



Шумакские  
ИСТОЧНИКИ.

# Three ways to get to Shumak mineral springs.

- 1) helicopter.
- 2) on horseback.
- 3) Hiking tourism



First you need to get to the Nilova monastery. there begins our exciting journey. from the Nilova monastery to shumaka seventy-five kilometers. Hiking we reach there in four days, and back for two.

during these seventy-five miles  
which we pass through we see so  
much beautiful in nature.



This is the view from the  
pass on the way to  
Shumak.







□ on the Shumak very large variety of mineral sources. every early morning people go and drink healing water from underground sources.



Thank you for your attention.

