

MIDE



REDES NATURAL PARK TREK

Day 4

	time	5h 00min		2	natural environment severity
	slope upward	438 m		1	orientation in the itinerary
	slope downward	983 m		1	difficulty in moving
	horizontal distance	17 km		3	amount of effort required
	type of tour	Circular		-	climbing steps

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