward      | <b>206 m</b>    |  2 | difficulty in moving         |
|  horizontal distance | <b>12 km</b>    |  2 | amount of effort required    |
|  type of tour        | <b>One Way</b>  |  - | climbing steps               |

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