

MIDE



PICOS DE EUROPA NATIONAL PARK VEGABAÑO TREK – Day 3

 time	4h 00min	 2	natural environment severity
 slope upward	250 m	 2	orientation in the itinerary
 slope downward	550 m	 2	difficulty in moving
 horizontal distance	8 km	 2	amount of effort required
 type of tour	One Way	 -	climbing steps

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