

MIDE



PONGA NATURAL PARK TREK Day 1

 time	5h 00min	 2	natural environment severity
 slope upward	870 m	 1	orientation in the itinerary
 slope downward	870 m	 1	difficulty in moving
 horizontal distance	13 km	 3	amount of effort required
 type of tour	Round Trip	 -	climbing steps

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