

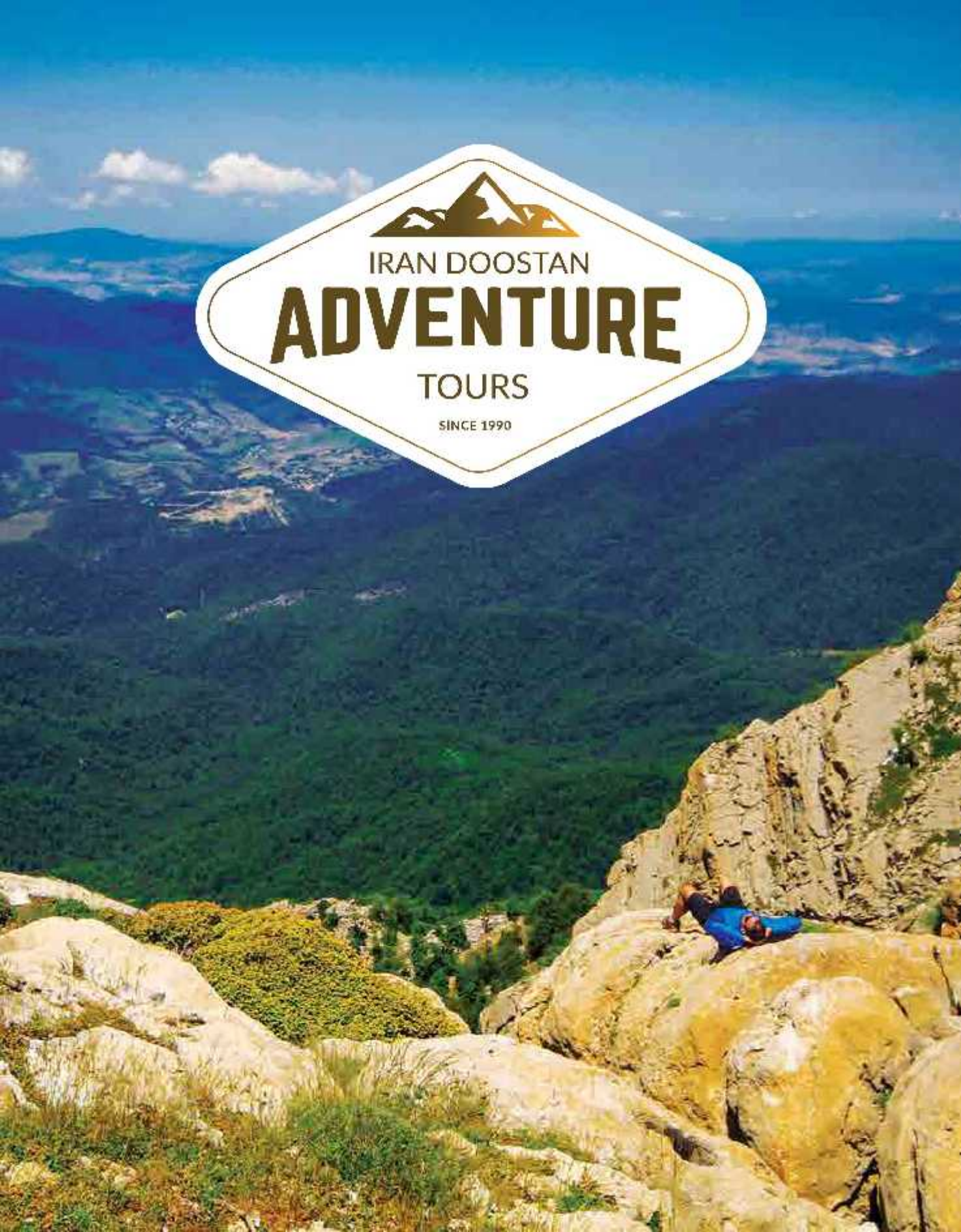


IRAN DOOSTAN

ADVENTURE

TOURS

SINCE 1990



4



Welcome

6



TREKKING
AND HIKING

14



BIKING
ADVENTURE

22



Bird
Watching

26



CANYONING

32



EXPERIENCE
THE TRADITIONS

38

CAVING



Food
Adventure

40

44

SKI



48



SAFARI

56



MULTI-ACTIVITY
ADVENTURES

WELCOME



Iran; a destination for all seasons

Iran is renowned for its history, architecture, elegant gardens, scrumptious food, hospitable people, and an abundance of stunning landscapes and remarkable wildlife.

From mountains to deserts, forests, caves, canyons, rivers, Geopark and national parks, Iran has the most awe inspiring destinations for adventure enthusiast travelers from around the world.

Iran is the land of hidden beauties. One out of twenty-one UNESCO world heritage sites of Iran is natural, Lut desert. Iran covers a huge area which gives it the opportunity of having different landscapes and climates resulting in a great biodiversity.

To see and absorb all the glory of Iran, Iran Doostan Tours has designed

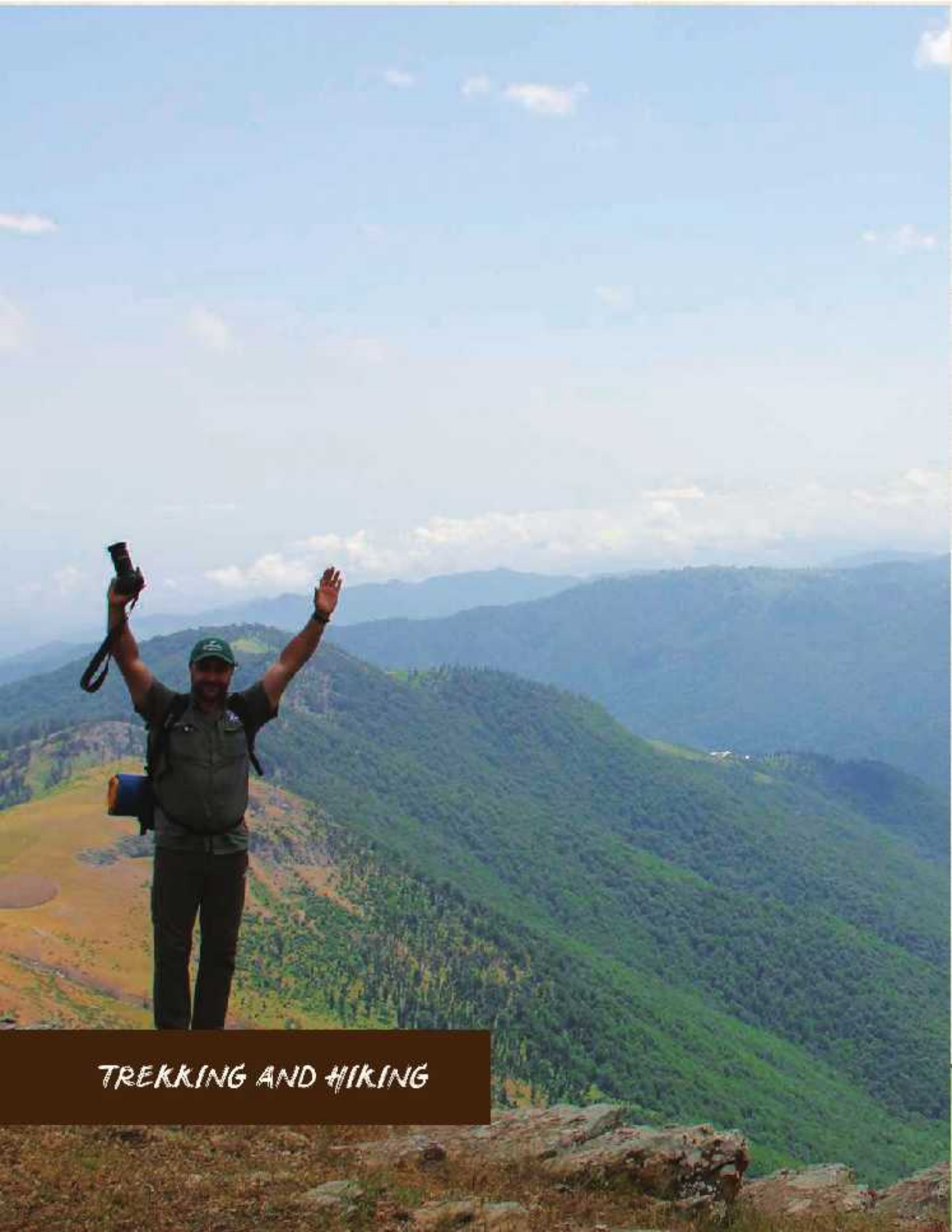
comprehensive tour packages and itineraries with professional and well educated guides, to give you a once in a life time experience in this ancient country. You can make combine any of these itineraries with one of our cultural tours to see more of Iran.

We follow CSR (corporate social responsibility) and SRB (Socially Responsible Business) models to protect our natural environments and be beneficial to the locals based on ecotourism principles.



We believe there is more to tourism than just going from one place to another; in fact, the concept of traveling extends out to knowing a region, people, and environment. Iran Doostan Tours Co. knows it is socially responsible in the tourism industry to not only work toward the economical profits but also try to make innovative plans to instruct a friendly relationship between the people and people and the natural environment. An objective that has been taken for granted in market-economy systems.





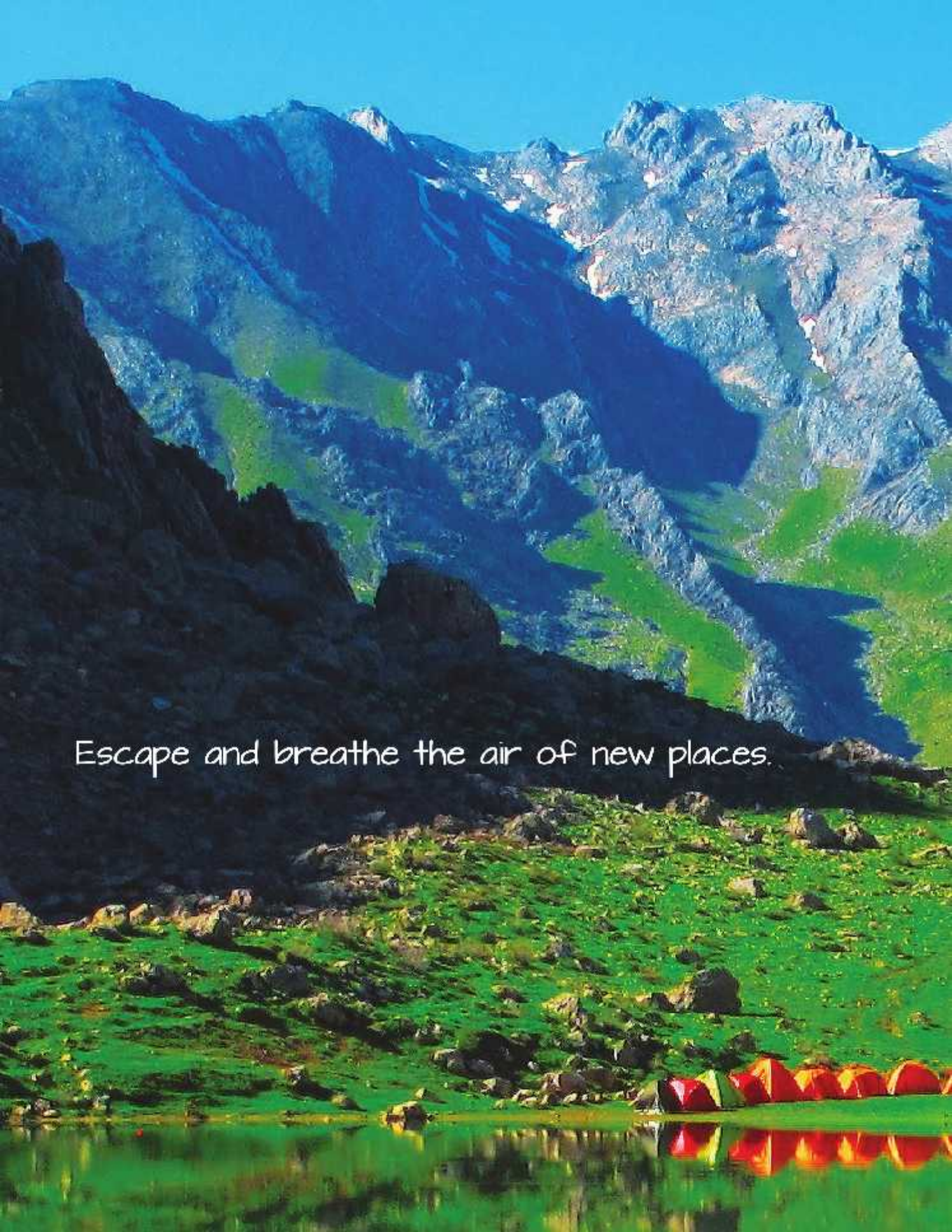
TREKKING AND HIKING

TOUGH THE SKY

The mountains of Iran offer dramatic vistas with rocky gorges, cliffs, valleys covered with orchards and oaks, alpine meadows colored with wild flowers, snow-capped summits, and lush forests.

We offer the most amazing single and multiple-day trekking and combinational multi-activity guided tours in Iran both on and off the road. For the fullest experience of mountains of Iran, we chose a wide range of routes and trails matching all levels of ability. While passing through the scenic slopes of Alborz and Zagros mountains you will be welcomed by the nomadic people and will enjoy seeing their traditional lifestyle surviving from centuries back.



A vibrant landscape photograph featuring a range of rugged, rocky mountains in the background. The mountains are partially covered in patches of green grass and have some snow or light-colored rock near their peaks. In the foreground, a calm lake reflects the surrounding scenery. On the right side of the lake, a row of colorful tents in shades of red, orange, and yellow is pitched on a green, rocky shore. The sky is a clear, bright blue. The overall scene conveys a sense of a peaceful outdoor retreat in a high-altitude environment.

Escape and breathe the air of new places.



Kordistan

Up on the Roofs of Iran

Alborz

The Northern mountain chains of Iran is where the two highest peaks of the country are located, Damavand and Alam Kuh Mountains.

Exploring Alborz requires body strength, a pair of good lungs, and strong legs. Crossing the colorful plains, snow caped peaks, glaciers, standing tall on the almighty summits, and then visiting the rich Persian history and culture in the gorgeous Isfahan and Shirza is a remarkable experience that will last a lifetime.



Tour highlight

- 🌟 Fantastic landscape of central Alborz.
- 🌟 Crossing the high altitudes.
- 🌟 Alamut Castle.
- 🌟 Visit rural life style.
- 🌟 Enjoy Persian traditional and local food.
- 🌟 Almost 50km riding every day.
- 🌟 Local bazaars.
- 🌟 UNESCO world heritage sites of Tehran, Isfahan, and Shiraz.

15 Days

📅 Late June to August

🏠 5 nights hotel
🏠 6 nights mountain hut
🏠 2 nights camping
🏠 1 night Eco-camp

🍽️ Full Board

👥 4-12 pax

🚌 Group transfers



ZAGROS Exploration

On the route of Bakhtiariis

The mighty Zagros mountain range originates from North West of Iran and goes down to the strait of Hormoz in the Persian Gulf passing thirteen provinces of Iran. Most of this majestic mountain is covered with oak that in spring is the true heaven on Earth.

Zagros has been the house of Bakhtiari nomads since millennia ago. To live under any ceiling other than the sky is suffocating for the nomad. No land can bear to hold their strong roots and these people are constantly on the move. Travelling thousands of miles every year is like chasing the life. They have the nature flowing in their veins so they can change by season-changing in the year.



Tour highlight

- ✿ Breathtaking scenery of Zagros Mountains.
- ✿ Meeting with Bakhtiari nomads.
- ✿ Six days of lovely hiking.
- ✿ UNESCO world heritage sites of Shiraz and Isfahan.

14 Days



April & May



6 nights hotel



5 nights camping



1 night Eco-camp



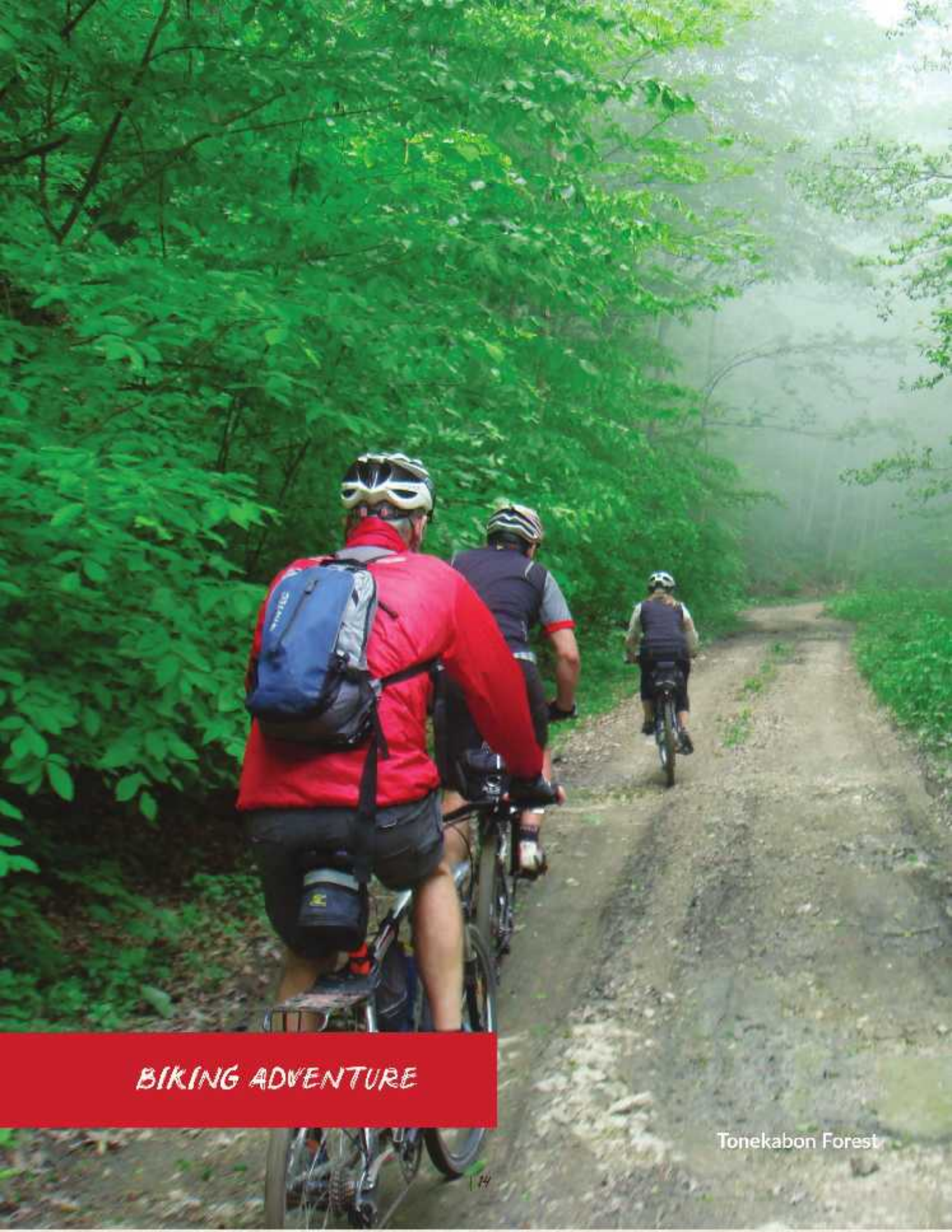
Full Board



6-15 pax



Group transfers



BIKING ADVENTURE

Tonekabon Forest

Move borderless

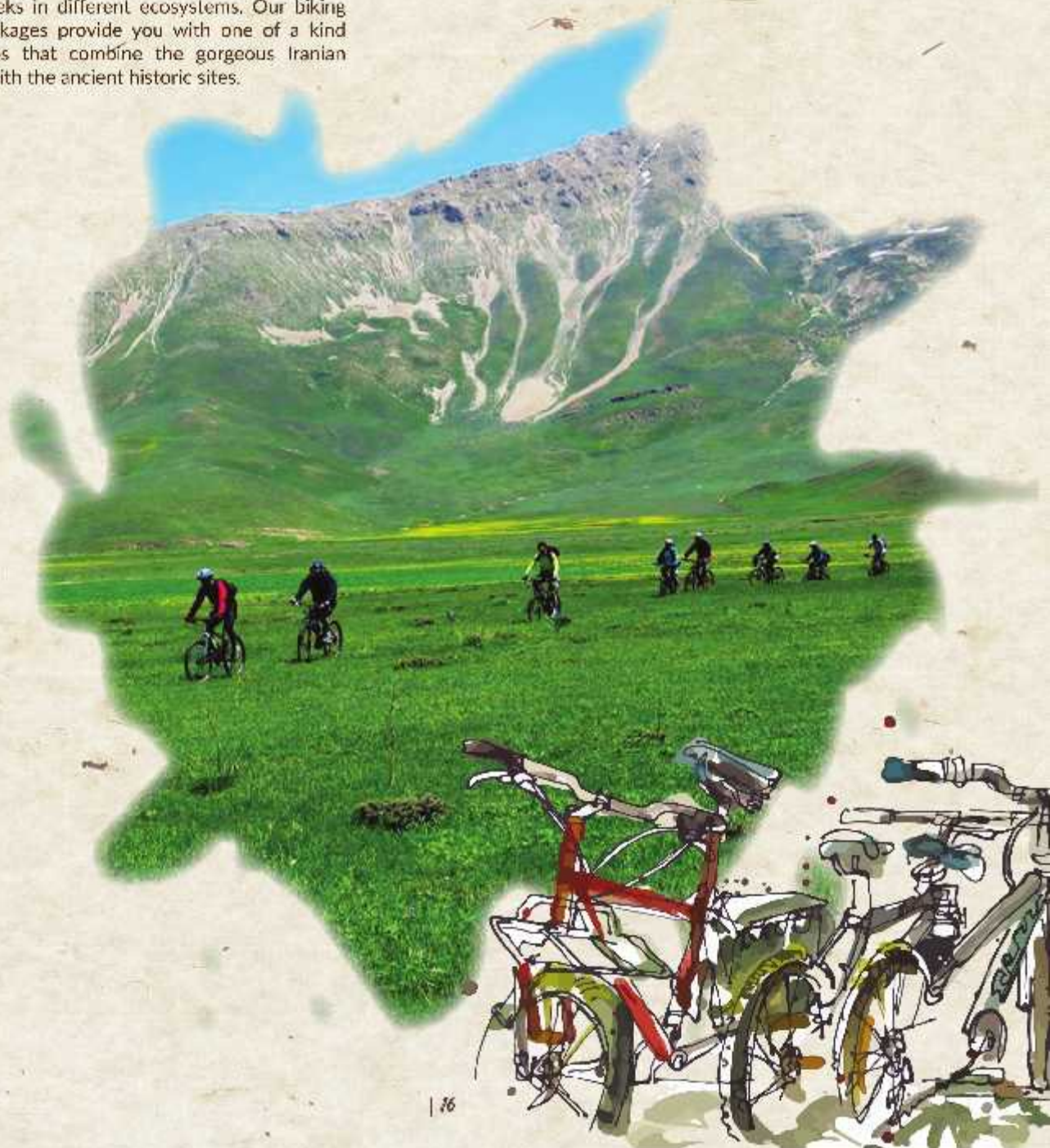
LIFE
IS A
beautiful
RIDE

Forty-nine percent of Iran is covered by mountains but almost nobody knows this fact. This is a true privilege for us that inspires us to love natural attractions passionately and enjoy the breathtaking wild nature of high altitude mountains, and also to share it with the world.



Alborz on Wheel

The Alborz mountain range has a perfect setting for biking tours because it has fascinating landscape, rural routes, warm-blooded people, and enjoyable riding treks in different ecosystems. Our biking tour packages provide you with one of a kind itineraries that combine the gorgeous Iranian nature with the ancient historic sites.





Exciting routes, Gentle nature, Enjoyable ride!

Tour highlight

- Fantastic landscape of central Alborz.
- Crossing the high altitudes.
- Alamut Castle.
- Visit rural life style.
- Enjoy Persian traditional and local food.
- Almost 50km riding every day.
- Local bazaars.
- UNESCO world heritage sites of Tehran, Isfahan, and Shiraz.

14 Days



May



7 nights hotel



4 nights rural house



1 night Eco-camp



Full Board



4-12 pax



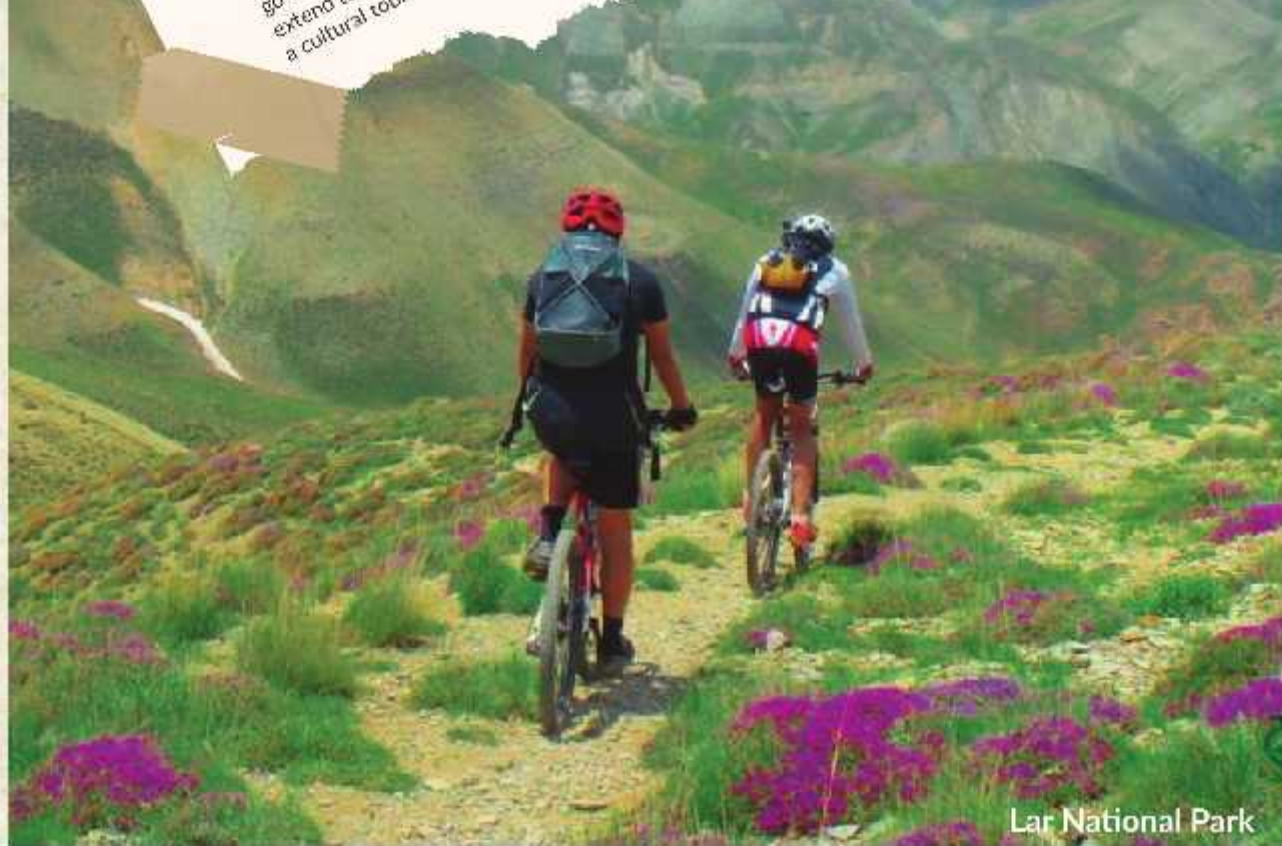
Group transfers and support vehicles.



Biking at the foot of *Damavand*



Lar plain expanding on the west foot of Mount Damavand is one of the most extraordinary plains of the entire country. In spring season this valley is carpeted with colorful flowers and plants which most are endemic to this region. Lar National park is one of the big parks of Iran. Lar national park is home to many species of wildlife such as leopard, gray wolf, bear, wild boar, eagle, Spotted Viper, and Alborz and Damavand. After staying with nomads for two nights and a full exploration in NP we will extend to riding in another region or go on a cultural tour.



Lar National Park



Mountain biking: the under-rated and drug-free antidepressant

Tour highlight

- 🌿 The breathtaking landscape of the National Park
- 🌿 Wildlife of the park
- 🌿 Mount Damavand West pastures
- 🌿 Meet with Iranian Nomads

3 Days



May to July



2 nights camping



Full Board



4-10 pax



Group transfers
and support vehicles.

To travel is to live





Lar Plain



BIRD WATCHING

Three *continents* by one ticket

Iran is blessed with a huge variety in biodiversity. The country covers an area of approximately 1.7 million km² of the Iranian plateau and sits on the intersection of three biogeography zones. Iran has different climate zones resulting in having a rich ecosystem for many different species.

Three climatic zones of Iran are Mediterranean, arid West Asian and the temperate humid/semi-humid Caspian zone. These Three biogeography zones make Iran rich in the number of bird species. 548 bird species include breeding, non-breeding, a migrant in eight habitat zones persuade us to say you can visit "three continents with one ticket".



BIRDING in Iran

Iran is in Palearctic eco-zone. 1100 bird species are registered in this region of earth and half of this amount is visible in Iran.

The remarkable birds in Iran are Red headed bunting and Caucasian grouse along with hundred Passerine which attracts birders. Except for the Palearctic region, a short flight will lead to the Afro-Tropical region in the southwest of Iran by similar birds of Africa such as African sacred ibis and Egyptian vulture that are rare in other areas. Also, two national parks of Iran, Turan, and Golestan are among the best spots in the country for bird watching where you might get lucky and see the Asiatic Cheetah, Persian White Ass, and also the endemic Pleskes' Ground Jay.





Tour highlight

- Remarkable bird species in different regions.
- Visit more than 170 species for the first time for Americans
- Visit 60 none existed species in European lifer lists

10 Days



March



7 nights hotel



2 nights rural house



Full Board



4-10 pax



Group transfers



A person wearing a red helmet and gear is rappelling down a large waterfall. The water is white and turbulent, cascading over a dark, wet rock face. The surrounding canyon walls are a mix of brown and green, with some moss or algae visible. A yellow rope is attached to the person and extends upwards. The overall scene is dynamic and adventurous.

CANYONING

Elyt Canyon

Unlimited *Adrenaline*

Eshkevar canyon is another stunning valley in the heart of Alborz. Be ready to slosh through shallow streams, jump from rocks in to the cool water, swim and rappel through this natural reserve for three days. The good news is you can extend your journey by going to another canyon and have even more fun, or choose to go on a cultural tour and visit some of the remarkable UNESCO heritage sites of Iran.

4 Days



Late June to August



2 nights camping



1 nights rural house



Full Board



4-8 pax



Group transfers

Tour highlight

- High adrenaline canyoning
- Waterfall sliding and jumping
- Hiking in wild nature
- Unique experience of Iran's nature



EXPLORE the depth of the Nature

This one is the masterpiece of nature, Raghaz canyon in Fars province. It has breathtaking scenery with huge rocks, crystal clear water, and stunning waterfalls. It covers four kilometers with 64 waterfalls and 100 pools. The highest waterfall of Raghaz is 65m high and you must use gears to descend it. You can start the journey without any gear at the beginning since the falls are not too high and water is so clear that you can estimate the depth and just jump into the pool until you reach a waterfall that is 23m from then the route gets technical. After the gorgeous Raghaz we will have a city tour in Shiraz the city of love and poets, Persepolis, and then we will go to Isfahan.



Tour highlight

- One full day canyoning
- Persian gardens of Shiraz
- Persepolis and Pasargadae (UNESCO sites)
- Imam Square in Isfahan (UNESCO site)
- Sheikh Lotfollah Mosque
- Ancient Iranian Bazaars





8 Days



June to September



5 nights hotel



2 nights rural house



Full Board



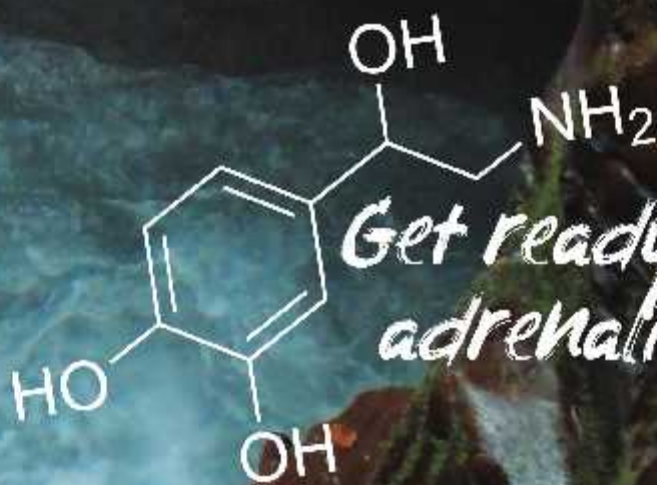
4-8 pax



Group transfers



Elyt Canyon



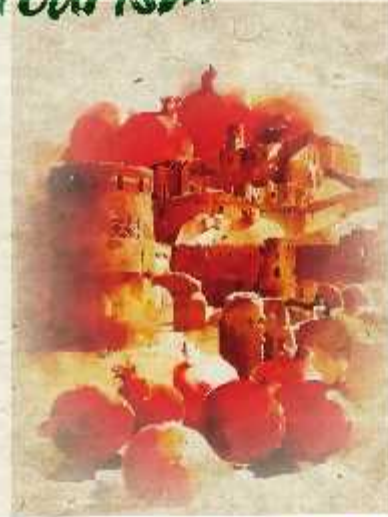
*Get ready for that
adrenaline rush*

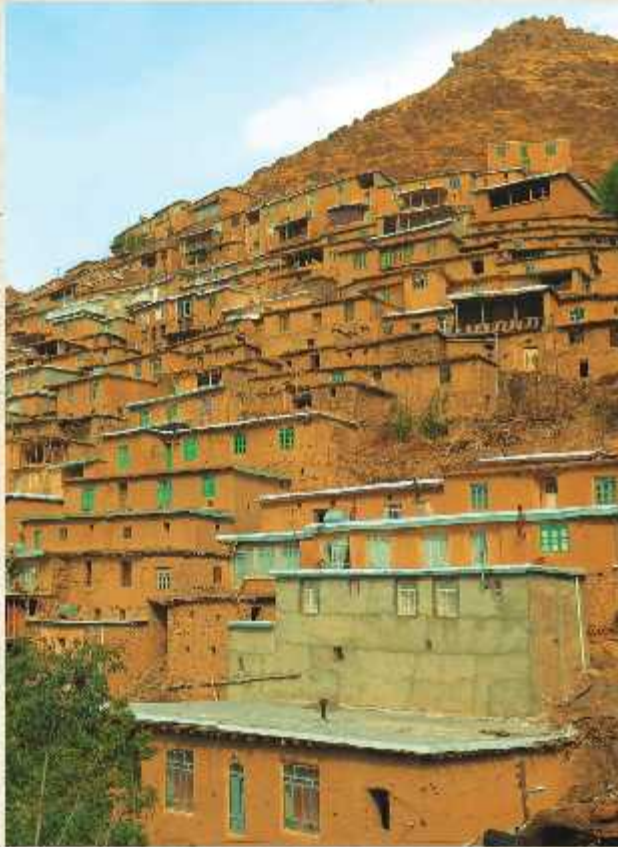
ارویست
Taurus تاور

EXPERIENCE THE TRADITIONS

Community based and *Eco-tourism*

With the growth of eco-tourism around the world, Iranian authorities decided to catch up with this great beneficial movement as well. So many eco-lodges are emerging in the tourism market of Iran to host the travelers. Community and indigenous travel promote a deep and more comprehensive understanding of the culture, nature, and local community to the traveler. And on the other hand, it empowers the local communities to fight against poverty and enables them to keep and improve their jobs and do not immigrate to major cities. Community based travel gives you the experience beyond being a tourist. It is a new and stronger connection between the human, nature, culture, and healthy food.





Kordestan the Land of Soaring Mountains

Kordestan province is sitting on the slopes of gorgeous Zagros since the pre-Islamic era and has many stepped villages with a remarkable architecture. After a long journey on a hairpin road from Sanandaj, a stepped village will appear sitting on the slopes. The village was the capital of Awraman's kingdom and it is a whole different world. Hawraman is a peaceful quite atmosphere sitting on the steep hillside with houses facing out the valley. Same as other stepped villages in Iran the roof of each house is the terrace of the house above.





Tour highlight

- Visited traditional isolated villages and rural communities.
- Enjoy freshly - cooked local dishes in a family home.
- Meet extremely friendly and generous people during hikes and visits.
- Visit a rural Sufi shrine and enjoy devotional music and singing.

8 Days



April, May, October



2 nights hotel



3 nights rural house



2 nights tent



Full Board



4-15 pax



Group transfers
transportation, 4x4 vehicles

A journey throughout the magical *Iranian desert*



Desert, this mysterious spot full of storms, full of silence; everything is constantly moving, but nothing ever changes; it's like an ocean but with no water, rain, coral, fish, or pearl; it's a sea of soil, sand, dust, and thorn.

The awe inspiring desert villages of Qehi, Mesr, and Esfahak in Dasht-e Kavir desert of Iran are some of the destinations on this tour. The landscape, vegetation, and the wildlife of the desert are absolutely magical and will stun you with their unique beauty. Also, you get to meet the very generous people the lovely desert.



Tour highlight

- ✿ Kal-e Jeni canyon.
- ✿ Morteza Ali canyon, where cold and hot water streams run next together.
- ✿ Beautiful palm groves.
- ✿ Desert architecture.
- ✿ Adobe house villages.
- ✿ Endless view of sand dunes.

8 Days



October-March



7 nights rural house



Group transfers
transportation, 4x4 vehicles



Full Board



4-15 pax





CAVING

Parow Cave

Let's explore this mysterious *underground world*



There are more than three hundred caves in Iran, this big number gives us the privilege of creating one of a kind itineraries for these destinations. Half a day to multiple days tours are available with various levels from easy to an advanced expedition. Also for those who enjoy cave expedition and spelunking, there are many unexplored routes in newly found caves.

Danyal cave is located in the Northern forests of Iran, 6 km south of Caspian Sea in Mazandaran province. Danyal is a river cave meaning a river runs throughout the length of the cave. There is a half an hour hike in the forest before reaching the entrance. Inside the cave, we will cross a number of short waterfalls, some narrow passage ways, and will go through cold streaming water. The expedition will take eight hours. Again, you can choose to go on another adventure tour in the region or a cultural tour to some of the UNESCO heritage sites of Iran.

Tour highlight

- Hiking in Alborz forests.
- Adventure in pitch darkness.
- Caving through the water stream.

3 Days



May to September



2 nights in hotel



Group transfers



Full Board



2-6 pax





FOOD ADVENTURE

A Healing Medicine for the *Body and Soul*



Persian cuisine is not just ancient and cosmopolitan; it is also therapeutic for the body and soul. The legendary Physician and Philosopher, Avicenna, in his great book *The Canon of Medicine*, describes the healing and beneficial aspects of different foods, fruits, and vegetables for the body. The mixture of turmeric, saffron, cinnamon, black pepper, cumin, cardamom, cloves, rose petals or rose buds, ginger, golpar, dried lemon, and coriander, is the Persian spice that creates a warm sweet fragrance and a unique taste special to Iran and Persian dishes. In this culinary tour, you will have the amazing experience of cooking in Tehran, Shiraz, Isfahan and in the nature.

Tour highlight

- It's the most delicious adventure ever.
- A unique experience of participating in Persian cooking class.
- Learning some Persian food recipes.
- Experience cooking in the nature with basic tools
- UNESCO world heritage sites of Tehran, Isfahan, and Shiraz.

8 Days



All Seasons



7 nights in hotel



Group transfers



Full Board



6-10 pax





SKI IN DIZIN

An Exotic Ski Holiday on the Beautiful Slopes of *Alborz*



Great ski resorts of Iran plus plenty of one-of-a-kind attractions will make you want to stay here for the entire winter. Iran is not known as a ski destination in the world, but it has thirteen international ski pistes with great quality chest-deep snow powder on the slopes of its famed mountains. Iran's ski resorts are awesome destinations for your winter vacation and they compete with European resorts. Alpine skier and snowboarder are welcomed in all pistes of Iran.

Dizin in Alborz Mountains, north of Tehran established in 1969, is the crown jewel of all ski pistes of Iran. Because of its snow quality, long pistes, and a lengthy ski season (late November to mid-May) Dizin was selected as an international piste by International Ski Federation. Dizin gets seven meters of snow fall annually with "the snow quality as similar to that of the Rockies" as the legendary back-country skier Chris Anthony said.



Tour highlight

- Skiing on longest ski piste in Middle East.
- Skiing on great quality powder snow.
- See and hang out with Iranian young generation.

4 Days

- 📅 Late November until April
- 🏠 3 nights in hotel
- 🚌 Group transfers
- 🍴 Full Board
- ❄️ 2-15 pax





DAMAVAND BY SKI

Skiing Down the Highest Mountain of Middle East



Damavand Mountain (5610m) is the highest peak in the Middle East and an extinct volcano. The skiing season on this mountain is very long due to the high altitude that is lovely for the ski lovers. You will experience skiing on the untouched powder snow from the summit down to the foothill. This beautiful journey will continue to Tehran, Isfahan, and Shiraz for you to grasp the true identity of Iranian culture, art, and architecture.

Tour highlight

- Skiing on longest ski piste in Middle East.
- Skiing on great quality powder snow.
- See and hang out with Iranian young generation.
- UNESCO world heritage sites of Tehran and Isfahan.

14 Days



Late November until April



7 nights in hotel



5 nights in hut



Group transfers



Full Board



2-10 pax

JUST SKI





SAFARI

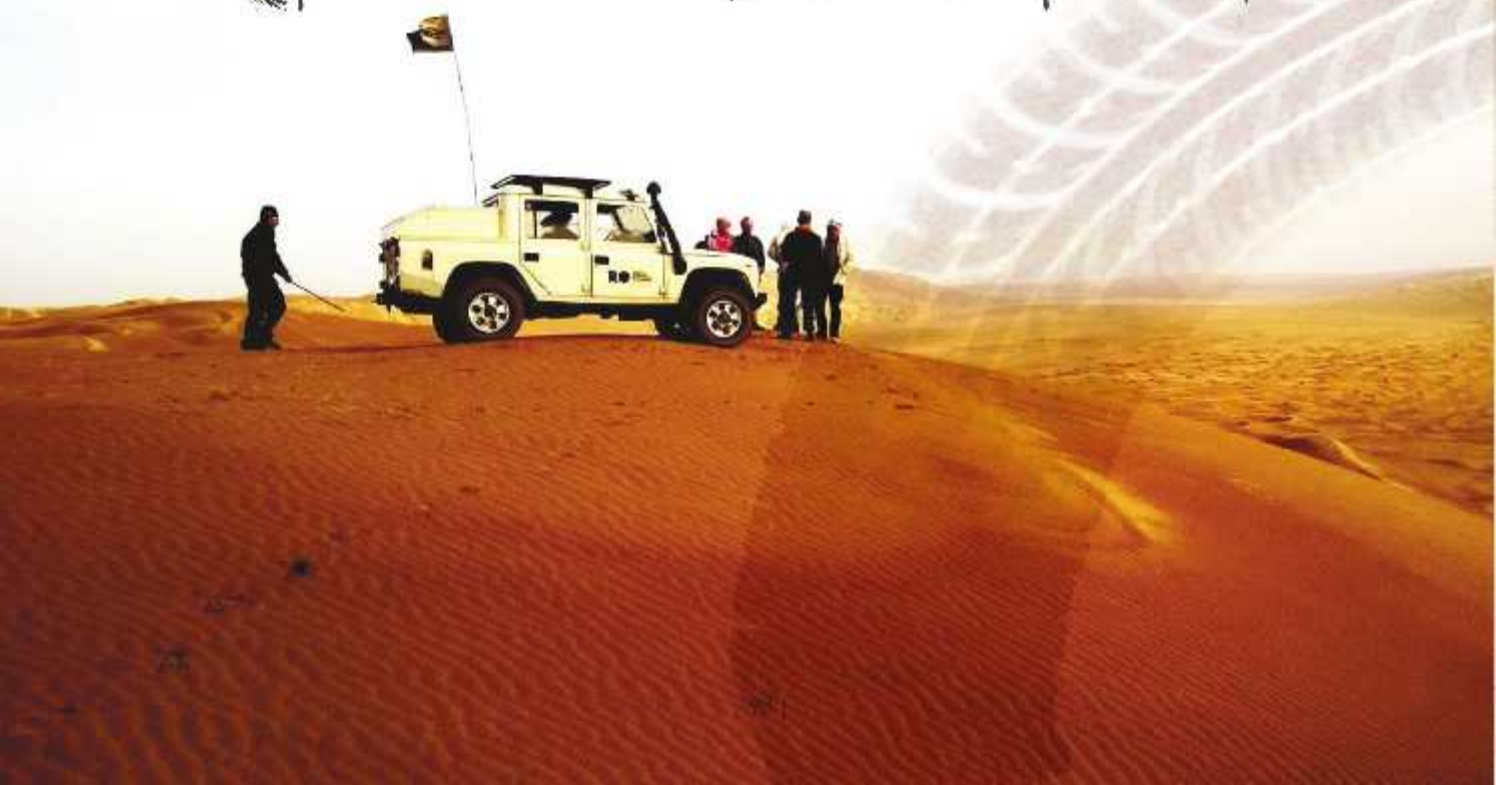
Sun, Sand and *Adrenaline*

This name is an equivalent to mystery, danger, and risk to many people who know this section of Dast-e Kavir desert. The residents of the marginal area of Rig-e Jinn used to believe this region of the desert is under the spell of most devilish evils and believed that anyone who put their foot on this area will never come back because they will be hunted by evil spirits. The constant movement of the sand dunes was a proof of the existence of supernatural creatures in this desert for people. In reality, this continual movement is the effect of the very low amount of vegetation in Rig-e Jinn which results in constant formation and destruction of the sand dunes. The first successful excursion was done in 1997. This is a journey to one of the most pristine deserts in the world. The spectacular panoramic view of sunrise and sunset over an ocean of sand dunes and sliding down the soft and gold sand of the high dunes are some of the highlights of this tour.





RIG — E JINN



Unique experience of *Safari*

This name is an equivalent to mystery, danger, and risk to many people who know this section of Dast-e Kavir desert. The residents of the marginal area of Rig-e Jinn used to believe this region of the desert is under the spell of most devilish evils and believed that anyone who put their foot on this area will never come back because they will be hunted by evil spirits. The constant movement of the sand dunes was a proof of the existence of supernatural creatures in this desert for people. In reality, this continual movement is the effect of the very low amount of vegetation in Rig-e Jinn which results in constant formation and destruction of the sand dunes. The first successful excursion was done in 1997. This is a journey to one of the most pristine deserts in the world. The spectacular panoramic view of sunrise and sunset over an ocean of sand dunes and sliding down the soft and gold sand of the high dunes are some of the highlights of this tour.

Tour highlight

- Golden sand and sand dunes
- Camping under the full star night sky
- Unique nature and wildlife of Iranian desert
- Venturing the desert with safari tours

4 Days



November to March



3 nights camping



4x4 equipped vehicles



Full Board



6-18 pax



*“Lovely days don't come to
you, you should walk to them”*

(Rumi, 1207 – 1273, Iran)





In the memory of Abbas Jafari

Photo by Peter Kerber, Geshm Island



Qeshm Island

Setaregan valley

Explore the biggest island of **IRAN**

In the Persian Gulf, there is a dolphin shaped island with remarkable natural attractions and lovely people, called Qeshm Island. Qeshm is the biggest island in the Strait of Hormoz and has a great wildlife including birds, reptiles, dolphins and hawksbill sea turtle. You name it from caves, wells, forest, beaches, valleys, canyons, to the only Geopark in the Middle East, Qeshm has it all. Besides the wonderful natural beauties, Qeshm has rich history and culture as well. It will be a trip to a region with warm weather and warm-hearted generous people.

Tour highlight

- Chahkuh; Magnificent Geo-Tourism site
- Scuba diving and snorkeling
- Mangrove forests
- Hormoz island: the paradise of geologists
- Hengam island and Bottlenose Dolphins
- Caving in longest salt cave of the world

4 Days



November to March



3 nights camping



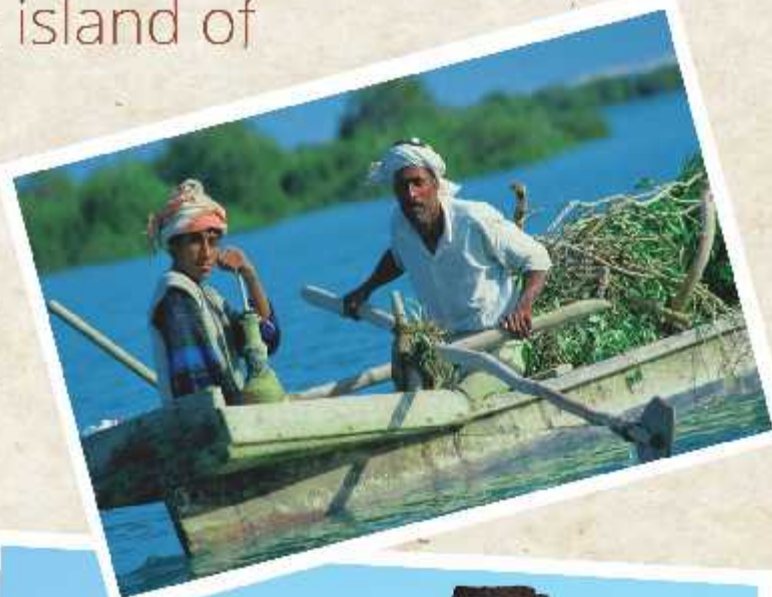
4x4 equipped vehicles

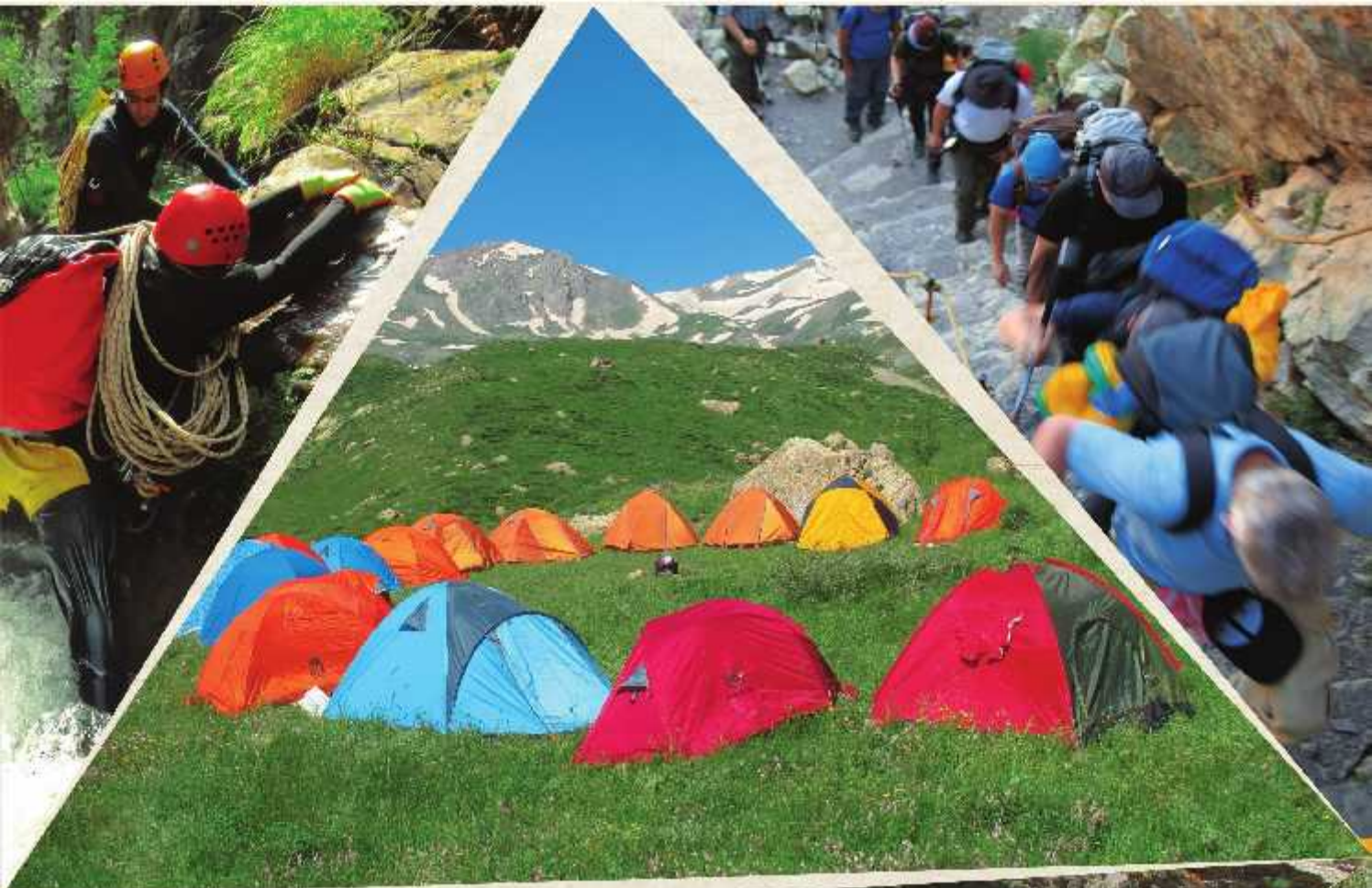


Full Board



4-10 pax





MULTI-ACTIVITY ADVENTURES


The Adventure awaits you here


We have designed itineraries that include multiple activities such as trekking, hiking, biking, canyoning, ski, and safari on one trip. The right mix of rivers, mountains, sea and forests are combined to form a perfect outdoor playground for the travelers who want to immerse in the nature of Iran. Be ready to enjoy stunning landscape from the snow filled mount Damavand to the hot Iranian desert.


Tour highlight


- Trekking in Central Alborz
- Descend of white water/waterfall
- Biking in Jungle
- Camping in fresh air of mountain
- enjoy the breathtaking landscape of Alborz


7 Days

 May to September


 2 nights hotel

 3 night camping

 1 night rural house

 Group transfers

 Full Board

 4-16 pax



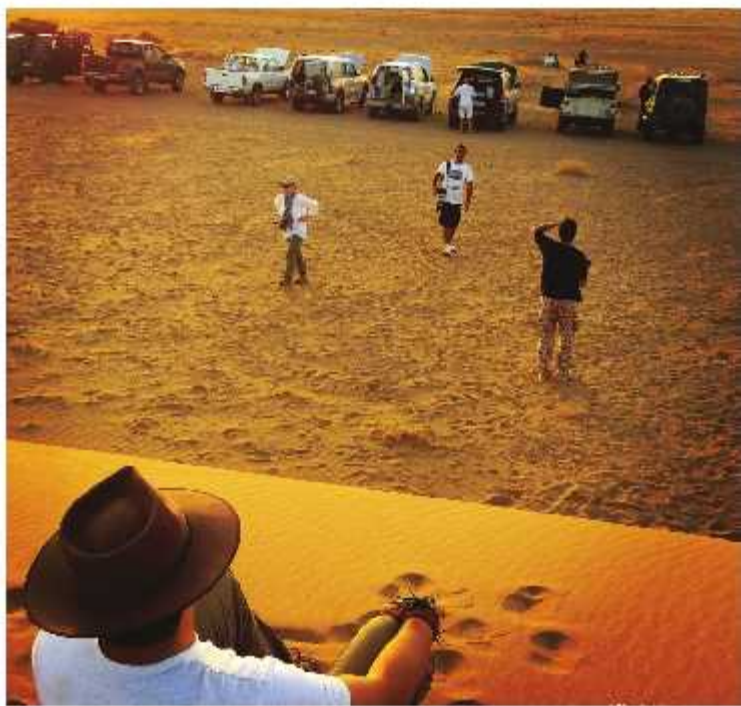


From the powder *SNOW* to the gold Desert *SANDS*

Winter of Iran leaves you speechless. Going from the snowcapped northern mountains to the hot Iranian desert is one of the best itineraries to see the beauty of Iran. Dizin in Alborz Mountains, north of Tehran established in 1969, is the crown jewel of all ski pistes of Iran. From Dizin we will go to Maranjab desert located in Aran Bidgol County in Isfahan province. It is a spectacular and relaxing experience to be surrounded by the vast, tranquil, and gold sand dunes. And then we will stay at Matinabad desert eco-resort located 60km on the south east of Kashan where you can enjoy camel riding and watching the Milky Way galaxy with a telescope at night.

Tour highlight

- ❁ Ski in international piste
- ❁ enjoy the breathtaking landscape of Alborz
- ❁ Safari in vast area of sand dunes
- ❁ Stay in joyful atmosphere of Matinabad
- ❁ Ateshouni
- ❁ Visit Persian Garden; one of the UNESCO sites



5 Days

- 📅 November to March
- 🏠 2 nights hotel
- 🏕️ 1 night camping
- 🌿 1 night Eco-camp
- 🚗 Group Transfer- 4x4 vehicles
- 🍴 Full Board
- 👥 4-16 pax

Travel Safety

Iran Doostan adventure team has designed fun, engaging, and gorgeous itineraries for the adventure enthusiasts from around the world to see the natural beauty of ancient Iran and immerse in the rich Iranian culture and kindness of the people.



We Provide

Bikes, technical gears for descending in canyoning tours, safety gears and kit, support cars, and experienced guides who are the experts in their field who know the routes and the proper spots for camping at night very well to guarantee our travelers' safety. Also we provide the transportations including bus, minibus, or 4x4 cars.

Now all the tours are weather dependent activities, except for culinary tour, community and indigenous travel, bird watching, and Kurdistan.

You Bring

Good-enough body and mental strength. You must have proper outfit, such as wetsuit (if you have one), water proof back pack, and also the experience of mountaineering and work with descending gears.

High Altitudes

Some of our tours, 'Damavand by Ski' and 'Up on the roofs of Iran', go to very high altitudes, 4000m above sea level, that can cause in experiencing symptoms of AMS (Acute Mountain Sickness) also known as altitude sickness. Altitude sickness occurs

because of not receiving enough oxygen from the air at high altitudes. We recommend you to seek the advice of your physician and make sure your body can handle going on high altitudes, especially those with a history of medical conditions.

Early Symptoms of High Altitude Sickness

- Headaches, usually throbbing
- Fatigue or dizziness
- Insomnia
- Nausea or stomach illness and

- Shortness of breath

Later symptoms include

- Extreme fatigue
- Fever
- Dry cough
- Vomiting
- Difficulty breathing
- Lack of balance
- Loss of consciousness that might lead into coma

How to treat

If you have the mild early symptoms you can stay at that altitude let your body rest and get used to it. Symptoms often occur when you just arrive at the mountain from a lower altitude.

- You can explore the area with doing easy slight activities (easy walking).
- Drink plenty of water. Drink little, often.
- Do not drink alcohol or caffeine
- Try to have a simple diet: chicken noodle soup, bread, and light meals
- Take altitude medicine (before the expedition) after discussing it with your physician.

As soon as you feel any symptom, inform the guide. If your symptoms got worsen you must go to a lower altitude as soon as possible.

Provided by Media and Adventure Departments

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