

MIDE



ANILLO DE PICOS _ CENTRAL MASSIF

Day 4

 time	4h 30min	 4	natural environment severity
 slope upward	555 m	 3	orientation in the itinerary
 slope downward	525 m	 4	difficulty in moving
 horizontal distance	8 km	 3	amount of effort required
 type of tour	One Way	 1	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.