

MIDE



REDES NATURAL PARK TREK

Day 1

| | | | |
|--|-----------------|---|------------------------------|
|  time | 3h 50min |  2 | natural environment severity |
|  slope upward | 615 m |  1 | orientation in the itinerary |
|  slope downward | 70 m |  1 | difficulty in moving |
|  horizontal distance | 10 km |  2 | amount of effort required |
|  type of tour | One Way |  - | climbing steps |

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