

MIDE



PEÑA UBIÑA MASSIF TREK

Day 4



time

8h 30min



4

natural environment severity



slope upward

1,606 m



3

orientation in the itinerary



slope downward

1,606 m



3

difficulty in moving



horizontal distance

15 km



4

amount of effort required



type of tour

Circular



-

climbing steps

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