

MIDE



ANILLO DE PICOS _ CENTRAL MASSIF

 time	25h 30min	 5	natural environment severity
 slope upward	3,752 m	 3	orientation in the itinerary
 slope downward	3,752 m	 4	difficulty in moving
 horizontal distance	50 km	 5	amount of effort required
 type of tour	Circular	 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.