

# MIDE



## ANILLO DE PICOS \_ EXTREM Day 6

 time	<b>8h 45min</b>	 4	natural environment severity
 slope upward	<b>685 m</b>	 3	orientation in the itinerary
 slope downward	<b>2,296 m</b>	 4	difficulty in moving
 horizontal distance	<b>18 km</b>	 4	amount of effort required
 type of tour	<b>One Way</b>	 1	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.