


# MIDE



## PONGA NATURAL PARK TREK

 time	<b>11h 00min</b>		<b>3</b>	natural environment severity
 slope upward	<b>1,790 m</b>		<b>3</b>	orientation in the itinerary
 slope downward	<b>1,790 m</b>		<b>2</b>	difficulty in moving
 horizontal distance	<b>24 km</b>		<b>3</b>	amount of effort required
 type of tour	<b>Diverse</b>		<b>-</b>	climbing steps

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