

MIDE



ANILLO DE PICOS _ EXTREM Day 4

 time	8h 45min	 4	natural environment severity
 slope upward	1,450 m	 3	orientation in the itinerary
 slope downward	880 m	 3	difficulty in moving
 horizontal distance	18 km	 5	amount of effort required
 type of tour	One Way	 -	climbing steps

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

Existence of steps which requires the use of the hands. Experience in Mountain required.