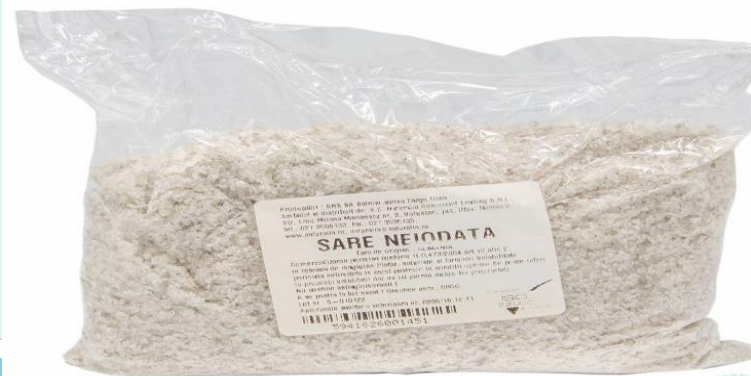




Praid Salt Mine



The Praid salt mine is a Romanian mine, located in Harghita County, Transylvania Region, located in the Gurghiului Mountains Basin.
Gem salt = Cooking salt (**NaCl**)



How was it formed?

The Praid salt mine from Transylvania was formed 13.5 milion years ago, in a shallow salt and under a very hot tropical climate. The salt body from Praid has a slightly ellipsoidal shape in the horizontal plane (geometric shape).

History:

The begining of the Praid Salt Mine dates back to the Daco-Roman period (2000 years ago or more). The first salt mines in this area were developed by the Romans, but the Praid salt mine is documented since 1200. In 1980,a treatment base was opened in the salt mine.



The Romans worked only on the surface, in quadrilateral pits, to a depth of 12-15 m, from where the salt could be easily removed on slippery bridges and with simple lifting devices, after which they left it and started another. This is how the Romans extracted salt everywhere in Transylvania, and the abandoned excavations became lakes.



Salt mine benefits:

Healing therapy that cures: asthma, cronic bronchitis, allergies.

During the time spent underground, gymnastics led by a specialized staff, walks and dosing of physical effort are also recommended.

The duration of treatment is 18 days.

The age category between which people can be treated is between 2-60 years, they are constantly supervised by a medical staff.



You can spend time in a pleasant way:

- eating at the restaurant in this salt mine
- watching a 3D movie
- visiting the salt mine museum
- enjoying the Adventure Park
- buying souvenirs
- playing ping pong or badminton.





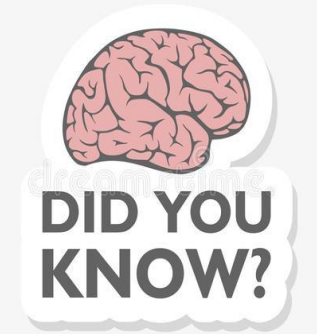






Did you know that?

- It's about 15 degrees Celsius in the salt mine, so be careful how you dress 😊 (15 degrees C=288 Kelvin degrees)
- You will also find a chapel here
- It is the second largest salt mine in Europe
- It is located at 120 meters underneath the surface
- The transport of people is done by the salt mine buses on a distance of 1250 meters to the leisure base



Thank you for attention!

