

# Welcome to Mineralnye Vody

TOP-20

What to do?

## Top 5 things to do in Mineralnye Vody

- Boost your health at local sanatoriums: try mineral baths, body wraps, therapeutic showers, and mud treatments
- Sample dozens of mineral water
- Stroll and breathe in the healing mountain air
- Go on therapeutic walks along "terrenkury" (nature trails), for instance, on Mount Mashuk or Mount Beshtau
- Enjoy ATV tours, paragliding, horseback riding, or hiking

## What to do in Pyatigorsk?

- Explore Tsvetnik, the city's oldest park, and visit the Narzan Gallery
- Take a city walk to see elegant palaces, Soviet-era sanatoriums, and charming wooden houses
- Be amazed by the beauty of Lake Proval inside a limestone cave and take a dip in the "Besstyzhiye" open-air hot springs
- Admire the graceful architecture of the Lermontov and Academic Galleries
- Take in city panoramas from viewpoints near the Chinese Pavilion and the Aeolian Harp
- Take the cable car up to Mount Mashuk
- Follow the footsteps of the famous poet Mikhail Lermontov at his memorial sites

## What to do in Kislovodsk?

- Explore the National Park Kislovodsk – the second-largest man-made park in Europe
- Take a cable car ride up to Mount Maloye Sedlo
- Enjoy a tour or a concert at the Shaliapin's Dacha Museum

## What to do in Essentuki?

- Visit the Semashko Mud Baths, built in the grand style of Ancient Roman thermae
- Take a relaxing walk through the Kurortny (Resort) Park



# What to do in other Cities? 🚗

- Enjoy the "Little Switzerland" and "Green Pearl" of the region – Zheleznovodsk
- Admire the pristine nature and starry night skies at the Gum-Bashi Pass
- Go on a day trip to the year-round mountain resorts: Arkhyz, Dombay, or Elbrus

## What to taste?

- **Traditional Shashlik: skewered lamb, poultry, fish, or vegetables**
- **Noble or Hussar-style breakfasts at the "Pechorin" restaurant in Pyatigorsk**
- **Khychiny**
- **Ossetian Pies**
- **Pyatigorsk Ice Cream**



## What to bring?

- **Sheepskin products – slippers, mittens, a fur coat**
- **A mug with a spout (buvetnitsa) for mineral water**
- **Mud or clay from Lake Tambukan**
- **Mountain honey or tea**
- **Spices and sauces**

