

MIDE
ANILLO DE PICOS _ CENTRAL MASSIF
Day 4

time	6h 30min	4	natural environment severity
slope upward	500 m	4	orientation in the itinerary
slope downward	1,800 m	4	difficulty in moving
horizontal distance	12 km	4	amount of effort required
type of tour	One way	-	climbing steps
Summer conditions, estimated times according to MIDE criteria, no stops.			