

The Seven Giants of the Urals



Deemed one of the Seven Wonders of Russia, Manpupuner is a mysterious site in the northern Ural mountains (in the Troitsko-Pechorsky District of the Komi Republic), made out of seven rock towers bursting out of the flat plateau, also known as the “7 strong men“. Manpupuner is a very popular attraction in Russia, but not on an international level and information regarding its origin is scarce. We know that their height and abnormal shapes make the top of these rock giants inaccessible even to experienced rock-climbers. Manpupuner is very hard to reach, it lies in a very harsh environment, but once there you’ll be able to enjoy a view unique in the whole world.

The geological formation of Man-Pupu-Nyor (that in the Mansi language means “little mountain of the gods”) is found in an inhospitable and remote area of the Komi Republic. The seven stone totems that form this monumental group aren’t only amazing for their location, dimensions, and imposing presence, but also for their incredible forms (some of them are narrower at the base) and whimsical distribution (six are grouped together while the seventh seems to be observing them from afar).

This singular phenomenon, that since time immemorial has been the source of all kinds of fables and legends, originated 200-300 million years ago, when in this place a mountain stood. With the passing of time, erosion caused by rain, wind, freezing, and other meteorological phenomena has continued to wear down the surface until forming the seven pillars currently left standing. In the Urals (one of the oldest mountain ranges on earth) we can find other formations that are similar to Man-Pupu-Nyor, but none of them equal it in either dimension or spectacularity.

The Ural Mountains are a mountain range that runs roughly north and south through western Russia. They are usually considered the natural boundary between Europe and Asia. The Urals extend 2,498 km from the Kazakh steppes along the northern border of Kazakhstan to the coast of the Arctic ocean. The Urals are among the

world's oldest extant mountain ranges.

