

**MIDE**
**ANILLO DE PICOS \_ CENTRAL MASSIF**  
**Day 5**

time	<b>2h 30min</b>	<b>3</b>	natural environment severity
slope upward	<b>50 m</b>	<b>2</b>	orientation in the itinerary
slope downward	<b>480 m</b>	<b>3</b>	difficulty in moving
horizontal distance	<b>5 km</b>	<b>2</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.			