

MIDE



REDES NATURAL PARK TREK

Day 2

 time	6h 00min	 3	natural environment severity
 slope upward	636 m	 3	orientation in the itinerary
 slope downward	1,174 m	 2	difficulty in moving
 horizontal distance	17 km	 4	amount of effort required
 type of tour	One Way	 -	climbing steps

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