

# MIDE



## ANILLO DE PICOS \_ EXTREM Day 1

 time	<b>6h 40min</b>		<b>4</b>	natural environment severity
 slope upward	<b>1,540 m</b>		<b>3</b>	orientation in the itinerary
 slope downward	<b>489 m</b>		<b>3</b>	difficulty in moving
 horizontal distance	<b>16 km</b>		<b>4</b>	amount of effort required
 type of tour	<b>One Way</b>		-	climbing steps

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