

MIDE



REDES NATURAL PARK TREK

Day 2

	time	6h 30min		3	natural environment severity
	slope upward	950 m		3	orientation in the itinerary
	slope downward	950 m		3	difficulty in moving
	horizontal distance	13 km		4	amount of effort required
	type of tour	Circular		-	climbing steps

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