

MIDE



PEÑA UBIÑA MASSIF TREK

Day 1

 time	5h 00min	 3	natural environment severity
 slope upward	980 m	 2	orientation in the itinerary
 slope downward	555 m	 3	difficulty in moving
 horizontal distance	7 km	 3	amount of effort required
 type of tour	One way	 -	climbing steps

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