

MIDE



PEÑA UBIÑA MASSIF TREK Day 3

 time	8h 00min	 3	natural environment severity
 slope upward	1,560 m	 3	orientation in the itinerary
 slope downward	1,560 m	 2	difficulty in moving
 horizontal distance	16 km	 4	amount of effort required
 type of tour	Circular	 -	climbing steps

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