











**MIDE****ANILLO DE PICOS \_ CENTRAL MASSIF**  
**Day 3**

 time	<b>5h 40min</b>	 <b>4</b>	natural environment severity
 slope upward	<b>850 m</b>	 <b>4</b>	orientation in the itinerary
 slope downward	<b>900 m</b>	 <b>4</b>	difficulty in moving
 horizontal distance	<b>11 km</b>	 <b>3</b>	amount of effort required
 type of tour	<b>One way</b>	 -	climbing steps
Summer conditions, estimated times according to MIDE criteria, no stops.			