

**MIDE****ANILLO DE PICOS \_ CENTRAL MASSIF**  
**Day 1**

time	<b>6h 30min</b>	<b>2</b>	natural environment severity
slope upward	<b>880 m</b>	<b>1</b>	orientation in the itinerary
slope downward	<b>270 m</b>	<b>2</b>	difficulty in moving
horizontal distance	<b>18 km</b>	<b>3</b>	amount of effort required
type of tour	<b>One way</b>	<b>-</b>	climbing steps
Summer conditions, estimated times according to MIDE criteria, no stops.			