

MIDE



REDES NATURAL PARK TREK Day 1

 time	4h 30min	 2	natural environment severity
 slope upward	815 m	 1	orientation in the itinerary
 slope downward	267 m	 1	difficulty in moving
 horizontal distance	13 km	 3	amount of effort required
 type of tour	One Way	 -	climbing steps

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