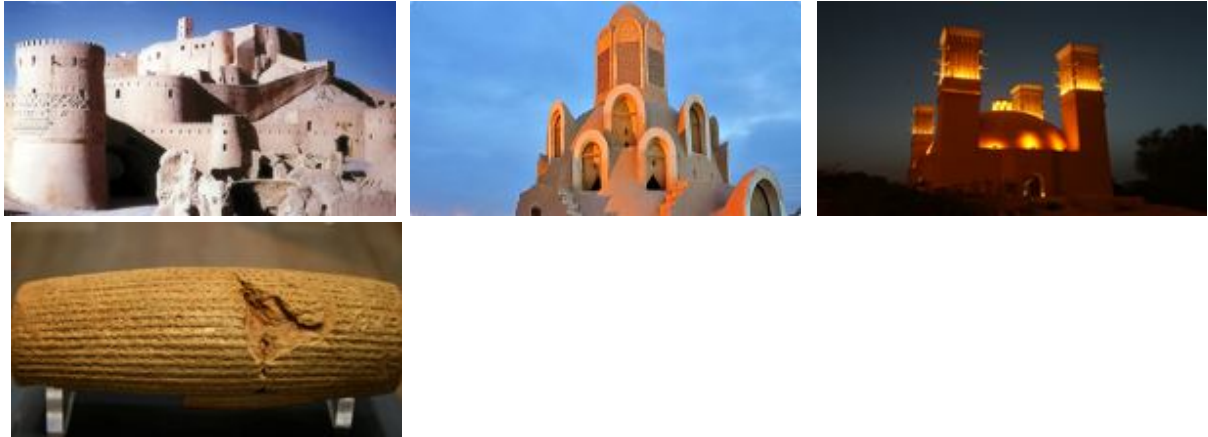
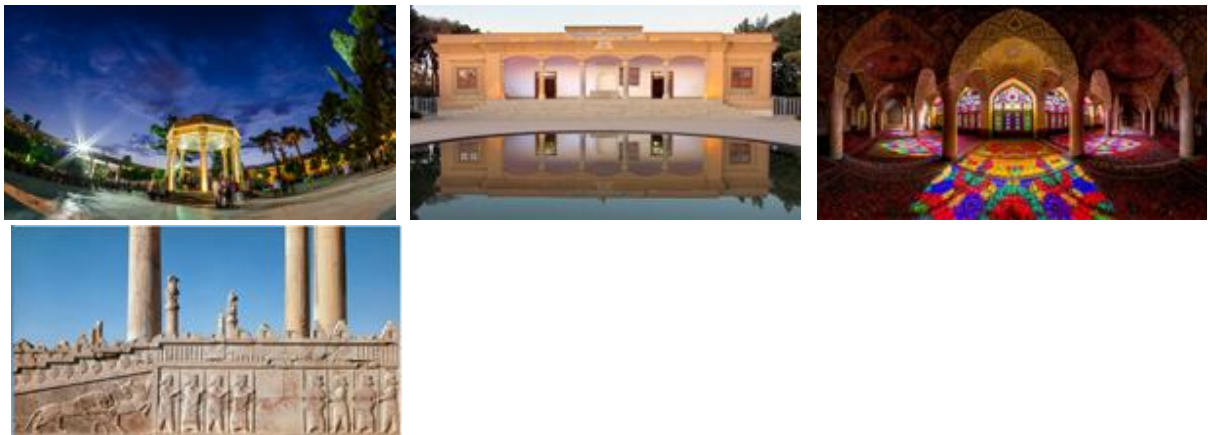


## Travel to Tehran-Iran

### ABOUT IRAN- HISTORY & HERITAGE



The plateau of Iran is among the oldest civilization centers in the history of humanity and has an important place in archeological studies. The history of settlement in the Plateau of Iran, from the new Stone Age till the migration of Aryans to this region, is not yet very clear. But there is reliable evidence indicating that Iran has been inhabited since a very long time ago. Settlement centers have emerged close to water resources like springs, rivers, lakes or totally close to Alborz and Zagross mountains.



After the decline of the Achaemenid dynasty, and the destruction of Persepolis by Alexander, his successors the Seleucid dominated over Iran for a short period of time. During this time the interaction between Iranian and Hellenic cultures occurred. Around the year 250 BC, the Parthians, who were an Aryan tribe as well as horse riders, advanced from Khorassan towards the west and south-west and founded their empire over Iran Plateau in Teesfoon. This empire survived only until the year 224 AD. The Sassanian, after defeating the last Parthian king in 225 AD, founded a new empire which lasted until mid-7<sup>th</sup> century AD.



With respect to its political, social, and cultural characteristics, the ancient period of Iran (Persia) is one of the most magnificent epochs of Iranian history. Out of this era, so many cultural and historical monuments have remained in Persepolis, Passargadae, Susa (Shoosh), Shooshtar, Hamadan, Marvdasht (Naqsh-e-Rostam), Taq-e-bostan, Sarvestan, and Nayshabur, which are worth seeing.

The influence of Islam in Iran began in the early 7<sup>th</sup> century AD after the decline of the Sassanide Empire. Since then, new era began in the history of Iran which caused fundamental changes in social, political, religious, governmental, and general conditions of the country. Iranians, who were very unhappy with the existing social and economic inequalities in the time of the Sassanides, accepted Islam easily and contributed to its expansion and enrichment. However, Iranians never covered up their opposition against dominance and the tyranny of the Omavi and Abbasi Caliphs and founded many autonomous movements to confront them. Continuity of wars of attrition among local governors weakened the overall power of the country and favored conditions for invasion by stranger tribes of Central Asia, like the Seljuki Turks, Mongols, and Teymorides. In the Safavid time, the second great Iranian Empire was founded, and the Shiite sect of islam, disciples of which were seriously limited till then, was formalized.



With the decline of the Safavid, Afsharieh and later the Zandieh took the throne. After the Zandieh rule, the Qajars took power. At this time the influence of foreign powers such as Britain and Russia in the internal affairs of Iran significantly increased. Meanwhile, social movements of Tobacco, Constitutional Revolution, Forest Uprising, and Sheik Mohammed Khiabani's Revolt took place. In the Pahlavi period, Oil Industry Nationalization Movement

incited the uprising of June 5<sup>th</sup>1963, and other autonomous movements resulting in the Islamic Revolution under the leadership of Imam Khomeini in 1979.

Achaemenian	533 - 330 BC
Seleucidian	330 - 247 BC
Parthian	247 BC. - 224 AD
Sassanide	224 - 651 AD
Arab Attack	645 AD
Omavian and Abbasian	749 - 932 AD
Saffarian	866 - 903 AD
Samanian	819 - 999 AD
Al Bouyeh	945 - 1055 AD
Qaznavian	977 - 1186 AD
Seljukian	1038 - 1194 AD
Kharazmshahian	1077 - 1231 AD
Mongol invasion to Iran	1220 AD
Ilkhanian	1256 - 1353 AD
Mozaffarian	1314 - 1393 AD
Teymurids	1370 - 1506 AD
Turkamens	1380 - 1468 AD
Safavid	1501 - 1732 AD
Afsharian	1734 - 1796 AD
Zandian	1750 - 1794 AD
Qajar	1779 - 1924 AD
Pahlavi	1924 - 1979 AD
The Islamic Revolution	1979 AD

## Q & A

### **1- Do Women have clothing limitations?**

Women have to cover their body and their hair in public (restaurants and hotel lobbies are public). According to the law, only the face and the hands of women may be visible, therefore it is best to wear a headscarf to cover the hair and a coat to cover the body. The body has to be covered in such a way that the skin of the woman is not visible. The hips, the legs and the feet should not be visible. It is best to wear wide clothing, so that the lines of the body are not recognizable. The headscarf should cover the hair fully. The color of the scarf and the clothing does not matter, and one is free to wear any color.

### **2- Do men also have clothing limitations?**

Everybody has to obey the Islamic clothing rules in Iran. Not only women have to stick to the rules, also men have certain rules to stick to: the body of the men should be fully covered. Only hands, the neck, and the head may be visible. Short trousers are strictly prohibited. It is recommended to wear shirts with short

sleeves rather than T-shirts. It is very important that the buttons of the shirt are not open. It is not forbidden to wear a tie or a bowtie.

### **3- Do women have to dress in Chador?**

It is not necessary to wear a chador unless one wants to visit a holy mosque or shrine. Wherever the chador is a must, one will be given a chador.

### **4- What if women headscarf falls down?**

It can happen that the head scarf falls down and does not cover the hair. In those cases most of the people advise one to cover up again. Also the police advise one to cover the hair.

### **5- Is it allowed to make up or wear sunglasses?**

The women should not make themselves up too much, but making up is not forbidden. It is allowed to wear sunglasses.

### **6- Is it possible to enjoy alcoholic beverage?**

According to Islam, it is forbidden to enjoy alcohol at all, no matter in what form. It is forbidden to have alcoholic food or beverage, to trade with alcohol, and to serve alcohol.

### **7- Is it possible to bring alcoholic beverage to Iran?**

Entering Iran; bringing alcohol is forbidden. It is possible to get non-alcoholic beverages almost all over the country.

### **8- Is it safe to drink the water from the tap?**

The water is drinkable, but it may contain too many minerals. It is recommended to have mineral water.

### **9- What kind of vegetarian food is available in Iran?**

Vegetarians have to order special prepared food, as there is usually no vegetarian food available.

### **10- Is there coffee in Iran?**

Coffee is almost served in any coffee shop or teahouse all around the big cities. In the hotels' lobbies and coffee shops almost in all cities and towns and even in some restaurant (after having the meal) coffee is served. Of course if you wish to visit small towns and villages you are recommended to have your coffee with you.

### **11- What kind of bread do the Iranians have?**

Iranian bread is flat, and varying. Different sorts of flat bread, baked in traditional ways, is available.

### **12- Is there a lot of garlic in Iranian food?**

Most of Iranian food does not contain garlic.

### **13- What is the Iranian currency?**

The Iranian official currency is Rial. Rials are available in coins (1, 2, 5, 10, 20, 50, 100, and 250 RIs.) and notes (100, 200, 500, 1.000, 2.000, 5.000, and 10.000 RIs.). Coins are only marked in Persian script and numerals, but one side of the notes is printed in English.

### **14- Where can I exchange money?**

It is possible to exchange money already at the airport, no matter at what time; but only special banks do exchange money. Lately, the exchange of foreign currencies has been allowed, and there are exchange shops available in most big cities. The exchange rates of these shops are usually higher than the official rate. The following currencies can be easily exchanged at any Exchange Shop: US Dollars, German Marks, British Pounds, French Franken, and Japanese Jen.

### **15- How to find out about the exchange rates?**

The exchange rates may change quite often, but it is possible to find out the exchange rates at any bank.

### **16- Is it possible to pay by a credit card?**

In some places, it is possible to pay by credit cards. Master Card and Visa are accepted.

### **17- Why don't you offer flights?**

We believe that offering a tour without the flight gives you several advantages. You are able to look around for the best deals on offer, probably saving yourself a lot of money. Also you have far greater flexibility in deciding which airline you might prefer to book with, where you want to come from, or where you might want to stop off en-route. As well as these, many people join our tours when they are already in the country, removing the need for a flight altogether.

### **18- Why are your tours such good value?**

1-We don't produce expensive brochures - but we hope you like our website. 2-Other tour operators hide the local cost of arranging these tours by adding in the air fare. 2-You get what you see with us! The majority of our tours are sold direct so there are no travel agent commissions We don't save when it comes to putting together your tour but we do ensure that the marketing and advertising costs are kept to a minimum. We know that a satisfied customer will refer a friend and that's why we're successful.

### **19- If I will already be in the country at the start of the tour. How do I find out where to meet you to start the tour?**

After you have booked, we will email you with pre-departure information. This will include details of the hotel where you will join the tour and spend your first night.

### **20- I will be flying into the country before the start of the tour. Do I still get an airport transfer?**

Our tours include an airport transfer only if you arrive on the first day of the tour. If you arrive one day before the start of the tour, we can organize an extra night's accommodation for you. Details will be included in the pre-departure information we send you after your booking. If you arrive two days or more before the start of the tour, we can offer you our accommodation package . Extra nights can be added to this package if you require.

### **21- I want to buy some souvenirs like carpets when I am on the tour. Can I carry them with me on the tour?**

There are many great opportunities for buying exciting and valuable souvenirs on many of our tours. However, it is not always practical to carry large items around. Most places can arrange for items such as carpets to be shipped home at relatively low costs and this is usually a better and safer policy.

### **22- I would like to join one of your tours with some of my friends. Can you offer us a discount?**

We try to help groups keen on joining our trips in several ways. Anyone who has been on one of our tours before may benefit from our 'refer a friend' scheme. We also try to offer group discounts for parties of over 4 persons. Please contact us for specific details for your tour.

### **23- I like your tours but I would like to do something different. Do you conduct tailor-made tours?**

If you have a group who are interested in some form of adventure travel linked to the activities or destinations in which we operate, please do not hesitate to contact us and we will try to create exactly what you are looking for. We are keen to help in this way, as in some cases in the past, this has given us new ideas for tours to run permanently.

### **24- I'm really interested in one of your packages; I'm just not sure whether I'm fit enough for it or if it's right for me?**

Each of our tours is graded, enabling you to determine prior to booking whether or not it's suitable for you. You should be fairly confident that you match our criteria for taking part in that particular activity.

**25- Why should I buy from you, as opposed to all the other companies that are out there?**

We're not just your average tour company. We have some incredibly experienced staff that really know what they're talking about. We haven't just been selling these trips, we've been doing them!

**Currency**

The first and the official currency is Iranian Rial (RIs) and the currency people use informally, is Tomans. Basically, each Toman is equal to 10 Rials.



10000 Rials = 1000 Tomans

Iranian Rial (IRR, symbol RIs). Currently, we use eight different banknotes (100,000, 50,000, 20,000, 10,000, 5,000, 2,000, 1,000 and 500 Rials) and five different coins (5000, 2000, 1000, 500 and 250 Rials).





What type of cash is acceptable? It is not important; US dollars; Euro; GBP are all accepted in Iran. You should change your money in a currency exchange, and you will have no problem finding them all around the country. Use Iranian Rials when you are wondering out and shopping or eating (most places only accept Rials). Like everything in Iran, things can change overnight so make sure you check the exchange rate.

### Currency Exchange:

The quickest and easiest way to change cash is at an official money-exchange office, where the whole deal is done in seconds, unlike in most banks where half an hour is considered fast. Exchange shops can be found in most cities, usually signed in English. Changing money in an exchange shop is much safer than doing so with a street moneychanger. It is advisable to bring hard currency for exchange purposes.





### What is the process for getting an Iranian visa?

Other than transit visas, all visa applicants must be 'approved' by the Ministry of Foreign Affairs in [Tehran](#). This includes those seeking a visa on arrival, who can be approved either in advance or, with a longer wait, on arrival.

If you're approved, the MFA sends an authorization number to the consulate or airport, which takes your application form, passport photos and fee and issues the visa. Fees vary depending on your country of origin; see the relevant embassy website or check the visa agencies listed below.

Avoid the Noe-Ruz (Iranian New Year) holiday period – March 20 to April 3 – when all bureaucracy shuts down. Submit before 8 March to be safe.

### How do I do it?

Basically, you need to decide which visa type you want and whether you'll try to get the visa yourself, or pay an agency to smooth the process.

#### Tourist visa

**DIY:** going directly through a consulate saves an agency fee but often takes longer and has a much greater chance of rejection (many consulates won't even accept an application without an authorization number). In theory, you download the application form from the consulate in your home country; take or send it with your passport, photos, money and proof of your travel insurance to the embassy, which then sends your details to Tehran for approval. If you're lucky, several weeks later your passport (hopefully with a visa) will come back. Otherwise you'll need to contact them, which can be hard given Iranian embassies have for years been like black holes to email and telephone calls.

Exceptions abound. In rare cases this method can take just a few days. However there have been many cases where weeks after submission the consul has directed applicants to a visa agency to get the authorization number; ie start again. Given the uncertainty, if you DIY give yourself at least six weeks.

**Agency:** visa agencies charge between EUR35 and GBP120 to get you an authorization number. In most cases you fill out an electronic form with details of your itinerary and where you'd like to collect your visa, attach digital copies of photo and passport, and the agency submits it to the MFA in Tehran. The MFA claims it takes between five and 10 working days to assess the application (unless you're British or American, when it's slower, more costly and more arduous). But plenty of applications take longer or require some clarification. Some agencies are slow to respond to follow-up emails, though in fairness the agency usually does not know what is slowing the process. There is no refund if your application fails, but take comfort that only about 2% are rejected.

Once the authorization number is received, the agency will forward it to you and your nominated Iranian embassy/consulate. You then need to go through the DIY process described above as a formality, and in most consulates the visa is issued on the spot – in Canberra it took us 25 minutes.

If you're organizing your trip through an Iran-based travel agency you'll find the agency will probably organize the authorization number as part of their service. In theory, any Iranian individual can do this.

#### Visa agencies and private sponsors

Any Iranian can sponsor your application, so if you know an Iranian in Iran and they are prepared to go through the bureaucratic process for you, you can save yourself a few euros. Most travelers use the travel agency that is arranging their trip or a specialist visa agency that has a working relationship with the MFA.

Remember that using, and paying, an agency is not a guarantee of getting a visa, and you won't get your money back if your visa is not issued for any reason. To avoid most problems, start the process early. We recommend that you seek up-to-date advice from other travelers about which agency to use, as quality of service varies enormously.

#### Iranian tourist visa on arrival (airport visa)

Iran issues 15-day tourist visas on arrival to people from about 65 countries, including most European, ASEAN, Gulf Arab and Central Asian countries, several South American countries, Australia, China, India, Japan, New Zealand and South Korea. Notable absentees are Britain and the US.

Applicants must have an onward air ticket.

In theory VOAs are available at all international airports to visitors with an Iranian sponsor, such as a travel agency, visa agency or hotel manager (budget hotels don't seem to count). And some people report getting one with only the name of a hotel in Tehran.

In practice, however, this service is risky. We've heard from numerous people who have been sent back when their expected visa did not materialize, even though they seemed to meet all the requirements. Extensions to these visas are also harder, with another 15 days usually the maximum if any is given.

#### Don't believe...

- That you can get a visa directly through the Iranian Foreign Ministry website. You can't. The relevant page on the ministry's website has been 'under construction' for several years.
- That if your application is rejected once, you will never be able to get a visa. It probably will stop you getting a visa on arrival, but trying another embassy or using an agency can work.
- That visa agencies will always be able to get you an approval number in 7-10 days. They are subject to the mysteries of the ministry too.
- Equally, don't believe you've been conned if your visa doesn't turn up in time or is rejected. There's nothing to be gained for agencies by slowing the process or just taking your money without performing the service.
- 

#### And finally...

Over the past few years, Lonely Planet authors have tried all these methods with varying degrees of success (one application was so late we needed to drive to Canberra to pick up the passport on the day of departure from Sydney). However, in recent times, we and most people we know have found using an agency to be the safest option.

## About IRAN

Continent :	Capital :
Asia	Tehran
Population:	Religion :
76,000,000	Islam
Language :	Currency:
Persian	Iranian Rials
Time Zone:	Country code
GTM (+03:30)	+98
Voltage : 220V	Electrical socket:

## About Tehran

### Tehran Province

Area: 18,814 km<sup>2</sup>

Population: 12183391 (2011)

### Townships:

Isalmshahr, Pakdasht, Tajrish, Tehran, Damavand, Robat Karim, Shahr-e-Rey, Shahriyar, Firoozkooh, Qods, Qarchak, Malard, Varamin

### Geography:

Tehran is the capital of Iran and Tehran province. It is in the north-central part of the country at the southern edge of the Elburz Mountains.

Tehran Province borders are [Mazandaran Province](#) in the north, [Qom Province](#) in the south, [Semnan Province](#) in the east, and [Alborz Province](#) in the west.

### **Weather:**

The best time to visit Tehran will be when the average temperatures are at a comfortable level (between 20°C / 68.0°F and 30°C / 86.0°F on average) which is during months May, June, August and September. However, July is also a good time to visit, but a little hotter at 30.4°C / 86.7°F on average. You might also consider visiting Tehran during March, April, October and November when the average temperatures are a little cooler. If you don't mind bringing a coat, you might also enjoy visiting Tehran during January, February and December but average temperatures are fairly cool (between 0°C / 32.0°F and 10°C / 50.0°F).

### **History:**

The origin of the name Tehran is unknown. Tehran was well known as a village in the 9th century, but was less well-known than the city of [Rhages](#) (Rey) which was flourishing nearby in the early era. Tehran has been made in a work by the Greek Theodosius, who has mentioned Tehran as a suburb of Rey about 2000 years B.C.

Don [Ruy Gonzáles de Clavijo](#), a [Castilian](#) ambassador, was probably the first European to visit Tehran, stopping in July 1404, while on a journey to [Samarkand](#) (now in [Uzbekistan](#)) the capital of [Timur](#), who ruled Iran at the time. At this time, the city of Tehran was unwallled.

In the early 18th century, [Karim Khan Zand](#) ordered a [palace](#), and a government office to be built in Tehran, possibly to declare the city his capital, but later moved his government to [Shiraz](#). Tehran finally became the capital of [Iran](#) in 1795, when the [Qajar](#) king [Agha Mohammad Khan](#) was crowned in the city. It remains the capital to this day.

In the 1920s and 30s, the city essentially was rebuilt from scratch under the rule of the [Shah of Iran, Reza Shah](#) Pahlavi. Reza Shah believed that ancient buildings such as large parts of the [Golestan Palace](#), Takieh-ye Dowlat, the [Toopkhaneh Square](#), the city fortifications and the old citadel among others should not be part of a modern city. They were systematically demolished and modern buildings in the pre-islamic Iranian style, such as the National Bank, the Police Headquarters, the Telegraph Office and the Military Academy were built in their place. The [Tehran Bazaar](#) was divided in half and many historic buildings were demolished in order to build wide straight avenues in the capital. Many Persian gardens also fell victim to new construction projects.

During [World War II](#), [Soviet](#) and [British](#) troops entered the city. Tehran was the site of the [Tehran Conference](#) in 1943, attended by [U.S. President Franklin D. Roosevelt](#), [Soviet Premier Joseph Stalin](#), and [British Prime Minister Winston Churchill](#).

In the 1960s and 70s Tehran was rapidly developing under the reign of [Shah Mohammad Reza Pahlavi](#). Modern buildings altered the face of Tehran and ambitious projects were envisioned for the following decades. The majority of these projects were continued after the [Islamic revolution](#) of 1979 when Tehran's urbanization had reached its peak, and the new government started many other new projects, such as [Milad Tower](#).

During the 1980–88 [Iran–Iraq War](#), Tehran was the target of repeated [Scud](#) missile attacks and air strikes.

### **Old Tehran:**



**New Tehran:**

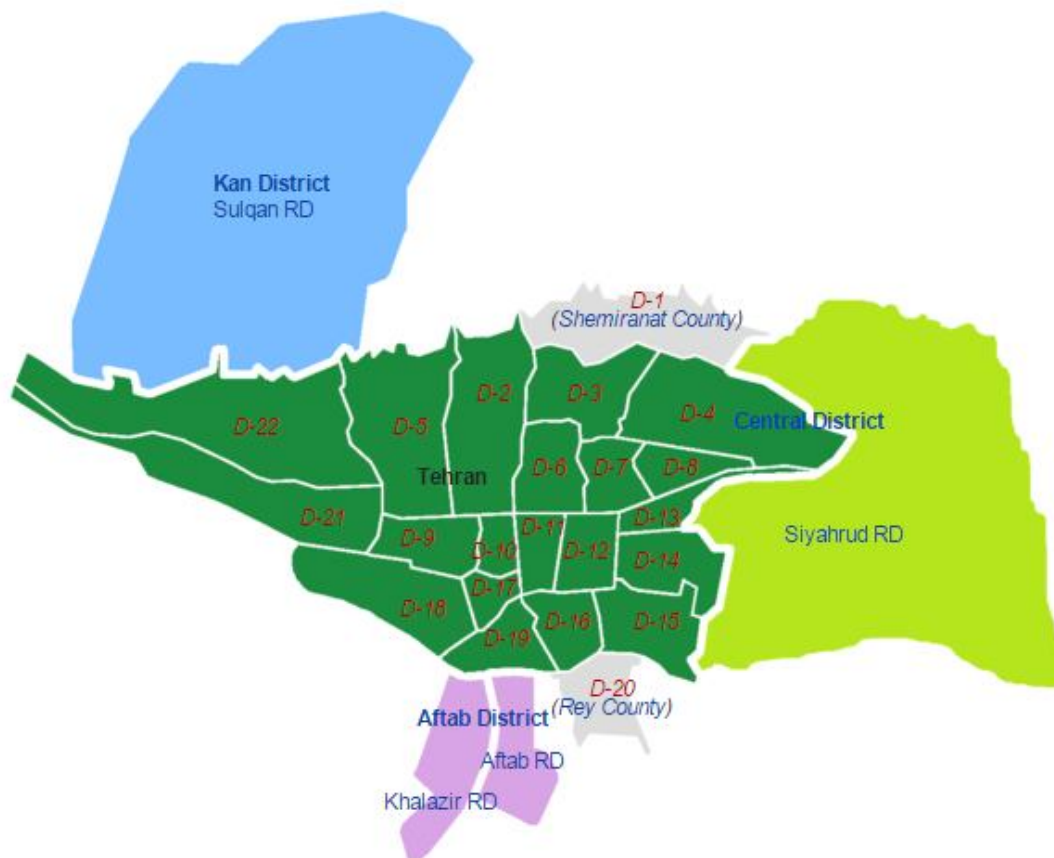


### **Discover District**

[Tehran County](#) borders [Shemiranat County](#) to the north, [Damavand County](#) to the east, [Eslamshahr](#), [Pakdasht](#), and [Rey](#) counties to the south, and [Karaj](#) and [Shahriar](#) counties to the west.



The City of Tehran is divided into 22 municipal districts, each with its own administrative center. 20 of the 22 municipal districts are located in [Tehran County's Central District](#), while the districts [1](#) and [20](#) are respectively located in [Shemiranat](#) and [Ray](#) counties.



**Shemiranat County** (Persian: شهرستان شمیرانات) is a [county](#) in [Tehran Province](#) in [Iran](#). The capital of the county is [Shemiran](#), which is part of the city of [Tehran](#). At the 2006 census, the county's population was 37,778, in 11,178 families.<sup>[1]</sup> For census purposes, the former cities of [Shemiran](#) and [Tajrish](#), sometimes allocated to the county, are counted in the city of [Tehran](#), into which they have been absorbed, not in Shemiranat County. The county is subdivided into two districts: [Rudbar-e Qasran District](#) and [Lavasanat District](#). The county has two cities: [Fasham](#) and [Lavasan](#).

The **Central District of Tehran County** (Persian: بخش مرکزی شهرستان تهران) is a district ([bakhsh](#)) in [Tehran County](#), [Tehran Province](#), [Iran](#). At the 2006 census, its population was 7,796,431, in 2,291,668 families.<sup>[1]</sup> The District has three cities: [Tehran](#), [Bumahen](#), and [Pardis](#). The District has one [rural district](#) (*dehestan*): [Siyahrud Rural District](#).

**Ray County** (Persian: شهرستان ری) is a [county](#) in [Tehran Province](#) in [Iran](#). The capital of the county is [Ray](#), which is actually part of [Tehran](#). At the 2006 census, the county's population was 292,016, in 71,711 families.<sup>[1]</sup> The county is subdivided into four districts: the [Central District](#), [Fashapuyeh District](#), [Kahrizak District](#), and [Qaleh Now District](#). The county has three cities: [Hasanabad](#), [Kahrizak](#), and [Bagershahr](#).

**Damavand**



is a [county](#) in [Tehran Province](#) in [Iran](#). The capital of the county is [Damavand](#). At the 2006 census, the county's population was 96,860, in 27,419 families.<sup>[2]</sup> The county is subdivided into two districts: the [Central District](#) and [Rudehen District](#). The county has five cities: [Damavand](#), [Rudehen](#), [Abali](#), [Kilan](#), and [Absard](#).

#### **Karaj**

is the capital of [Karaj County](#), [Alborz Province](#), [Iran](#). Its population was about 3.61 million in the 2011 census, making it the fourth-largest city in Iran after [Tehran](#), [Mashhad](#) and [Isfahan](#).<sup>[1]</sup> It is situated 20 kilometres (12 mi) west of [Tehran](#), at the foothills of the [Alborz](#) mountains.

#### Varamin

is a [county](#) in [Tehran Province](#) in [Iran](#). The capital of the county is [Varamin](#). At the 2006 census, the county's population (including those portions later split off to form [Pishva County](#) and [Qarchak County](#)) was 540,442, in 134,538 families; excluding those portions, the population was 258,498, in 65,850 families.<sup>[1]</sup> The county is subdivided into two districts: the [Central District](#) and [Javadabad District](#). The county has two cities: [Varamin](#) and [Javadabad](#)

### **Tehran Province(Attractions)**

#### **1- Historical Monuments**

##### **- Palaces and Edifices**

##### [Baq-e-Ferdows Edifice \(Tajrish\), Shemiranat](#)

It was constructed by Haj Mirza Aqasi during the reign of Mohammad Shah Qajar in 1264 AH

##### [Eshrat Abad Palace and Garrison, Tehran](#)

This Palace was constructed under the order of Naseredin Shah in the year 1291 AH.

##### [Golestan Palace, Tehran](#)

This palace was constructed in the year 1268 AH. under the order of Naseredin Shah

##### [Marmar \(Marble\) Palace, Tehran](#)

This palace was built during the years 1934 -1937 AD

##### [Marvy Edifice and School, Tehran](#)

The Fakhriyeh or Marvy School was constructed in 13th century AH. by Fakhrodowleh by the orders of Fathali Shah Qajar.

##### [Osmany Edifice and Roomy Bridge, Tehran](#)

This building was constructed by one of the Osmany (Ottoman) ambassadors in the 19th century.

##### [Saheb Qaranieh Palace, Tehran](#)

This Place was constructed during the reign of Fathali Shah.

##### [Saltanat Abad Palace, Tehran](#)

This two-storeyed palace was built under the orders of Naseredin Shah in the year (1305 AH).

##### [Shamsol Emareh Edifice, Tehran](#)

This palace was built in the year 1284 AH. under the orders of Naseredin Shah by Mo'ayerol Mamalek

### [Sorkheh Hesar \(Ruby\) Palace, Tehran](#)

This palace was built by Naseredin Shah at the end of the (13th century).

### [Takht-e-Marmar \(Takht-e-Soleiman\) Edifice, Tehran](#)

This edifice was constructed under the orders of Fathali Shah Qajar in the year 1220 AH.

### [Tehran Association for Cultural Society Building, Tehran](#)

This old building in past was one of the houses of Hossein Pasha Khan (known as Amir Bahador), the court minister of Mozaffaredin Shah.

### [Other Palaces and Edifices, Tehran](#)

The Baharestan Palace, the 'Howz-Khaneh' of the old garden of Negarestan, the 'Darolfonoon' Edifice and 'Negarestan' Edifice in [Tehran](#).

#### - **Castle and forts**

### [Iraj Castle, Varamin](#)

This castle is located to the north-east of [Varamin](#) and near Ja'far Abad village. This rectangular structure is made of mud and sun baked bricks.

### [Tabrak Castle and Old Fortification, Ray](#)

The rampart is a monument from caliphates of Abbasi Dynasty but by the orders of Toqrol Saljuqi it was completely destroyed.

### [Other Castles and Forts, Tehran](#)

Central castle and ramparts of the Saljuqians in [Ray](#), prison of Haroon at the distance of 10 km in [Tehran](#) - [Khorassan](#) Road and Sorkh (Red) castle in Ray.

#### - **Historical Bridges, Caravansaries and Roads**

### [Dayr Caravansary, Tehran](#)

This caravansary or traditional local 'inn' is situated on the [Tehran](#) - [Qom](#) Road which is placed in the old Sassanide Raod which was supposed to connect [Esfahan](#) to Ray.

### [Howz Caravansary, Tehran](#)

The said caravansary was formerly a place for tremendous passenger traffic being en route [Tehran](#) - [Qom](#) - [Esfahan](#).

### [Old Roads and Bridges , Tehran](#)

A remnant the Sassanian roadway in this region is the route which was supposed to pass from south of Howz-e-Soleiman (between Dalak and Mohammad Abad of Kaj) and was considered to be one of the important communicating routes between [Ray](#) to [Esfahan](#).

Pol-e-Dalak Caravansary, Tehran - Qom

This bridge was built in order to connection between Qom and [Mashad](#).

#### - [Ancient Cities and Archaeological Hills](#)

### [Ancient Ray, Ray](#)

As an example we may point out the [Tabrak Castle \(Chechmeh Ali\)](#), the center of Saljuqi city, the [Nagareh Khaneh Tower](#), Chal Tarkhan, the castle and rampart of [Ray](#), structures, earthenware and enamelled articles, the ruins of the Parthian Castle on the Cheshmeh Ali hillock , gold and silver coins relative to the Parthians, Sassanians, and Saljuqians in the 6th and 7th centuries AH.

#### - **Old Houses**

##### [Imam Jomeh House, Tehran](#)

Imam Jomeh house is one of the magnificent buildings of second half of 13th century AH.

##### [Moshirodolleh House, Tehran](#)

This old structure is located between Manoochehri st. and Jomhoorieh Islami Ave,  
At present the building belongs to the Medical Faculty of [Tehran](#) University

##### [Vosoogodoleh House, Tehran](#)

The construction of this building was completed in the year 1253 AH. (13th century)

### [Other Old Houses, Tehran](#)

Ehsani House (Amir Kabir Avenue), Pamenar (Bahaodolleh Alley.), Bazaar-e-Mesgarha House (Mostafa Khomeini Ave.), The Safavid House (Mostafa Khomeini Ave.), Mondella House (Ferdowsi Ave.), Qavam-ol-Saltaneh House (Si-ye-tir St.) which is at present turned into the Aabguineh Museum', Abol Qasem Tafseeli House (Amir Kabir Ave., opposite Ekbatan), Hedayat House (Hedayat Ave.), Ostad Hossein Behzad House (Behzad Ave.), Klara Abcar House ( Jomhoori Ave.), 'Serah-e-Amin Huzoor' House (Qajar era), Alaodolleh House (Qajar reign) (Ferdowsi Ave.) , Nasrodolleh House (Qajar reign) in ( Sar Cheshmeh), Mostowfi-ol-Mamalek House (Qajar period) located in (Boozarjomehri Ave.)

#### - **Old Schools**

##### Sepahsalar (Shahid Motahari ) School, Tehran

This relic of the 13th century AH. The founders of this mosque were Haj Mirza Hassan Khan Sepahsalar (Chancellor of Naseradin Shah Qajar) and his brother Moshirodoleh.

#### - **Old Bazzars**

##### [Beinol Haremein Bazaar, Tehran](#)

This bazaar is located between [Imam Khomeini Mosque](#) or the former Shah Mosque and the Jame' Mosque. It was constructed during the reign of Mohammad Shah Qajar.

##### [Tehran Bazaar, Tehran](#)

This Bazaar is a monument of the Fathali Shah Qajar era. It comprises of corridors , a network of alleys and numerous shops.

##### [Other Bazaars, Tehran](#)

Other old bazaars of [Tehran province](#) are [Ray](#) Bazaar and [Varamin](#) Bazaar which are of historical value.

#### - **Towers and Minarets**

##### Ala Edin Tower, Varamin

It was constructed in 680 AH. The architecture of tower is combination of Monqol's and those of "Aq Qoyonloo" and "Qarah Qoyonloo" architectures.

### Naqareh Khaneh Tower, Ray

The Tower is the resting place and tomb of one of the monarchs of the Saljuqi Dynasty.

### Pamenar Minaret, Tehran

This is a minaret of the 13th century AH adjoining a mosque which had undergone a damage on construction of streets around it.

### Toqrol Tower, Ray

The tower is in the vicinity of [Ray](#) and probably it is the resting abode of Toqrol I of the Saljuqi Dynasty. In 1300 AH. it had gone under repair, but unfortunately most of its focal elements such as engravings and inscriptions have been destroyed

### Other Towers, Tehran

Stone tower of "Tappeh Gabri" (Mardavij Ziyarguily Dome) to the north east of Amin Abad.

#### - Other Historical Monuments

#### [Arg Square, Tehran](#)

Arg is one of the most important Caliphate's seat of Tehran which dates back to the Safavid era (the reign of Shah Tahmasb Safavid). In the past, this square had a moat around it. Other royal buildings were also within this area. This square has its name from the time of Fathali Shah, but during the reign of Naseredin Shah was known as Toop Khaneh and Baq-e-Golshan.

#### [Azadi Square, Tehran](#)

literally the **Freedom** or **Liberty Square**, is a [city square](#) in [Tehran, Iran](#).

It has an area of about 50,000 m<sup>2</sup>, plus adjacent areas, and is the largest square in Tehran and the second largest in Iran, being smaller than [Naqsh-e Jahan Square](#) in [Isfahan](#).

The 50 m [Azadi Tower](#) is in the centre of the square.

#### [Baharestan Square, Tehran](#)

the palace and square of Baharestan is one of the oldest constructions of Tehran. The founder of the palace was Mirza Hossein Khan Sepahsalar. But the statue midst the square is that of Ayatollah Modarres. To the north of this square, was the Negarestan garden of Fathali Shah. Later on a number of buildings were constructed in that area and at present the aggregate of these buildings belong to the University of Tehran. The National Museum of Arts is also located to the south of this vicinity.

#### [Hassan Abad Square, Tehran](#)

mirza Yusof Aashtiani, the Grand Chancellor of Naseredin Shah constructed this square in the name of his son Mirza Hassan Mostowfi-ol-Mamalek. From 1303 till 1312 AH. four buildings were constructed in four sides of the square in adaptation to Paladio, the famous Italian Architect of the Renaissance epoch. One of these buildings were demolished and in the year 1345 AH, a multi storeyed building of the National Bank has been erected there. Due to construction of the underground metro network, the central square has also been demolished.

#### [Milad Tower, Tehran](#)

Totally dominating the low-rise skyline of Tehran's western suburbs, Milad Tower finally opened in 2008 after 13 on-again-off-again years of construction. Standing 435m high, including 120m of antenna, in 2012 it was the world's sixth-tallest freestanding tower. The tower bears a striking resemblance to Toronto's CN Tower, with the octagonal concrete shaft tapering slightly up to a pod with 12 floors. The pod is home to an observation deck, a revolving restaurant, a 'sky dome' and various TV, radio and traffic control functions. Authorities insist the tower is built to withstand a large earthquake. For us, whether you come to the tower or not depends largely on the weather; on a rare clear day the views are worth it, but otherwise probably not. You need a taxi

to

get

here.

### **National Garden (Baq-e-Melli) Gateway, Tehran**

in the early 1330 AH, a tall gate was erected at the entrance to the former vicinity known as Maidan-e-Mashk. Thereafter a large portion of these lands came under national garden, therefore called Baq-e-Melli (National Garden). Presently this area is in the midst of Central Post Office of Tehran, Police Headquarter office and the registration office.

## **2- Culture and Art**

### **- Museums**

#### **[Azadi Museum, Tehran](#)**

this collection is within the tower of Azadi Square. There are different articles belong to era BC, Achaemenian, Parthian or even the Sassanian periods, as well as Islamic era. These pieces are earthenware articles, admirable metal vessels, valuable paintings and carpets.

#### **[Cinema Town \(Hatami\), Tehran](#)**

Designing the facade of buildings, shops, localities and alleys have taken place by Italian designers right according to the paintings and photographs of that time. Great efforts have been made to bring forth the replica of famous historical buildings which through the passage of time were witness to various incidents. This Cinema town consists of three important aggregates: Lalezar Street, Municipality Building and Toop Khaneh Square of old Tehran.

#### **[Contemporary Arts Museum, Tehran](#)**

The Tehran Museum of Contemporary Art, Persian: موزه هنرهای معاصر تهران, is an art museum in Tehran, Iran. The museum was designed by Iranian architect Kamran Diba, who employed elements from traditional Persian architecture.

#### **[Fine Arts \(kakh-e-Siyah\) Palace Museum, Tehran](#)**

originally this palace was constructed for the court ministry. The facade of this palace is in black marble. In the year 1980, this palace was converted into an art gallery, where paintings of Iranian and foreign artists were put on display. It was inaugurated in 1982. This three storeyed palace displayed paintings from the Safavid, Zandiyeh and Qajar periods in addition to paintings of contemporary and European artists of the 17th-20th centuries.

#### **[Iran Carpet Museum, Tehran](#)**

this beautifully architected structure, with the carpet shaped facade is located north west of Laleh Park. The display area covers 3,400 sq. m. and consists of two halls exhibiting carpets and Kilims. It was inaugurated in 1977. Its library is enriched with 3500 books. The collection of carpet museum comprises of samples of Iranian carpets from the 9th century AH. up to this date. About 135 master pieces of Iranian carpets are displayed in the ground floor. The art of carpet weaving in Iran, considering the 2500 year old 'Pazirik' which was discovered in southern Siberia in the year 1949, dates back to pre-Achaemenian period.

#### **[Iran Decoration Arts Museum, Tehran](#)**

the said museum is founded in the year 1959. This museum is in four storeys exhibiting the following:  
The ground floor displays a beautiful collection of inlaid and other fine handicrafts. Articles adorned with inlaid in the form of tables, chairs and show cases can be observed here.  
The first floor exhibits traditional weaves and needle work. For example, a variety of brocades, velvets, 'Termeh' or Cashmere, block printed textiles, a variety of rugs, Kilims (or a coarse type of carpet), Jajims or a loosely woven woolen carpets, and number of needle work pieces are on display.



### [Iran National \(Bastan\) Museum, Tehran](#)

this National Museum also known as 'Iran Bastan Museum, covers an area of 2,744 sq. m. and is the first scientific museum of Iran which exhibits relics from the 6th millennium BC till the Islamic era. It was constructed in the year 1935 - 11937. This two storeyed museum comprises of halls for speeches, exhibition and a library, etc. In first floor of museum pre-historical and historical relics are displayed. The second floor contains remnants of the Islamic era. The said museum was closed for basic repairs till the year 1987. At the same year it was inaugurated as "National Museum of Iran". The most valuable pieces displayed here are Qorans from the 3rd-13th century AH, a collection of 61 gold coins from the Samanid and Al-e-Buyeh eras as well as a collection of silver coins belong to the Samanid, Al-e-Buyeh and Qaznavi periods etc. This museum has a collection of books and publications in various languages, in the fields of Iranian art, archeology, history and also literature relative to the neighboring countries.

### [Malek Library and Museum, Tehran](#)

this museum covers an area of 1000 sq. m. and comprises of halls, library, micro-films room, a reading room and computer services center. This library consists of 40,000 books and its management is governed by Astan-e-Qods Razavi. The Malek Museum is located in the vicinity of Baq-e-Melli and to the south of the Foreign Ministry. Collections such as silk and woolen carpets of the Qajar period, gold and silver coins from the Achaemenian period upto Qajar era, wooden pen case, chairs, tables and paintings from the Safavid era upto Qajar period, different scripts, stamps and albums can also be observed here.

### [Mellat Palace Museum, Tehran](#)

this palace was constructed in the aggregate of Sa'd Abad as the resident palace for the Pahlavi family members. Articles present here are valuable Iranian carpets, foreign porcelains and other assets belonging to the Pahlavi Dynasty.

### [Military Palace Museum, Tehran](#)

this museum exhibits valuable and fabulous paintings and is located in the aggregate of Sa'd Abad.

### [Natural Monuments and Wildlife Museum, Tehran](#)

this museum is the richest Natural History museums of Iran which was inaugurated in 1993. Animals are kept in five sections of this museum each for mammals, birds, aquatic species, reptiles and insects. In paleontology section, the first living objects on earth and fossils with scientific classifications have been put for display.

In taxidermy sections, are considered to be good workshops for watching and learning different techniques for preservation of natural animal bodies. In this museum there are two cinema halls where films regarding wildlife are shown. The traditional teahouse of the museum, overlooking the city of Tehran, is considered to be one of the interesting focal points of the museum.

### [Morvarid \(Pearl\) Museum, Karaj](#)

this museum was formerly the palace of Shams Pahlavi (sister of the Shah) and is located in Mehr Shahr (Karaj). Valuable articles such as furniture, chandeliers, porcelains are exhibited here.

### [National Arts Museum, Tehran](#)

the facade of museum is adorned with tile works. It has a large wooden door with a network of glass panes. The wooden and carved planets as well as the velvet curtains are all the works of the artists employed by the museum. The relics of this museum can be pointed as follows:

Miniatures in the style of the 10th century which has been painted recently. Each Miniature displays various artistic affects such as frame works, inlaid works, embossment works as well as gilded work.

The statue of Haj Moqbel (Neyzan-e-Siyah-e-del Zende) (the black and hearty flute player), the masterpiece of Abol Hassan Khan Sediqi, apprentice of Kamal-ol-Molk. a tableau with a tile-work background relative to 40 years ago, besides many other pieces of works of art.

### [National Jewelry Museum, Tehran](#)

the background of National Jewels of Iran dates back to Safavid era in which it was decided that national jewels belong to National Treasury of government, i.e., apart from the personal properties of the sovereign. The valuable collections of this museum comprises of the pink colored diamond of Darya-ye-Noor (182 Carats), the Peacock Throne or Takhte Tavous which was built during the reign of Fathali Shah consisted of twelve different pieces (Joined together) and with 26,733 pieces of jewels attached to it.

A golden globe (atlas) of Naseredin Shah, with 34 kg of pure gold, having 51,366 pieces of jewels and weighing 3,656 grams. On this golden atlas or globe southeast Asia and Britain have been distinctly defined with diamonds, and India with rubies. Sculptured pieces of turquoise of Firoozeh and large pearls of the Persian Gulf have also been used to adorn this globe.

### [Natural Monuments and Wildlife Museum, Tehran](#)

this museum is the richest Natural History museums of Iran which was inaugurated in 1993. Animals are kept in five sections of this museum each for mammals, birds, aquatic species, reptiles and insects. In paleontology section, the first living objects on earth and fossils with scientific classifications have been put for display.

In taxidermy sections, are considered to be good workshops for watching and learning different techniques for preservation of natural animal bodies. In this museum there are two cinema halls where films regarding wildlife are shown. The traditional teahouse of the museum, overlooking the city of Tehran, is considered to be one of the interesting focal points of the museum.

### [Reja't Va Ebrat \(King's Mother\) Museum, Tehran](#)

this palace is in the aggregate of Sa'd Abad and in 1971 was utilized as the residence for the Queen Mother. Valuable Iranian carpets and articles brought from Europe can be noted here.

### [Reza Abbasi Museum, Tehran](#)

Named after one of the great artists of the Safavid era, the Reza Abbasi Museum (the RAM) opened in September 1977, but in November 1978, just one year after its official opening it was closed. Exactly a year later in 1979, having had changes in its internal decorations and with further expansion of its exhibition space it was reopened. In 1984, because of some internal difficulties, once more it was closed and again reopened in 1985. And finally on February 4, 2000, it was opened for the fifth time, after its renovation. Reza Abbasi Museum is administrated by Iranian Cultural Heritage & Tourism Organization.

### [Sa'd Abad Palace Museum, Tehran](#)

the aggregate of Sa'd Abad is comprised of about 14 palaces located in the northern most region of Tehran, and enjoys an extremely pleasant climate. Situated in an area of 400 hectares, this aggregate is surrounded by about 180 hectares of natural forests, springs, gardens, greenhouse and avenues covered by trees and flowers. Each of these palaces covered large areas and along with recreational facilities such as pools, lagoons, playgrounds and gardens used to house the immediate family members of the shah.

### [Sabz \(Shahvand Palace\) Museum, Tehran](#)

this palace was constructed by Reza Khan in 1927 to the north west of Darband on the hillock of Sa'd Abad. This palace has a mirror pavilion, an entertainment area, a dinning room, bed room and an office room. The facade of this palace is ornamented with green stones. The valuable carpets within are masterpieces of reputed Iranian carpet weavers. Most of the decorative articles of the palace had been brought from Europe in the year 1974-75.

### [Saraan Building, Tehran](#)

this large edifice is located to the north of the international exhibition grounds and covers an area of 24,500 sq. m. in a vicinity of 100.000 m. The main pavilion is covered by a large conical dome with a steel framework. The ceiling is of a 'Paneled' type and is placed within 36 m. distance from the ground. The other parts of this structure consists of: two multipurpose pavilions, praying rooms, two glorious corridors, two special halls as waiting room and resting place for important personalities, four speech halls and large demonstration areas. Originally it was constructed for holding the Islamic Countries Summit in 1997.

- [Special Villages](#)
- [Handicrafts, Music and Foods](#)

### **3- Religious Monuments**

- [Old Mosques](#)

### [Imam Khomeini \(Soltani\) Mosque, Tehran](#)

the Shah or Sultani Mosque dates back to the reign of Fathali Shah Qajar and during the reign of Naseredin Shah

### [Rajab Ali Mosque, Tehran](#)

This ancient mosque is located in Boozarjomehri Avenue and in "Darkhangah" sector. The mosque has a vast courtyard with a Shabestan.

### [Saljuqi Jomeh Mosque and Aggregate, Damavand](#)

This mosque is located in the district of [Damavand](#) and has gone under repair several times.

### [Shahid Motahari \(Sepahsalar\) Mosque, Tehran](#)

This relic of the 13th century AH. The founders of this mosque were Haj Mirza Hassan Khan Sepahsalar (Chancellor of Naseradin Shah Qajar) and his brother Moshirodoleh.

### [Varamin Jame' Mosque, Varamin](#)

This mosque is one of the oldest buildings of [Varamin](#) city. Its construction began during the reign of' Sultan Mohammad Khodabaneh and was completed during his son's rule Sultan Abu Sa'eed.

### [Other Old Mosques, Tehran](#)

Qanbar Ali Khan Mosque, the Moshir-ol-Saltaneh Mosque, the Seyed Azizollah Mosque and the mosque and school of Sheikh Abdol Hossein.

## - **Mausoleums and Imamzadehs**

### [Aqa \(Sar-e-Qabre Aqa\) Mausoleum, Tehran](#)

This structure was constructed in 13th century AH. and is the resting abode of Seyed Abdol Qasem Imami ( The Friday Prayer Leader of Tehran) during the Qajar era.

### [Bibi Shahr Banoo Tomb, Ray](#)

this enameled or glazed dome was the resting place of the mother of Hazrat Sajad (AS) the daughter of Yazdgerd Sassani III. It is located in the southern skirts of the Ray mountains, reputedly known as the mountain of Bibi Shahr Banoo. This dome is 33m. high and 22m. in width and is surrounded by stone walls. The dome is a remnant from the Daylamite period.

### [Bibi Zobeideh Mausoleum, Ray](#)

this mausoleum was constructed in the 9th century AH. There is a tablet affixed here which narrates the journey of Bibi Shahrbanu and her daughter Zobeideh Khatoon to the city of Karbala.

### [Hazrat Abdol Azim Shrine, Ray](#)

hazrat Abdol Azim embraces one of the important and largest places of pilgrimage for Shiite sect round the globe. This religious site is located in Ray. Hazrat Abdol Azim (AS) is one of the offspring of Imam Hassan (PBUH), who was martyred in the 3rd century AH. The tombs of Imamzadeh Hamzeh (brother of Imam Reza), Imamzadeh Taher (the offspring of Imam Sajad), the tombs of a few monarchs of the Qajar era, and tombs of a few of clergies are situated here. This structure dates back to 848 AH.

### [Imam Khomeini Shrine, Tehran](#)

the mausoleum of Imam Khomeini (RA), the founder of the Islamic Republic of Iran is situated in the south of Tehran city. There are four towers in four sides of the mausoleum which are 91 m. in height in memorandum of Imam Khomeini's age. Seventy-two tulips adorn and surround the dome symbolizing the seventy-two persons who fought with his holiness Imam Hossein (AS) in Karbala and were martyred. The Haram has five entrances, (again symbolic to the Islamic theology related to the prophet Mohammad (PBUH) and the immediate members of his household). There are many service facilities around the mausoleum to respond the

needs of pilgrims and visitors to this site.

#### Imamzadeh Davood, Tehran

this Imamzadeh is the tomb of Davood-ebne Emad, one of the grandsons of Hazrat Zeinolabedin . The mausoleum is located in a mountainous region north west of Tehran drawing hordes of pilgrims to the site.

#### Imamzadeh Yahya, Tehran

this mausoleum is placed in the Oodlajan sector in Imamzadeh Yahya Alley. In the year 1320 AH, this structure was renovated and repaired according to the original old plan with the same dimensions. In this mausoleum an antique chest is placed over the tomb which is 2.5 m. in length, 1.06 m. wide and 1.18 m. high, and dates back to 895 AH. The structure of this mausoleum is a remnant of the Mongol era.

#### Javanmard Qasab Mausoleum, Ray

this mausoleum is located in Mansoor Abad of Ray. Its a square shaped structure with each side 6 m. in length. In the midst of this mausoleum is a tetragonal platform with dimentions of 1x2x1.

#### Seyed Esmaeil Mausoleum, Tehran

this mausoleum is situated in Chaleh Maidan which is between Boozarjomehr and Molavi Streets. The current structure of mausoleum belongs to the reign of Mohammad Shah. In the upper portion of the grave is an old, beautifully wooden carved door with a length of 162 cm. and a breadth of 66 cm. The oldest historical relic here is an inscription with "Naskh" script dated back to 886 AH. relative to the Aq-Qoyonloo period.

- [Old Churches](#)

[Tatavoos Church, Tehran](#)

#### 4- Natural Attractions

- [Altitudes and Summits](#)

[Damavand Summit, Damavand](#)

a [potentially active volcano](#), is a [stratovolcano](#) which is the highest peak in [Iran](#) and the [Middle East](#) as well as the highest volcano in [Asia](#) (the [Kunlun Volcanic Group](#) in [Tibet](#) has a higher elevation than Damāvand, but are not considered to be volcanic mountains).<sup>[7][8]</sup> It has a special place in [Persian mythology](#) and folklore. This peak is located in the middle of the [Alborz](#) range, adjacent to [Varārū](#), [Sesang](#), [Gol-e Zard](#) and [Miānrūd](#). The [mountain](#) is located near the southern coast of the [Caspian Sea](#), in [Amol County](#), [Mazandaran Province](#), 66 kilometres (41 miles) northeast of the city of [Tehran](#)

[Tochal Summit, Shemiranat](#)

the southern slopes of the Alborz Mountains is called Touchedal, and is considered to be the main and famous vicinity for mountaineers and sportsmen of Tehran. Various shelters running from east to west are Kolak Chal, Sherwin, Sheer Palla, Touchedal, Espeed Kamar and Palang Chal. The ascending touts in order to gain access to the Kolak Chal peak with an attitude of 3,350 m. is through the routes of Jamshidiyeh, Golab, Darreh, Baq-e-Afshar and Vazbad Valley. The shelter of Sheer Palla which is relatively equipped, provides facilities for a nights stay. After which there is a 3 hours distance to the

Tochal peak. This shelter is equipped with 150 beds for accommodation, a canteen, pipeline water and electricity. The route to the Palang Chal shelter is from Darakeh and it takes 5 hours for ascending in summer. The latter (shelter) provides 70 beds for accommodation.

## Caves

### [Gol-e-Zard Cave, Tehran](#)

this cave is located in the beautiful plains of Lar. Inside the cave there is a picturesque scene of stalactites and stalagmites. It is covered by calcium carbonate and beam light of mountaineers exhibits its beauty and charm. Within the cave a few small pools of cold water are seen at irregular interval

### [Morad Cave, Gachsar, Karaj](#)

this cave is situated in Tehran - Chaloos Road in the district of Gachsar (Azadbar). From this vicinity its an hour of walking distance to the Morad Cave. Low temperature within the cave is as such that even till the months of May/June icicles can be still observed here.

### [Rood Afshan Cave, Damavand](#)

this cave is located in Rood Afshan Village of the Damavand township in the central Alborz Mountains. Inside the cave is covered by limestone in the form of stalagmites hanging from the ceiling. The height of the cave is as such that allows easy movement.

## [Other Caves, Tehran](#)

### - [Lakes](#)

#### [Amir Kabir Dam Lake, Karaj](#)

this lake expands over 4000 hectares and is located in the Varian Gorge at a 23 km distance on Karaj - Chaloos Road. Pleasant and cool weather is experienced here during the summer season. The lake forms an excellent area for sports such as canoeing, fishing, water skiing, swimming and gliding.

#### [Lar Dam Lake, Tehran](#)

this lake is at a distance of 84 km from Tehran and due to its proximity to the Damavand Peak experiences a cool and pleasant climate as well as beautiful landscapes. The lake provides the scope for water sports such as swimming and skiing.

#### [Latiyan Dam Lake, Lavasanat, Damavand](#)

this lake is located 25 km north-east of Tehran and covers an area of 330 hectares on Jajrood River. Around this lake is a vast recreational site.

#### [Taromamaj Lake, Damavand](#)

the Taromamaj Lake lies between the two mountain ranges of Garah Daq in the north and Zarin Kooh in the south, and is located at about 113 km from Tehran. These lakes are in the mountains at an attitude of 2,500 m. Their sources are from the rivers flowing from north. The climate of the region is of mountainous. A beautiful landscape of the region provides a suitable aqua-recreational area and sports such as canoeing and swimming along with mountaineering on the two peaks mentioned above.

## [Other Lakes, Tehran](#)

### - [Rivers](#)

#### [Hableh Rood River, Firooz Kooh, Tehran](#)

this river originates from Firooz Kooh, Savad Kooh and Shahmirzad Mountains. After irrigating the plains of Garmsar flows towards the salt marshes of Houz-e-Sultan. The banks of this river provides leisure spots.



### [Jajrood River, Tehran](#)

it is one of the most important Rivers of the province which originate from Kaloon Bastak Mountains. After irrigating the plains of Varamin joins the Karaj River . The Latiyan Dam has been constructed on this river, and is a lovely, beautiful recreational area.

### [Karaj River, Karaj](#)

is a river of northern [Iran](#). Its [headwaters](#) are in the [Alborz](#) mountain range north of [Tehran](#) and it flows [south](#) past the city of [Karaj](#) and eventually enters [Namak Lake](#) The [Amir Kabir Dam](#) is constructed across the river in the foothills of the [Alborz](#) mountain range.

### [Lar River, Tehran](#)

is a river of northern [Iran](#), in the province of [Mazandaran](#). It flows through the [Alborz](#) mountain range.

### [Taleqan Rood River, Karaj](#)

his river originates from Kandovan and Kahar Bozorg Mountains, and thence joins the Sefid Rood River. This river is 180 km in length, the upper banks of which provide sight-seeing and recreational areas.

### [Other Rivers, Tehran](#)

#### - **Protected Zones**

#### [Chitgar Forest Park, Tehran](#)

this park covers a green area of 1,450 hectares west of Tehran and encompasses a ramp for cycling. It is one of the largest parks of the province, and can be used throughout the year.

#### [Kavir National Park, Varamin](#)

this national park is to the west of the central desert of Iran and east of the 'salt Lake'. This area in general has a valuable flora and fauna reserves as well as a variety of wildlife. Ancient, historical monuments such Shah Abbasi caravansary (Bahram Palace) and the remnants of Haram Khaneh and Ainol Rashid are also present in this region.

The most famous wild life species found here are: wild ass, ram, wild sheep, wild goat, panther, gazelle, wild cat, hyena, wolf, jackal, desert fox, fox, hare, porcupine and sable. The waterfowls which may be mentioned in this vicinity are flamingo, geese, duck, eagle, pheasant and crane.

The Kavir National Park has a main route via Varamin through Pishva, Qal'eh Boland Villages, Asgar Abad and Hesar Goli which goes to Mobarakeh and finally reaches the Shah Abbas Caravansary. There is another roadway from Masileh which requires a guide.

#### [Khojir and Sorkkeh Hesar National Park, Tehran](#)

this national park with an area of 9,380 hectares stands at an attitude of 1,547 m. above sea-level, besides Tehran city. The major portion of this territory is a base for immigrant birds during winter. Access to this park can be gained from the Khojir and Qasr-e-Firoozeh Roads.

#### [Lar Protected Zone, Tehran](#)

this area is at an attitude of 2,900 m. above sea-level and is located 90 km and to the north and north east of Tehran. The area has a variety of wild species such as wild sheep, wild goat, leopard, boar, fox, jackal, golden eagle, and 97 species of birds. Besides a variety of reptiles, this territory displays an interesting array of flora and fauna.

#### [Lavizan Forest Park, Shemiranat](#)

the said park covers an area of 1,100 hectares and is located to the north west of Tehran. It is also considered to be one of the largest recreational areas of the province.

#### [Tehran Zoo, Tehran](#)

the Tehran Zoological Garden is located 4 km. on the Tehran - Karaj Expressway near the Eram Park. This zoo covers an area of 4.5 hectares and was inaugurated in the year 1371 (1992), housing over more than 290 species.

### [Vardavard Forest Park, Karaj](#)

this park covers an area of 1,020 hectares within the limits of the Vardavard Mountains, located between the Karaj Freeway and Military Base (Sepah).

### [Other Protected Zones and Forest Parks, Tehran](#)

#### - [Springs](#)

#### [Ab Ali Spring, Tehran](#)

this mineral water spring is located north of the village of Aab Ali, 60 km north east of Tehran and at a vicinity near Mobarak Abad River banks. The mineral water of this spring is of cold calcium bi-carbonate waters with acidic PH which contains iron and silisium. It is useful in treatment of gastro-intestinal disorders as well as regulating cholesterol and uric acid levels in the body.

#### [Ali \(Cheshmeh Ali\) Spring, Ray](#)

the civilization of this area dates back to the 4 millennium BC. This spring is in north of Ebne Babvaih and to the west of cement factory of Ray. Overlooking the said spring is a relatively large stone tablet on which the profile of Fathali Shah and a few Qajar princes have been engraved.

#### [Esk Mineral Water Spring, Damavand](#)

these 11 springs are in southern slopes of Mount Damavand in the Haraz Valley and on either sides of Haraz River located 96 km east of Tehran. Its water contains bi-carbonate chloride and sulfur and is useful in the treatment of respiratory infections and skin and joint disorders.

#### [Geleh Gileh Spring, Karaj](#)

this spring is in the village of Shahrestanak on Karaj - Chalooos Road, and at a distance of 100 km from Tehran. Naseri Palace is also close to this spring, which is considered to be the resting place for mountain climbers. Due to excess of water of this spring it enjoys a suitable recreational value.

#### [Larijan Thermal Springs, Tehran](#)

The most important of these hot springs are located in **Abe Garm Larijan**, in a village by the same name in the district of Larijan in Lar Valley. The water from this spring is useful in the treatment of chronic wounds, and skin diseases. Near these springs there are some public baths with small pools for public use.

#### [Qal'eh Dokhtar Spring, Plure, Damavand](#)

this spring lies in the vicinity of 'Pol-e-Dokhtar' between 'Imam zadeh Hashem' and 'Plure' Gorges. The water of the spring gushes out from the 'Mian Rood' mountain and flows towards the river. The spring is so called due to the presence of a castle named Qal'eh Dokhtar near it. The water of this spring is of light and cold calcium bi-carbonate group with neutral PH . Proves good for gastro-intestinal disorders.

### [Other Springs, Tehran](#)

#### - [Waterfalls](#)

#### [Dueqoloo Waterfall, Shemiranat](#)

this waterfall is at a height of 2,700 m., under the shelter of Sheer Palla. It is one of the most beautiful waterfalls in the Shemiranat region. The surrounding prove to be a restful environment for mountain climbers.

#### [Lar Waterfall, Tehran](#)

one of the important attractions of Lar is its waterfall, located near the village of Vana. This waterfall is endowed with spectacular beauty.

### [Other Waterfalls, Tehran](#)

#### - [Valleys](#)

##### [Evin Valley, Darakeh, Tehran](#)

this valley is located the north of Tehran city along a gushing river. Through out the length of this valley, numerous gardens exist providing recreational scope and beautiful landscapes, best in spring and summer seasons.

##### [Kann Valley, Soloqan, Tehran](#)

it is located to the north-west of Tehran along a gushing river of Kann. The route between Kann-Soloqan being extremely invigorating. We may point out to traditional inns facilities en route the valley. In spring and autumn seasons marvelous eye-catching landscapes are observed in this valley which is worth visiting.

##### [Ushan, Fasham Valleys, Shemiranat](#)

these two districts are placed at 30 and 35 km north-east of Tehran respectively. It has a moderate climate in spring and summer. The following villages nearby provide leisure spots: Aahar, Shekarabe, Laloon, Zaigoon, Garmab Darreh, and Maygoon.

### [Other Valleys, Tehran](#)

#### - [Sports](#)

##### [Ab Ali Ski Slope, Damavand](#)

The first ski resort to open in Iran and thus having a fundamental affect on the sports development in the country. Recently upgraded with newer lifts. Lifts are 300 to 700 metres long. Located about 57 km north east of Tehran, it is situated at an altitude of 2250 m with a vertical drop of 250 m and offers very nice slopes for beginners and intermediate skiers.

##### [Dizin Ski Slope, Karaj](#)

standing at an attitude of 3,800 m. above sea-level in the Chaloos road, it is at a distance of 60 km from Tehran. This vicinity offers caoching facilities as well as tennis courtyards, volleyball grounds, a park for children, slope for skiing on turf, some altitudes for mountain climbing and walking as well as riding and some routes for cycling. The region has six restaurants.

##### [Shemshak Ski Slope, Shemiranat](#)

this slope which is 3000 m. in length is situated 3,600 m. above sea level, and located 58 km north-east of Tehran. The suitable skiing season begins around the third week of December lasting till late April. This slope has two rest houses.

##### [Tochal Slope, Tehran](#)

is a mountain in the [Alborz](#) range and a ski resort adjacent to metropolitan [Tehran, Iran](#). The mountain has a 12 km long ridgeline. The highest peak, also called Mount Tochal, is at an elevation of 3,933 m (13,005 feet) and at coordinates  $35.88^{\circ}\text{N } 51.42^{\circ}\text{E}$ . Tochal is a popular recreational region for Tehran's residents. A [gondola lift](#), named Tochal Telecabin runs from Tehran to the Tochal Ski Resort and the modern Tochal Hotel, all as a part of [Tochal Complex](#).

### [Other Skiing Slopes, Tehran](#)

## 5- Accommodation

### - Parsian Azadi Hotel

**Grade: 5\***

**Number of Rooms:** 475 rooms in 27 floor

**Type of Rooms:** Single Room, Twin and Double Room, Junior Suite, Royal Suite, Duplex Suite, Presidential Suite, Disabled people room.

#### Restaurants:

Parseh 24 hrs Coffee Shop and Restaurant-( Daily Breakfast Buffet)  
 Orchideh Fine Persian Dining Restaurant (26th Floor)-( Lunch Buffet on Fridays)  
 Asemaan Coffee House  
 Yasaman Breakfast Room  
 Niloo Lounge  
 Bice Italian Restaurant  
 Sarv Outdoor Restaurant  
 24Hours room service

**Address:** Yadegare -Imam Cross Road, Chamran Highway,Tehran-Iran

**Tel:** (+9821) 29112, (+9821) 22344444

✓	Lobby	✗	Sauna	✓	Conference Room
✓	Coffee Shop	✓	Bathing	✗	Children's park
✓	Satellite	✓	Restaurant	✗	Agency
✓	Internet in the lobby	✓	Hotel parking	✓	Housekeeping Services
✓	Landscape of the Intern	✓	Parking lot	✗	Green Area
✓	Chapel	✗	Shrine of Service	✗	City Tour
✓	Gym	✓	Laundry	✓	Taxi Service
✗	Stores and Stands	✗	Internet cafe	✓	Safe
✗	Traditional tea	✗	Game Net	✗	Free airport transfers
✓	Billiards	✗	Tennis court	✗	Tea on the hotel roof
✓	Pool	✓	Elevator		
	Coffee Shop				
	Satellite				

Internet in the lobby				
Landscape of the Intern				
Chapel				
Gym				
Billiards				
Pool				















- **Parsian Esteghlal Hotel**

**Grade: 5\***

**Number of Rooms:** *552 Rooms in 2 tower 15 floor.*

**Type of Rooms:** Single Room, Twin and Double Room, Junior Suite, Royal Suite.

**Restaurants:**

Lobby and Mirage coffee shop  
Rose, French and Arabic restaurants  
Abshar seasonal restaurant

**Address:** Crossroads of Dr. Chamran highway and Valie-Asr Ave. Tehran-Iran

**Tel:** (+98 21) 22 66 00 11-25

✓	Lobby	✗	Sauna	✓	Conference Room
✓	Coffee Shop	✓	Bathing	✗	Children's park
✓	Satellite	✓	Restaurant	✗	Agency
✓	Internet in the lobby	✓	Hotel parking	✓	Housekeeping Services
✓	Landscape of the Intern	✗	Parking lot	✗	Green Area
✓	Chapel	✗	Shrine of Service	✗	City Tour
✓	Gym	✓	Laundry	✓	Taxi Service
✓	Stores and Stands	✗	Internet cafe	✓	Safe
✗	Traditional tea	✗	Game Net	✗	Free airport transfers
✗	Billiards	✗	Tennis court	✗	Tea on the hotel roof
✓	Pool	✓	Elevator		













- Homa Hotel

**Grade: 5\***

**Number of Rooms:**

**Type of Rooms:** Twin and Double Room, Junior Suite, Royal Suite

**Restaurants:**

Meraj restaurant

Summer restaurant (Dolfin)

Golestan restaurant and café

Italian restaurant (Picasso Fusion)

Lobby café

**Address:** No. 51, Shahid Khodami St., Vali-e-Asr Ave., Tehran



Tel: (+98 21) 88791780, 88797179, 88797259

✓	Lobby	✓	Sauna	✓	Conference Room
✓	Coffee Shop	✓	Bathing	✗	Children's park
✓	Satellite	✓	Restaurant	✓	Agency
✓	Internet in the lobby	✓	Hotel parking	✓	Housekeeping Services
✓	Landscape of the Intern	✗	Parking lot	✓	Green Area
✓	Chapel	✗	Shrine of Service	✗	City Tour
✓	Gym	✓	Laundry	✓	Taxi Service
✓	Stores and Stands	✓	Internet cafe	✓	Safe
✗	Traditional tea	✗	Game Net	✗	Free airport transfers
✗	Billiards	✓	Tennis court	✗	Tea on the hotel roof
✓	Pool	✓	Elevator		











- **Parsian Enghelab Hotel**

**Grade: 4\***

**Number of Rooms:** 248 Rooms

**Type of Rooms:** Single Room, Twin and Double Room, Junior Suite, Large Suite

**Restaurants:**

Parse Restaurant  
Narvan Restaurant  
Revolving Restaurant  
Lobby café

**Address:** 50 Taleghani Ave- Tehran- Iran.

**Tel:** (+98 21) 88943439

✓	Lobby	✓	Sauna	✓	Conference Room
✓	Coffee Shop	✓	Bathing	✗	Children's park
✓	Satellite	✓	Restaurant	✓	Agency



✓	Internet in the lobby	✓	Hotel parking	✓	Housekeeping Services
✓	Landscape of the Intern	✓	Parking lot	✓	Green Area
✓	Chapel	✗	Shrine of Service	✗	City Tour
✓	Gym	✓	Laundry	✓	Taxi Service
✓	Stores and Stands	✗	Internet cafe	✓	Safe
✗	Traditional tea	✗	Game Net	✗	Free airport transfers
✗	Billiards	✗	Tennis court	✗	Tea on the hotel roof
✓	Pool	✓	Elevator		













- **Parsian Evin Hotel**

**Grade: 4\***

**Number of Rooms:** 135 Rooms

**Type of Rooms:** Single Room, Twin and Double Room, Junior Suite, Royal Suite

**Restaurants:**

Abshar Restaurant

Parse Restaurant

Pardis Restaurant

Loby Café

**Address:** Yadegar Highway, South Chamran Highway off ,Parsian Evin Hotel ,Tehran -Iran

Tel: (+98 21) 22344333, 2740500

✓	Lobby	✗	Sauna	✓	Conference Room
✓	Coffee Shop	✗	Bathing	✗	Children's park
✓	Satellite	✓	Restaurant	✗	Agency
✓	Internet in the lobby	✓	Hotel parking	✓	Housekeeping Services
✓	Landscape of the Intern	✓	Parking lot	✓	Green Area
✓	Chapel	✗	Shrine of Service	✗	City Tour
✗	Gym	✓	Laundry	✓	Taxi Service
✗	Stores and Stands	✗	Internet cafe	✓	Safe
✓	Traditional tea	✗	Game Net	✗	Free airport transfers
✗	Billiards	✗	Tennis court	✗	Tea on the hotel roof
✗	Pool	✓	Elevator		













- **Parsian Kowsar Hotel**

**Grade: 4\***

**Number of Rooms:** 96 rooms

**Type of Rooms:** Single Room, Twin and Double Room, Triple Room, Suite Apartment

**Restaurants:**

Zand Restaurant  
Delshodegan Traditional Restaurant  
Loby Café

**Address:** 21- Shahid Molaei Alley- Valiasr Sq- Tehran- Iran

**Tel:** (+9821) 88908371

✓	Lobby	✓	Sauna	✓	Conference Room
✓	Coffee Shop	✓	Bathing	✗	Children's park
✓	Satellite	✓	Restaurant	✗	Agency
✓	Internet in the lobby	✓	Hotel parking	✓	Housekeeping Services



✓	Landscape of the Intern	✓	Parking lot	✗	Green Area
✓	Chapel	✗	Shrine of Service	✗	City Tour
✓	Gym	✓	Laundry	✓	Taxi Service
✓	Stores and Stands	✓	Internet cafe	✓	Safe
✓	Traditional tea	✗	Game Net	✗	Free airport transfers
✗	Billiards	✗	Tennis court	✗	Tea on the hotel roof
✓	Pool	✓	Elevator		











## **RESTURANT**

[Dizi](#)

[Divan](#)

[Shandiz Mashad](#)

[alborz](#)

[SPU Restaurant](#)

[Yas Restaurant](#)

[Sharaf El Islam](#)

[Bistango](#)

[Azari Traditional Tea House](#)

[Nayeb Vozara](#)

[Tamasha](#)

[Leon - Fereshteh Branch](#)

[Restaurant Alighapoo](#)

[KOOHPAYE](#)

[Aftabgardan Milad tower revolving Restaurant](#)

[Gilane](#)

[Limon](#)

[Simasim](#)

[Shamshiri Restaurant Tehran](#)

[Parchak Cheese House & Cafe](#)

[Narenjestan](#)

[Ananda Vegetarian Restaurant](#)