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Foreword

The great tourism potentials have placed Iran at the top 10 countries in the world undoubtedly. Being ranked 5th based on diversity of natural, climatic attractions and standing at the top 10 in terms of having historical and cultural attractions, has made this ancient country an indispensable part of global travel and tourism. In Iran, tourism is very diversified by providing a range of activities from hiking, skiing, scuba diving, swimming, desert trekking etc., so. It can start from Alborz and Zagros Mountains and ends with beach holidays by the Persian Gulf and the Caspian Sea. However, the main reason for tourists to visit Iran is due to its glorious cultural and historical places such as Persepolis, Naghsh-e Rostam, Naghsh-e Jahan Square etc. Iran also allocated 24 registered World Heritage sites in UNESCO.

This great treasury added by beautiful nature and rich culture; encouraged us to prepare the precious collection entitled "Iran Travel Guide" in order to introduce the tourism destinations and attractions of this 4-season's country. All useful information about Iran and its tourism sector are expressed in clear and transparent language accompanied by the best photos of the related attractions and landscapes for foreign tourists. The main features of "Iran Travel Guide" can be summarized as follow:

- Introducing over 1,000 Iran tourism destinations
- Elaborating Iran top 100 unique attractions
- Information about provinces, their major cities, handicrafts, people, culture, foods etc.
- Explaining the Access Routes to different attractions and using various Related Maps
- Using Super-Quality Images for the attractions
- Presenting the General Information to enhance tourists' knowledge about Iran
- the Essential Information for whom want to travel to Iran (Need to Know)
- Using a Bilingual (English and Farsi) Guide and an English to Persian Dictionary for the daily use

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How to Use This Book

This guide helps you to catch the most from your visit to Iran. It provides detailed practical and integrated information such as maps, photos and local data. "Iran Travel Guide" consists of three main chapters, which are described in detail separately in each section:

Chapter One: Need to Know

Before visiting a country, tourists must know the minimal and essential information about that country. In the first chapter, all essential information has been presented in order to get familiar with Iran and its primary details. This information is initially started with 10 reasons, why you should visit Iran, followed by: How to get a visa, Money and exchange, Cost and budgets, Dress codes, Telecommunication, Emergency calls, Accommodation, Health, Media, Legal system, Calendars and Holidays, Geography of Iran, History, Culture, Politics, Economy, Art, Cinema, Music, Literature, Architecture, etc., which have been provided a comprehensive image, a tourist needs to know about Iran.

Chapter Two: Discover Iran

In this chapter, 31 provinces of Iran have been introduced with all the geographical, climatic, demographic, historical, cultural, architectural characteristics etc. followed by the province's famous handicrafts, local cuisine, main industries, as well as travel types through air, land and railways. The major cities of the provinces are described by specific characteristics, such as history, population, architecture and their access routes. At this section, the trip plans to a province or city is included as



suggestions for interested tourists under the "trip plans" title, then the main hotels and restaurants are introduced. The introduction of attractions in various cities begins next. Initially, the **Top 100 Attractions** of the IRAN are being mentioned by special black and gold icons. Moreover the main attractions are explored and introduced by **red icons**. Then small attractions are presented by **blue icons**. Eventually, this section ends by introducing other attractions



this section ends by introducing other attractions under "More Attractions" title in each province (the attractions that were not discussed in the book).

Chapter Three: Farsi Learning Guide

In the final chapter of this book and in order to familiarize foreign tourists with Persian language, a bilingual guide has been prepared, which contains the essential basic information, keys and basic terms of the Persian language. Using such guide can be helpful for those travelers and tourists who visit Iran for the first time

10 REASONS I RANI Why You Should Visit I RANI

1. Unique Ancient & Historical Sites

Legendary History & Civilization!

Iran is home to one of the world's oldest living civilizations, with historical and urban settlements dating back to more than 7,000 BC. The southwestern and western part of the Iranian Plateau contributed to the traditional Ancient Near East with the Elamite Civilization, from the Early Bronze Age. With more than 1000 historical attractions, Iran has 24 UNESCO World Heritage Sites.



"Visit the Fundamentals of all Architectural Styles in the World"

Persian buildings vary from peasant huts to teahouses and gardens, from pavilions to "some of the most majestic structures the world has ever seen". Iranian architecture features a great variety, both structurally and aesthetically, deriving from a variety of traditions and experiences.

3. Rich Museums

"The Land of Golden Rhytons, Glorious Cups & Civilized Statues"

Boasting one of the world's most ancient civilizations, Iran has numerous museums that offer a rich insight into thousands of years of national art and culture. With more than 70 years of activity, the National Museum of Iran contains 300,000 objects in an area of more than 20,000 square meters. In addition to being the country's largest museum of History and Archaeology, it ranks as one of the world's most prestigious museums

in terms of grandeur, scale, diversity and quality of its huge monuments.

4. The Lowest Tourism Cost in the World

"The Highest Gains with the Lowest Costs"

For the third time, Iran has been chosen in the latest Travel and Tourism Competitiveness Report, published by the World Economic Forum (WEF), as the most affordable foreign tourist destination. Iran Price competitiveness rating is 6.66, placing it first in the world.



6. Health Tourism

"Experience Expert Physicians & Inexpensive Services"

Iran offers a wide range of treatment facilities through an extensive network of highly equipped hospitals (around 850 hospitals), and rehabilitation centers with reasonable costs. A costs analysis procedure shows that treatment costs in Iran are much lower in comparison to developed countries. Moreover, Iran has some of the most important hot spring spa centers in the world, attracting millions of visitors each year. The spas are famous for their therapeutic value.



7. Iranian Handicrafts & Handmade Art

"Art of Our Hands Will Shine in Your Eyes"

Iran has been the center of civilization for at least 7000 years. Iranian Art has also one of the richest art heritages in world history. It encompasses many subfields, such as the following: Calico (Ghalamkar), Gerehchini, Local music instruments (Tar & Setar), Silverwork, Woodcarving, Engraving (Ghalamzani), Inlaid work or Khatamkari, Miniature, Tiling, Stone carving, Brickwork, Stuccos & Tile Panels, Mirror working, Potteries, Metal working, Mina-kari etc.

8. Magic of Iran's Nature (Ecotourism Potentials)

"The Land of Red Springs, Green Summers, Yellow Falls & White Winters"

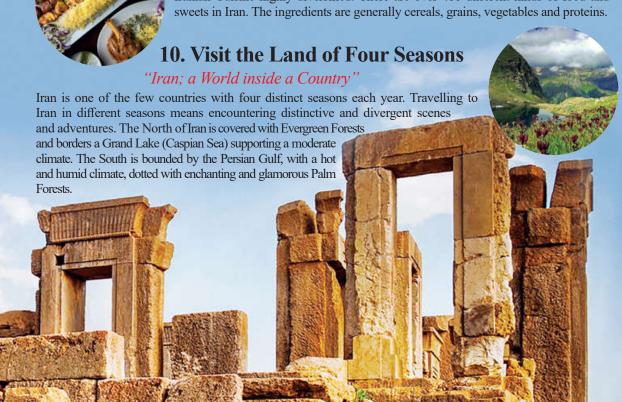
Iran is a country with a dazzling variety of natural attractions, including mountains, lakes, caves, forests, rare plant and animal species, mineral waters and numerous islands on its southern and northern beaches. All of these attractions have made Iran a favorite destination for sightseers. Considered as one of the world's top five countries in terms of biodiversity, Iran is home to 519 bird species, 172 mammal species, 199 reptile species, 20 species of amphibians, 173 species of fish and 9,000 distinctive plant species.



9. Delicious Foods

"Tasty Foods Enshrined in the Aura of History"

The existence of various ethnic groups in Iran, alongside its rich culture, has made Iranian Cuisine highly diversified. There are over 400 different kinds of food and sweets in Iran. The ingredients are generally cereals, grains, vegetables and proteins.



TOP 100

Iran Top 100 Attractions

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Chapter 1

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IRAN VISA

Tourist Visa

Issued for up to 30 days., it is extendable and must be granted before travelling.

There are two ways to obtain tourist visa.

• Do It Yourself:

You can go directly through a consulate, which saves you some amount but takes at least three weeks or longer. You can download and fill out the application form in your home country; Then send the forms, passport, photos, fee and proof of your travel insurance to the embassy. Your documents will be sent to Tehran for approval. You will be contacted, few weeks later. In rare cases this process can take just a few days.

• Use an Agency Visa:

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 sends these to Tehran. The Ministry of Foreign Affairs (MFA) announced that it takes between 5 to 10 working days to assess the application. There is no refund if your application fails, but few are rejected. Once the authorization number is received, the agency will forward it and you are asked to call the Iranian embassy/consulate. You need to go through the application process as a formality. In most consulates the visa is issued on the spot.

If you're British, Canadian or American, the process is slower and costlier. The Iranian Embassy in London will often hold an interview and requests fingerprints from British applicants. For US citizens, three months is needed.

Tourist visa requires passport, application form, four passport-sized photos, and reference number issued by the Foreign Ministry in Tehrān.

Extending a tourist visa is very easy and can be done in most cities. As it is very time consuming in Tehran, applying for visa extension is recommended in other cities. Extending a visa for second time requires the

passport to be sent to a department in Tehran (no matter where you are applying) and thus takes longer than the first time.

Although it has become easier to get a tourist visa in recent years, whether the process takes one day or one month depends on your nationality. Please apply to the Iranian embassy in your own country at least three months before your departure, but it is one month in other countries, with varying degrees of difficulty. Women need to make sure they are wearing the Hijab or a head scarf in their submitted passportsized photos.

Tourist Visa on Arrival (VOA)

Iran usually issues 30-day tourist visas on arrival (Airport Visa) for people from about 65 countries, including most European, Asian, Arab Gulf and Central Asian countries, several South American countries, Australia, China, India, Japan, New Zealand and South Korea. Notable absentees are Britain, Canada and the USA.

Tourist visas are available at all international airports, but it is recommended to fly for Tehrān's Imam Khomeini International Airport to avoid possible problems. At the time of writing, to obtain the visa on arrival the following were required:

- Insurance documents in advance, otherwise you may purchase insurance at the airport;
- Insurance can be purchased (US\$16); it is strongly recommended that you purchase insurance before the visa process;
- Hotel reservation documents
- For most Western nationalities, the fee is €75 (Australians pay €145) or the equivalent US dollar. Visa fees can be paid in both Euros or US dollars.

Transit visa

Issued for five to seven days. Transit visas are not available to US passport holders. For other nationalities, the visa can be granted in one or two days and no authorization number is required.

Who Needs a Visa?

Passport-holders from Bosnia-Herzegovina, Macedonia, Saudi Arabia, Singapore, Slovenia and Turkey get a three-month tourist visa on arrival. Everyone else needs to arrange a visa in advance or seek a 30-day visa on arrival at an airport. Contrary to popular misconception, US citizens are welcome. Israeli passport holders, and anyone with an Israeli stamp in their passport (or exit stamps at the relevant Jordanian or Egyptian border crossings into Israel), will not get a visa.

For US Citizens

US citizens can apply for a visa at the Iranian Interest Section of the Pakistani Embassy in Washington. However, US citizens must have an MFA-approved guide for the entire trip and detailed itinerary. This includes entering Iran from any border. Friendly tour guides will follow up the process, and help you to set up an itinerary for you.

To get the visa, US citizens should communicate with an Iranian travel agency in advance, to set up a guided itinerary; The travel agency may apply for a visa authorization number to the Iranian Ministry of Foreign Affairs. Once approved, the authorization number is issued to the interest section. Then the applicant applies for the visa. The interest section does not reply emails or phone calls.

Visa Extensions

Good news: there is usually little difficulty in extending a 30-day tourist visa to 60 days. It's possible, but harder, to extend up to a maximum of 90 days. The following

summary includes the extension procedure and is subject ed to change.

Choose Your City

If you want a long extension, it is better to plan your itinerary to be somewhere friendly when the extension is needed. In general, cities familiar with tourists are best: Shirāz and Isfahān have been the cities of choice for years, with good background. Second options include Kermān, Yazd and Tabriz, but these cities don't always issue the full 30-day extension.

The Process

Head for the Police Department of Aliens Affairs (Edareh Gozarnameh) is the alternative name for the Passport & Immigration Police by the time you arrive. You'll need:

- Your passport and two or three Photos;
- Two copies of your passport, your current visa, entry stamp and other extensions you've had (most offices provide photocopy service)
- The extension fee is approx. IR 500,000 and subject to change.

Timing & Overstaying

In theory, you can only apply for an extension two or three days before the visa is to expired. The extension starts on the day it's issued, not the end of your original visa. Check the Persian calendar so as to know exactly when your visa expires.

In case of any health problem, a doctor's note on official stationery is required, stating your inability to obtain a quasi-extension at the border, or be used for a short extension in the nearest Aliens Bureau.

Timing for Visa

In order to make sure, start applying visa at least two months before you plan to travel. Some nationalities can get a visa on arrival in the airport.

More Information

The vast majority of people obtain a visa within two or three weeks. But it reasonable to apply sooner. US citizens should be aware that Iran has periodically limited US citizens to obtain visas, most recently after US restrictions on barring immigrants from Iran and six other Muslim countries.

Which Visa?

Types of visa: Transit, Business, Tourist and Journalist. The fee varies based on the applicant nationality. All visa applicants, except for transit visas must be 'approved' by the Ministry of Foreign Affairs (MFA) in

If you're approved, the MFA sends an authorization number to the consulate, which studies your application document to issue the visa. Fees vary depending on your country of origin; Visit the Iranian embassy website. Transit visa is cheaper than tourist visa, since it doesn't require approval from Tehrān authorities. The duration is about seven days.



ssuming you have a visa, most immigration and border officials are efficient and tourists rarely get too much hassle. Land borders can take longer if you're on a bus or train. Women need to be adequately covered from the moment they get off the plane or arrive at the border. Arriving without a visa is risky, as the visa-on-arrival process sees a lot of people rejected.

Customs Regulations

Contrary to popular belief, Iranian formalities are fairly relaxed about what foreigners are carrying. You are allowed to import duty-free, 200 cigarettes and 50 cigars, and a 'reasonable quantity' of perfume.

You'll probably allowed with any book.

You should have no trouble bringing in your laptop, smartphone, shortwave radio, iPad and video equipment. Visitors are supposed to declare cash worth more than US\$1000.

Export Restrictions

Officially, you can take out anything you legally imported into Iran, and anything you bought, including handicrafts other than rugs up to the value of US\$160, as long as they are not for 'the purpose of trade'. Many traders will undervalue goods on receipts issued to foreigners. A 'reasonable number' of rugs can be exported with no limit on value.

You can also take out 150g of gold and 3kg of silver, without gemstones. If you want to exceed these limits, you will need an export permit from a customs office. Officially you need permission to export anything 'antique' (i.e. more than 50 years old), including handicrafts, gemstones and coins.

Planning a Trip Before You Go

One of the main considerations when planning a trip to Iran is whether to travel independently, take a tour or do a bit of both.

• Drivers & Guides

Using drivers and guides are cheaper and more flexible option for group tours and plenty peoples recommend this way of travelling.

• Individual Travel

The advantages of independent travel in Iran is more than its disadvantages. It's easier as a man or as part of a couple than as a woman, but is eminently possible regardless of your sex. Air, rail and bus transport is efficient and safe, sights are cheap and enough people speak English, or are willing to help, that it's hard to get into trouble.

Traveling with a Group

Nearly all Iran tours start and finish in Tehran, with a quick look around the capital before concentrating on the must-sees: Shiraz and Persepolis, Isfahan and Yazd are next destinations. There are plenty of other itineraries, and agencies will happily build a trip to suit your interests. Costs depend on length, mode of transport, type of accommodation and the exchange rate. Expect to pay in Dollars or Euros. Iranian tour guides are generally very good so you can expect comprehensive explanations of sights and cultural happenings, and answers to all your questions. Best of all, they act as a translator when you meet locals...

Arriving in Destination

- ♠ Imam Khomeini International Airport, Tehran
- ♦ Mehr-Abad International Airport
- SIsfahan International Airport (Shahid Beheshti Airport)
- ⚠ Kish International Airport
- Mashhad International Airport (Shahid Hashemi-Nejad Airport)
- Shiraz International Airport (Shahid Dast-Gheib Airport)
- Tabriz International Airport (Shahid Madani Airport)

Dress Codes

emales planning a trip to Iran should consider this remaies plaining a trip to hard question: What should I wear? This information aims to give practical advice, dispel preconceptions and reassure.

Women Dress

Perhaps the most visible mark of Iran's Islamic leanings is the conservative dress. Although normal Western-style clothing is acceptable in private homes, when in public women are required to cover their body and hair. Since the revolution of 1979 all women in Iran, including foreigners, have been required by law to wear loose-fitting clothes to disguise their figures. They must also cover their hair. This form of dressing is known as Hejab, a term that refers in general to 'modest' dress, and is also used to refer specifically to the hair-covering.

Signs in public places show officially acceptable versions of hejab: the chador, an all-encompassing, black garment; or a manteau and a rusari (scarf) covering the hair, neck and décolletage. Girls must start to wear hejab when they reach puberty.

As a foreigner, a female traveler is officially expected to cover her hair. Usually more tolerance tends to be shown towards foreigners over the detail of the dress code than is the case for Iranian women. However, this does not include leaving one's hair fully uncovered. "Acceptable" outfits may include a, loose dress or shirt worn over loose skirt or pants and a scarf in the summer, and a woolen coat and scarf in the winter (calf-length is acceptable if worn over pants). All colors and modest designs are acceptable. It's not unusual to see young women in the larger cities wearing figure-hugging manteaus (often tightly belted trench-coats), skinny jeans, high zx heels and colorful rusaris that have been arranged to offer plentiful glimpses. But in the smaller cities, towns and villages this rarely happens – the chador is common and those who don't wear it are clad in an ensemble of shapeless coat, black pants, sensible shoes and a maqna'e (nun-like head scarf, or wimple). Color schemes are uniformly dull.

Head Coverings

You should keep your scarf on in Iran. Silk scarves aren't much use, as they tend to slip off; the only way to make them work is to tie them under the chin babushka-style. Wool can work, but not if it's too fine and slippery. Your best bet is textured cotton, which tends to adhere to hair more effectively and slips less. Make sure that your scarf is wide enough to cover all of your hair, and long enough to be able to throw over your shoulders.

Some travelers wear a thick elasticized headband and fasten their scarves to it with safety or bobby pins, ensuring that their scarf doesn't slip - this can work well with silk and fine cotton, so is worth considering if you are travelling here over summer and want to wear something light, bring the band with you.

Manteaus

The majority of manteaus are made from polyester or cheap cotton. The trench-coat style is the most popular version for fashion-conscious Iranian women, but it can be hot and uncomfortable - remember that your manteau will need to stay on in restaurants, cinemas, shops and other interior public spaces. Loosefitting cardigans going down to the mid-thigh are a comfortable, alternative form of outerwear. These can be worn over T-shirts or jumpers (sweaters) but bring them from home - they're hard to source in Iran. In summer, you'll need to wear something light - long peasant blouses and tunics made with natural fibers work well, as do shalwar kameez, a long shirt or tunic worn over baggy pants. If you're coming overland from India, you'll have plenty of opportunities to purchase these along your journey. All manteaus are worn over trousers; jeans are perfectly acceptable.

Do not wear skirts. You can just wear it on your trouser.

Chadors

The only times when foreign women must wear a chador are when visiting important shrines or Imamzadehs. In these instances, the chadors can almost always be borrowed on-site freely.

Will I be Safe?

Violence against foreign women in Iran is almost unheard. Men are also required to abide by the following dress code: Short-sleeved shirts and t-shirts are acceptable for daily wear. Shorts and three-quarter length pants are acceptable on the beach. Dressing for men is similar to that in Europe. It is quite acceptable in the areas outside though it denotes indifference toward or opposition against state regulations and values. Jogging in tracksuits is acceptable for men.

Children

Nappies (diapers), powders, baby formula and most medications are widely available, though not necessarily in familiar brands. Parents should explain fairly clearly to their daughters aged nine or older to wear hijab. Eating with the family is the norm in Iran, and taking your kids into a restaurant will be welcomed. If you have small children and plan on using taxi, you'll probably have to bring your own baby seat. Few vehicles have seatbelts in the back, so you can ask for them when you hire the cab.

Exchange & Currency

Credit Cards

International credit and debit cards cannot be used in Iran since the system is not connected to international banks. Visitors cannot draw cash on credit or bank cards (such as Cirrus or Maestro). Iran does have an international network of ATMs but used within locally-issued bank cards issued by local Banks.

Iran Official Currency (Rial)

The Iranian Rial (code IRR) is the currency of Iran. Although the "Toman" (tumân) is not an official unit of Iranian currency, Iranians commonly express amounts of money and prices of goods in "Tomāns". Accordingly, one "Toman" equals 10 Rials. Despite this usage, amounts of money and prices of goods are virtually always written in Rials. For example, the sign next to a loaf of bread in a store would state the price in Rials, e.g., "10,000 Rials," even though the clerk, if asked, would say that the bread costs "1000 Tomans". There is no official symbol for the currency but the Iranian standard ISIRI 820 defined a symbol for use on typewriters (mentioning that it is an invention of the standards committee itself) and the two Iranian standards ISIRI 2900 and ISIRI 3342 define a character code to be used for it. The Unicode Standard has a compatibility character defined U+FDFC ريال Rial sign (HTML ﷼). In December 2016, the Iranian government announced the country's currency will be changed from the Rial to the commonly used Toman. It needs the Iranian Parliament's approval.

Coins are issued in values of 50, 100, 250, 500, 1,000, 2,000 and 5,000 Rials with banknotes produced in 500, 1,000, 2,000, 5,000, 10,000, 20,000, 50,000 and 100,000. If you remember that a yellow IRR50,000 note was approximately equal to a euro you wouldn't use to get confused. For large amounts you will see Iran Cheques being used, in IRR500,000 (c. USD15) denominations. They're now used in the same way as

Chek-Poul (check money)

In recent years a useful method also has been adopted which does away with the need to carry bags of money when going shopping. It is called Chek-Poul (check money) and works like a traveler's check but doesn't have a name written on it, so it functions as a large denomination bill. The most common denominations of Chek-Poul are 500,000 and 1,000,000 Rials, but even higher ones are used in large transactions. They can be bought from any bank and, after the streamlining of the financial system, they are accepted everywhere. At present, Iranian currency can only be bought in some Middle East countries, so if you are coming from anywhere else, you will need to buy Rials after you arrive.

ATMs in Iran do not accept foreign (non-Iranian) cards except some which accept those from state banks, so bring all the money you might need in cash, preferably in US dollars or euros. Exchange offices can be found in major cities; their opening times are usually Saturday to Thursday from 08:00-16:00.

Trade embargoes mean that banks cannot forward cash advances on your foreign credit cards and they are only accepted by select stores for large purchases, such as Persian rugs. Most will be happy to forward you some cash on your credit card at the same time as your purchase. If you are desperate for cash, you can also try asking these shops to extend you the same favor without buying a rug or souvenir, but expect to pay dearly for the luxury.

Currency exchange offices (Money changers in Iran)

There is a currency exchange office at the new Imam Khomeini International Airport in Tehran as well as several more in the center of Tehran and other big cities. A network of currency exchange offices operates in Tehran and in major cities under the license of Iranian Melli Bank (Bank-e Melli). Many banks also offer foreign exchange facilities, but not in all branches. Your host and hotel staff should be able to advise you further.



Cost & Budget

General Cost

Transport Cost

Intracity

Bus: 25 Cent (1000 Tomans)

Taxi: 1 to 7 US\$ (4200 to 30,000 Tomans)

Metro: 25 cent (1000 Tomans)

Intercity

Tehran Bus to Other Big cities:

6 to 20 US\$ (25,000 to 88,000 Tomans)

Tehran Train to Other Big cities:

7 to 30 US\$ (71,000 to 126,000 Tomans)

Tehran Airport to Other Big cities:

50 to 120 US\$ (210,000 to 504,000 Tomans)

Accommodation

Hostels: from 10 US\$ (50,000 Tomans)

2-Star Hotels from 30 US\$ (126,000 Tomans)

3-Star Hotels from 55 US\$ (231,000 Tomans)

4-Star Hotels from 100 US\$ (420,000 Tomans)

5-Star Hotels from 100 US\$ (630,000Tomans)

Foods

Expensive: More than 15 US\$ (63,000 Tomans) **Average:** 6 to 15 US\$ (25,000 to 63,000 Tomans) **Inexpensive:** 3 to 6 US\$ (12,000 to 25,000 Tomans)

Museum Ticket

From 2 to 5 US\$ (8,000 to 15,000 Tomans)

Personal Tour Guide

For one day:

From 30 to 100 US\$ (126,000 to 420,000 Tomans)

Other Costs

- 4G SIM card with credit for 2GB: 500,000 IRR

Daily Budget

Low Budget Less than \$50 (210,000 Tomans)

One-way bus Tehran-Isfahan:

9 US\$ (38,000 Tomans)

Entrance fees to most sights:

4 US\$ (17,000 Tomans)

Dorm bed or basic room with bathroom:

10–20 US\$ (42,000 to 90,000 Tomans)

Meal in local restaurant:

5–10 US\$ (21,000 to 42,000 Tomans)

Midrange 50 - 150 \$ (210,000 to 650,000 Tomans)

One-way flight Shiraz-Tehran:

70 US\$ (294,000 Tomans)

Half-day trip from Shiraz to Persepolis by taxi/ driver-cum-guide:

40/50 US\$ 170,000 to 210,000 Tomans)

Double room with bathroom:

40-100 US\$ (170,000 to 420,000 Tomans)

Meal in midrange restaurant:

8–15 US\$ (34,000 to 63,000 Tomans)

Luxury More than 150 \$ (650,000 Tomans)

Four-star hotel in Tehran or Isfahan:

100 US\$ plus (315,000 Tomans)

Main meal in top Tehran restaurant:

25–50 US\$ (105,000 to 210,000 Tomans)

Guide and/or driver for day:

70–100 US\$ (294,000 to 420,000 Tomans)

Bring cash in enough US dollars or euro for the duration of your trip – cash is better. You cannot use credit or debit cards, travelers Cheques or ATMs. Repeat, bring all you'll need in cash.

Tipping

Gratuity is not customary in Iran, however, leaving tip on your dining table or offering a guide would make the person grateful or even surprised. Notwithstanding, you can hardly find a defined gratuity etiquette in Iran, unless in some luxurious restaurants or hotels. By and large it is not common give tip to hair stylists .drivers etc.

Where to Stay in Iran?

The Seasonal Swing

There are two clear tourist seasons in Iran. Low season starts in October and continues through winter until shortly before Nowrouz (Iranian New Year, on 21 March) and the beginning of spring. From a few days before Nowrouz, hotels in popular holiday destinations, such as Kish Island, Isfahan, the Caspian Sea coast, Shiraz and Yazd, are packed, and prices are at their highest level. Nowrouz marks the beginning of daylight saving, longer opening hours and annual government-approved price increases across the economy, including hotels. After the 13-day holiday period is over you'll find room prices usually rise by about 20% from the winter (low season) rate, and stay that way until October, when they fall back a bit or can be (slightly) more easily haggled down. The whole cycle then begins again next Nowrouz. There are a few exceptions. In summer, prices along the Caspian Sea coast can skyrocket, while in hot places like Yazd and Kerman prices can fall with demand.

Accommodation Types

To book online through en.hotelyar.com, a local Iranian accommodation booking service, you'll need a local card, but it's a useful resource for checking what's available.

Camping

Iranians love tents, but there are few official camping grounds. Unless you can make yourself look like a nomad, camping can draw unwanted attention from the authorities. Trekkers and mountaineers who need to camp should discuss plans with the provincial tourist information office first if not accompanied by a recognized guide. The office may be able to write a letter of introduction.

Couch-surfing

Iran has a growing couch-surfing community and making contact with its members is an easy and increasingly popular way to get 'inside' Iranian culture. Most readers who have surfed Iranian couches, or more likely carpets, have reported a memorable time for positive reasons. However, there have also been warnings that some Iranian hosts expect to accompany their guests everywhere, and if you're not up for that it's best to commit to less time with the option of extending to avoid an early and embarrassing departure. Also, Ta'arof (insisting on paying for at least something during your stay, or take a gift from home) is prevalent.

Mosafer-Khanehs (Hostels)

Iran's most basic accommodation is in maledominated Mosafer-Khanehs (literally 'travelers' houses'), a dorm or basic hotel, and similar MehmanPazirs. Standards in these places vary but expect shared bathrooms, squat toilets and no spoken English. Some bottom-end places won't even have a communal shower. Prices start at around US\$6 per bed in a noisy, male-only dorm. Simple, private rooms, perhaps with a sink, start at about twice that in some cities some Mosafer-Khanehs are not allowed to accept foreigners, or require written permission from the police; this is more likely to affect women travelers.

Budget Hotels

Basic one-star and two-star hotels, or 'budget hotels', normally have an attached bathroom with at least a hot shower, plus air-con, heating, TV (Iranian channels), fridge and maybe a phone. Double beds are rare, breakfast will often cost extra, and cleanliness can be questionable – don't be afraid to ask for fresh sheets.

Midrange

Most 2-star hotels, and all 3- and 4-star rooms, will come with a clean private bathroom, phone, fridge and TV (sometimes with foreign channels). There might be a reasonable restaurant, and breakfast will be included. You'll find toilet paper but bath plugs are a long shot. Aside from garden-variety hotels, the midrange includes:

Traditional Hotels

The most charismatic midrange places are the Hotel Sonnati (traditional hotels), where old courtyard houses have been transformed into social little hotels. If you're staying in a hotel Sonnati, you'll know you're in Iran. Yazd has many and others can be found in Kashan, Isfahan and Shiraz.

Apartment Hotels

In the upper midrange are a growing number of modern 'apartment hotels', which can be good value outside the high season.

Tourist Inns

Most towns of decent size have a government-run or Tourist Inn (Mehman-saraye Jahangardi). Their Standards are so considerable but they are usually fair value and often employ at least one English speaker.

Eco-Lodge

You'll increasingly encounter places known as eco-lodges, which can be popular accommodation options. Some can be good places to stay, although the experience is more about traditional-style rooms with local food and possibly costumed staff rather than anything obviously ecofriendly.

IOILETS Most Iranians have squat toilets at home, but the majority of better hotels have pedestal toilets. Mosques, petrol stations, bus and train stations and airport terminals always have toilets. Fortunately, most of the ubiquitous small grocery stores have toilet paper or tissues.

Telecomunication |

Telephones

Iran's country code is +98. To dial out of Iran call 00; if calling from outside Iran, drop the initial 0 from all area codes. Phone numbers and area codes change with disconcerting regularity, but in general numbers include a three-digit area code and an eight-digit number. The exception of Tehran is 021, followed by an eight-digit number. More than 90% of Iranians have mobile-phone access and most travelers are buying a SIM card on arrival. If you need a payphone, cards are available in newsstands, though most are for domestic calls only. Local calls are so cheap that most midrange and better hotels, bus and airport terminals have at least one public telephone permitting free local calls. International calls are also relatively cheap (US\$0.20) per minute to most countries. These rates can be had at small, private telephone offices (usually open from about 7.30 am until 9 pm), where you give the number to the front desk and wait for a booth to become available. You'll normally be charged a minimum of three minutes. In many cities international calling cards are available from newsstands, grocery stores and Internet cafes. You can't make reverse-charge (collect) calls to or from Iran.

Cellphones

Iran has several mobile-phone networks but only two - government-owned MCI and MTN Irancell) enjoy wide coverage. Irancell has a onemonth tourist SIM card sold at a booth upstairs in Tehran's Imam Khomeini International Airport for IR500,000. The SIM gives IR200,000 worth of calls and texts (which should cover most eventualities over the course of a month) plus 5GB of data. Top up your credit at vendors displaying yellow and blue MTN signs; vendors will usually charge about 10% more than the card's face value. Full pricing is available in English on Irancell's website. MCI and MTN Irancell SIMs allow GPRS data transfer after a free registration process, and WiMAX has been rolled out in several cities. As a general rule, 4G is available in big cities and 3G in mid-sized ones, while there's very basic pedal power in

* You will need a local SIM card for cheap local and pricey international calls. Your home SIM will not work.

Internet Access

Iran received access to the Internet in 1993. According to Internet World Stats, as of 2016, about 68.5% of the population of Iran are Internet users. Iran ranks 19th among countries by number of Internet users. According to the statistics provided by the web information company of Alexa, Google Search and Yahoo! are the most widely used search engines in Iran. Instagram is the most popular online social networking service in Iran. Around 90% of Iran's e-commerce takes place on the Iranian online store of Digikala, which has around 750,000 visitors per day and more than 2.3 million subscribers. Digikala is the most visited online store in the Middle East, and ranks fourth among the most visited websites in Iran.

In Iran, internet cafes are known as cafeenets (previously called coffee nets), although there are fewer such places with each passing year as everyone has mobile internet and Wi-Fi is increasingly common. In Tehran, for example, there are virtually no cafenets left as pretty much all cafes, teahouses and hotels have Wi-Fi. Speeds are variable, but most cities have ADSL connections. Wi-Fi is increasingly available in hotels and cafes, and it's usually (but not always) free. Upmarket coffee shops invariably have Wi-Fi, and whether you pay for it or not seems to depend a little on how much you pay for your coffee.

Emergency Calls

	Department	8
	Police	110
*	Ambulance	115
	Fire	125
Ċ	Iraian Red Crescent Society	112
N	Post	140
	Accident	197
	Telephone Directory	118
	Express post	193
	Talking Timer	119
	Taxi	133
	Weather	134
	24 Hours Drug Stores Center	191
	Train info	139

Health

The most common reason for travelers needing medical help is as a result of accidents. If you are unfortunate enough to need a hospital, Iran is home to some of the best in the Middle East. Many doctors have been educated in Europe or North America and, especially in the larger cities, you shouldn't have too much trouble finding one who speaks English. In remote areas, medical facilities are more basic.

Availability & Cost of Health Care

There are few, if any, reciprocal medical arrangements between Iran and other countries so be prepared to pay for all your medical and dental treatment. The good news is that costs are negligible. The quality of hospitals varies from place to place, but in Tehran, Isfahan and Shiraz, in particular, you'll find internationalstandard hospitals and well-trained doctors. Locals will direct you to the nearest and/or most appropriate treatment center.

Standards of dental care are variable and travel insurance usually only covers emergency dental treatment.

Travelling with Children

If your child is vomiting or experiencing diarrhea, lost fluid and salts must be replaced. It may be helpful to take rehydration powders for reconstituting with

Health and welfare

All health services are supervised by the Ministry of Health, Treatment, and Medical Education, the branch offices of which are headed by certified physicians. Welfare is administered by the Ministry of State for Welfare.

Medical Insurance

It's worth your travel insurance will cover repatriation home or to better medical facilities elsewhere, if necessary. Your insurance company might be able to locate the nearest source of medical help, but it's faster to ask your hotel or, in an emergency, call your embassy or consulate. Travel insurance usually covers emergency dental treatment.

Media

Tran's telecommunications are handled by the state-owned Telecommunication Company of Iran. All media outlets in Iran are either state-owned or subject to monitoring. Outlets such as books, movies, and music albums must be approved by the Ministry of Ershad before being released to the public. Iran's Ministry of Culture and Islamic Guidance operates the Islamic Republic News Agency

Most of the newspapers published in Iran are in Persian. The country's most widely circulated periodicals are based in Tehran, among which are Etemad, Ettela'at, Keyhan, Hamshahri, Resalat, and Shargh. Tehran Times, Iran Daily, and Financial Tribune are among English-language newspapers based in Iran.

Television was introduced to Iran in 1958. Although the 1974 Asian Games were broadcast in color, full color programming began in 1978. Since the 1979 Revolution, Iran's largest media corporation is the Islamic Republic of Iran Broadcasting (IRIB) and some radio broadcasts have international reception. Other Iranian broadcasting channels are Press-TV and Al-Alam, which

broadcasting in English and Arabic Languages respectively.

Insurance

While travelling to Iran, so many questions cross the mind and concern us about the possible things that can happen and we usually don't consider them! At this point, we realize the benefit of supports of responsible travel insurance service. So getting a travel insurance for travelling to Iran is better to be on top of TODO list for all tourists. The main insurance that is done for travelers in Iran is carried out by Iran Insurance corporation and it costs 40 \$ per person based on which you will be awarded up to 100000 Euros and your costs will be paid to you depending on the kind of loss incurred to you. Having a travel insurance for entering Iran is a must, tourists should buy the travel insurance for their Iran journey from a reliable company, and otherwise at the airport they should buy Iranian travel insurance.

Calendar & Public Holidays

Tran's official calendar is the Solar Hejri Calendar (SH), beginning at the vernal equinox in the Northern Hemisphere, which was first enacted by the Iranian Parliament on March 31, 1925. Each of the 12 months of the Solar Hejri calendar correspond with a zodiac sign, and the length of each year is absolutely solar. The months are named after the ancient Iranian months, namely: Farvardin (Fravaši), Ordibehešt (Aša Vahišta), Xordād (Haurvatāt), Tir (Tištrya), Āmordād (Amərətāt), Šahrivar (Xšaθra Vairya), Mehr (Miθra), Ābān (Āpō), Āzar (Ātar), Dey (Daθuš), Bahman (Vohu Manah), Esfand (Spəntā Ārmaiti).

The Solar Hejri Calendar is used to indicate Legal public holidays remarks the domestic events such as:

- The cultural celebrations of Nowrouz (Farvardin 1–4; March 21–24)
- The political events of Islamic Republic Day (Farvardin 12; April 1)
- Sizdah-bedar (Farvardin 13; April 2)
- The death of Ayatollah Rouhollah Khomeini day (Khordad 14; June 4)
- The Khordad 15 event (Khordad 15; June 5)
- The anniversary of the 1979 Revolution (Bahman 22; February 10)
- Oil Nationalization Day (Esfand 29; March 19).

The Lunar Hejri Calendar (AH) alternatively, is used to indicate Islamic events, and the Gregorian calendar remarks the international events such as:

- Tasua day (Muharram 9; September 30)
- Ashura day (Muharram 10; October 1)
- Arba'een day (Safar 20; November 10)
- The death of prophet Mohammad (PBUH) (Safar 28; November 17)
- The death of Ali Ebn-e Musa al-Reza (AS) (Safar 29 or 30; November 18)
- The birthday of prophet Mohammad (PBUH) (Rabi-al-Awwal 17; December 6)
- The death of Fatimah al-Zahra (SA) the only child of the Islamic prophet Mohammad (Jamadi-al-Thani 3; March 2)
- The birthday of Ali Ebn-e Abi-Taleb (AS) (Rajab 13; April 10)
- Prophet Mohammad's (PBUH) first revelation (Rajab 27; April 24)
- The birthday of Mohammad Ebn-e Hasan Al-Asgari (Imam Mahdi) \ (AS) (Sha'ban 15; May 12)
- The death of Imam Ali Ebn-e Abi-Taleb (Ramadan 21; June 16)
- Eid-e (eve) Fetr (Shawwal 1–2; June 26–27)
- The death of Imam Ja'far al-Sadeq (as) (Shawwal 25; July 20)
- Eid-e Qorban (Zol-Hajjeh 10; September 1)
- Eid-e Qadir (Zol-Hajjeh 18; September 9)

2018 Calendar: Iranian Holidays

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Working Days & Hours

- · Working days in Iran start from Saturday to Wednesday
- Weekend is on Thursday and Friday.
- Weekly holiday is Friday in most cities but in Tehran it embodied Thursday too.
- Working hour starts from 08:00 and finishes in 16:00 (Saturday to Wednesday), and from 08:00 to 13:00 in Tuesday.

Transport

Iran has a long paved road system linking most of its towns and all of its cities. Dozens of cities have airports that serve passenger and cargo planes. Iran Air, the national airline, was founded in 1962 and operates domestic and international flights. All large cities have mass transit systems using buses, and several private companies provide bus service between cities. Tehran, Mashhad, Shiraz, Tabriz, Ahwaz and Esfahan have underground mass transit rail lines, in different stages of operation and construction.

Airplane

Iran handles about 50 million passengers annually (2016). Iran's airports are improving their international connections. In May 2007 international flights into the capital, Tehran, were moved to the Imam Khomeini International Airport (IKIA).

Imam Khomeini International Airport (IATA: IKA, ICAO: OIIE), is the primary international airport of Tehran, the capital city of Iran, located 30 kilometers southwest of Tehran. All International flights in Tehran are currently served by this airport and all domestic flights are served by Mehr-Abad Airport. the airport has served about 8 million international passengers.

Public transportation from Imam Khomeini Airport Metro train station with the same name is open. Also taxi is other available option. Grabbing a taxi is nothing complicated. You'll be ambushed by drivers offering you a ride as soon as you step out of the airport. In most airports there are taxi stands in the arrival hall where you can hire a taxi. Just make sure you and the driver agree on a price before you get in.

Mehr-Abad International Airport Until 2007 Mehr-Abad Airport (IATA: THR, ICAO: OIII) was the primary airport of Tehran in both international and domestic passenger traffic but has been replaced by the new Tehran Imam Khomeini International Airport for all of its scheduled international traffic and now it is primary airport of Tehran in domestic flights.

Airlines in Iran

departures.

Domestic prices are set by the government, so it doesn't matter which airline you fly, the price will be the same. Iran Air is the largest among a growing roster of domestic airlines and boasts an extensive network of flights, covering most provincial capitals. For tickets it's best to use one of the many travel agencies, where you'll get all the options, rather than an airline office. The main domestic airlines in Iran include: ATA, Atrak, Caspian Airlines, Iran Air, Iran Airtours, Iran Aseman, Kish Air, Meraj Airlines, Mahan Air, Qeshm Air, Taban Air. When making a booking, check the aircraft type and get to the airport at least an hour ahead of domestic

Train

Known as a "Ghatar" in Persian; trains are probably the cheapest, safest, most reliable and easiest way to travel around the country. Trains are frequently delayed so leave plenty of time between destinations. Tehran is the main hub and most services begin or end in the capital. The rail network comprises three main trunk lines. The first stretches east to west across the north of the country linking the Turkish and Turkmenistan borders via Tabriz, Tehran and Mashhad. The second and third extend south of Tehran but split at Qom. One line connects to the Persian Gulf via Ahvaz and Arak, while the other traverses the country's center linking Kashan, Yazd and Kerman.

Classes & Costs

The majority of trains have two classes, though a significant minority have only one. There are 1st and 2nd -classes. A seat in 2nd class costs a bit less than a normal bus, and a 1st class seat is a bit less than a VIP bus. On overnight trains (usually to/from Tehran), the 1st class carriages have sleeper couchettes (ghazal) with four or six bunks. Solo women should strongly consider requesting a single-sex sleeper. On most 1st class services, meals are served in your compartment. Long-distance trains also travel with a restaurant car.

Reservations

Train ticketing is on an integrated system and tickets can be booked at railway stations up to a month in advance. Especially for trains leaving on Thursday, Friday and public holidays, it's recommended you book ahead through one of the train stations around the country.

- The main Rail Corporations in Iran includes:
- Raja Rail Transportation Co
- · Safir Rail Asia Trains
- · Noor Al-Reza Trains
- Joupar Trains

Bus

The Iranian domestic bus network (Between Cities) is extensive and very cheap. The only major difference between the various bus companies is the frequency and availability of their VIP services. Major companies operating out of big cities usually provide more VIP services than Normal ones, and the biggest companies don't offer Normal tickets in major cities at all. You can buy tickets online, from the bus terminals, or ticket offices up to a week in advance, but you shouldn't have a problem finding a seat if you turn up to the terminal an hour or so before your intended departure time, although you might not be able to find a ticket this way in major cities such as Tehran, especially on holidays or other travel-prone times. It is best to book tickets online, where you can choose your seat. More than 20 bus companies offer thousands of services on buses that are cheap, comfortable and frequent.

Bus Companies & Types

Most bus companies are cooperatives and were formerly known as Cooperative Bus Company No X (Sherkat-e Ta'avoni Shomare X). They have more varied names, but in the terminal they might still direct you to, for example, 'ta'avoni yek' (cooperative number 1).

Bus Terminals

Most bus terminals are located at the edge of town and are easily reached by shuttle or private taxi. Some cities have more than one bus terminal; if in doubt, ask at your hotel or charter a taxi to the relevant terminal. Bus terminals are filled with the offices of individual bus companies, though timetables are rarely in

English. Just ask 'Shiraz?', 'Esfahan?' or wherever and you'll be directed to the right desk. The main Bus Terminals in Iran include:

- Tehran West (Gharb) Terminal
- Tehran East (Sharq) Terminal
- Tehran Jonoub (South) Terminal
- Tehran Beihaqqi (Argentine) Terminal
- Shiraz Kar-Andish Termninal
- Isfahan's Kaveh Terminal
- Isfahan's Soffeh Terminal
- Yazd Al-Ghadir Terminal
- Mashahd Imam Reza Terminal
- Tabriz Passenger Terminal

City Transport

Metro

When getting around Tehran, nothing beats the city's clean and chill metro system. It's easy to use, costs almost nothing and saves you from the horrid traffic. One way tickets are 1000 Tomans (almost 25 cents). Your other option would be a metro card that can be topped up to any price you wish. The same card can also be used for buses and even recently for official taxis outside metro stations. If you're staying in the city a few days, then charge it with something around 5000-10,000 Tomans.

Buses

City buses cover a great part of the city. Keep in mind that in these buses women sit in the back and men in the front. Women can pay when getting off by going to the drivers' section. Normal buses come in many colors such as blue, yellow, pink or white.

BRT buses

BRT buses in Tehran are express buses with their own special route. They are red, don't get stuck in traffic and go through the main avenues of the city. The most practical route is the one connecting the railway station to Tajrish square. It goes through Tehran's longest street "Vali-e Asr" and makes stops in some of the city's main squares. Payment is normally done at the entrance of the station by metro card. If not, you're required to pay the driver in person. In these buses women are seated in the front and men in the back.

Getting a Taxi

To get a taxi in Iran you can either go to the closest taxi station or just stand in the street and hail for one. You just need to look interested and you'll have cars stopping at your feet without blinking an eye. But the tricky part is to know what kind of Taxi to look for.

Darbast: Darbast means 'closed door'. In the Persian transportation dictionary, it means hiring a private taxi. You could be standing anywhere in the city and getting a Darbast. To hire a Darbast just stand along the street and wait for an empty taxi to stop. Then tell him Darbast and if he's interested let him know of your destination. Make sure you negotiate a price before getting in.

Shared/Shuttle taxi: Shared taxi is a common way of getting around in Iran. Many actually prefer it to buses. They have their own designated routes. So you're supposed to get on if only you're intended destination is within their route. They have fixed prices which is usually written on a sticker on their front window and they carry up to 4 people.

Online Taxi

After the successful presence of systems such as UBER in the world, similar samples in Iran, such as Snapp and Tap30, began to emerge, with Internet and mobilization of most people to smartphones, many people applied for the apps in order to commute inside the city. Snapp, Tap30 and Carpino are most famous online taxi service providers in Iran. To request a taxi through these Apps, travelers are requested to specify the route, travel options, service type, and after viewing the travel cost, this app will automatically connect passengers with the nearest driver and sends the passenger's position to the driver. The driver would confirms it if he wishes. Passengers can also locate their driver's position and you can pay both cash and non-cash. Average cost of these online taxies depending on distance is 2 to 12 US\$ (8,000-50,000 Tomans - from city center to other destinations in Tehran)

Iranian Cuisine

Due to its variety of ethnic groups and the neighboring cultures impact, the cuisine of Iran is diverse. Herbs are frequently used, along with fruits such as plums, pomegranate, quince, prunes, apricots, and raisins. To achieve a balanced taste, characteristic flavorings such as saffron, dried lime, cinnamon, and parsley are mixed delicately and used in some special dishes. Onion and garlic are commonly used in the preparation of the accompanying course, but are also served separately during meals, either in raw or pickled form. Iranian best foods include:

Kabab

Arguably the national dish of Iran, Kabab has varieties such as koubideh (ground beef or lamb), Chenjeh (cubed steak), Barg (flattened filet mignon), or chicken and is served with a plate of chelo, plain white Persian rice. This legendary fragrant staple features a bit of saffron-soaked rice for color and flavor and a slab of butter to mix in so that it's as fluffy as possible.



Koubideh (ground beef or lamb)



Joujeh Kabab (Chicken)



Barg (flattened filet mignon)



www.irantravelguide.net



Dizi

One of the most traditional Iranian dishes, Dizi Sangi is a stew of lamb, tomatoes, potatoes, and various legumes cooked in a clay pot with a lump of fat. The liquid is poured into a bowl and eaten with shredded pieces of bread. Meanwhile, the remaining bits are mashed together (with or without the fat) in the pot, spread on flatbread, and eaten with pickled vegetables, onions, and/ or fresh herbs. No trip to Iran is complete without trying this one.



Fesenjoon

A dish that may not look appetizing, but tastes amazing, Fesenjoon is a concoction of pomegranate paste and finely ground walnuts simmered with either meatballs, chicken, or duck. Taking a bite of perfectly tender meat covered in tart sauce is eating not only one of the most beloved Iranian stews but also a taste of Persian heritage.



Ghormeh Sabzi

This dish features a lot of leafy greens and herbs, which is where it gets its name from. Beef and onions are sautéed before adding the greens—chives, parsley, fenugreek, spinach, dill, and savory. Kidney beans add a hint of color, and whole dried limes add a kick of acidity. Herbs, kidney beans, and whole dried limes make Ghormeh sabzi a favorite



Gheymeh

Gheymeh consists of split yellow peas, small cubes of beef (emphasis on small), and whole dried lime cooked with nutmeg and cinnamon and topped with French fries. Some even like to include eggplant, transforming this dish into Gheymeh Bâdemjân. Commonly served during religious festivals as a charitable offering, Gheymeh is sure to satisfy your tummy at any time. Gheymeh is often served during religious festivals

Åsh-e Reshte

A must-have dish during the frigid winter months, this healthy and hearty soup features noodles with various herbs and legumes, and is topped with a mixture of garlic and onions fried with dried mint. The make or break of ash is kashk, a salty, fermented whey product, that is swirled on top. Ash-e Reshte topped with whey, onions, and dried mint.



Iranian Desserts

While travelers to Iran won't find desserts in the traditional sense, the tea-loving culture does have a sweet tooth, breaking out the treats for any occasion and specially to enjoy with tea. Three main ingredients to be found in any combination in these desserts are saffron, rosewater, and cardamom. Here are 10 local Iranian desserts and sweets you need to try.

Shole Zard

This rice pudding is made with just the right hint of saffron to give it the perfect shade of yellow. Words or designs are then dusted on in cinnamon, allowing children and adults to showcase their creativity, and almonds slivers give it the final finishing touch. Shole Zard is A typical dessert during religious ceremonies and the month of Ramadan.

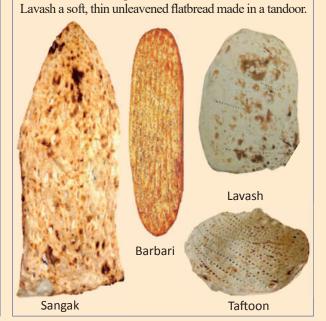
Persian Breakfast

Iranian believe that breakfast is the most important meal of the day. From the types of bread, to the heavy meat dishes and tea etiquette, we break down how to eat breakfast like an Iranian to help you fit right in with the locals.

Sweet items such as butter, jam (especially sour cherry, carrot, or quince), clotted cream, and honey pair particularly well with Barbari bread, and savory items like feta cheese, sliced cucumbers and tomatoes, and walnuts go especially well with Sangak bread.

Iranian Breads

The ultimate staple of a traditional Iranian breakfast is bread, which is bought fresh daily. Cities may have specific local varieties, but the three standard ones are: noon-e Barbari, a long, oval shaped bread with deliciously chewy and doughy ends, noon-e Sangak, wheat flatbread baked on rocks, noon-e Tâftoon, a large, round, white flatbread, and noon-e



Persian Drink

Tea

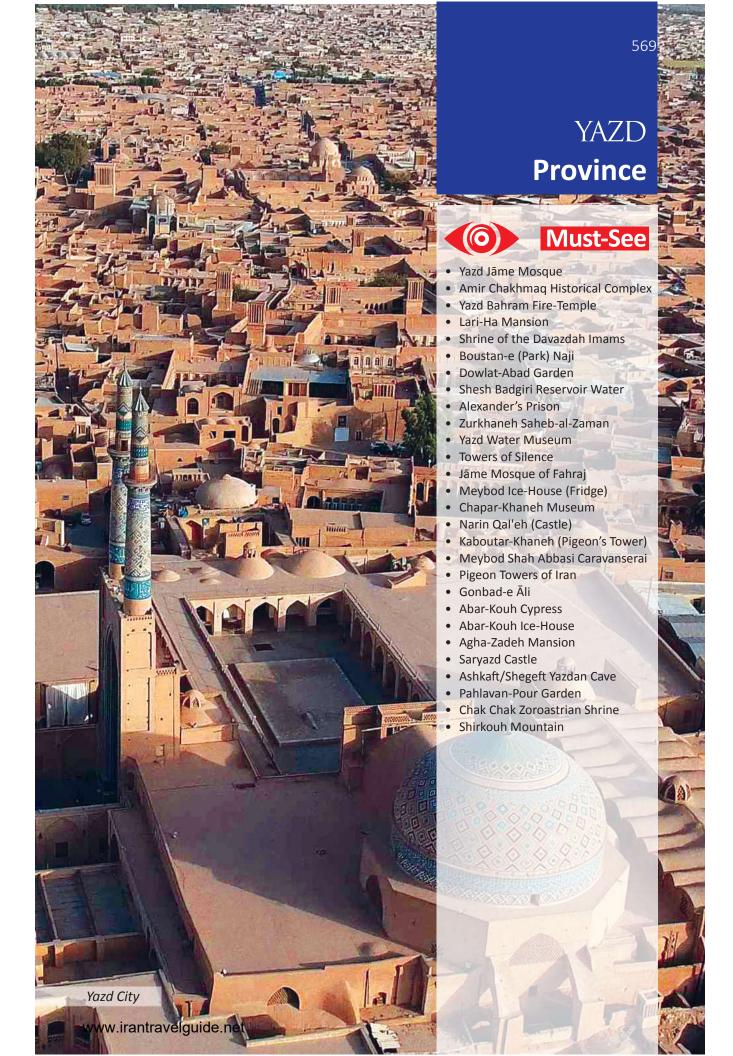
Iranians drink tea all throughout the day, starting with the first piping hot glass at breakfast time. Much in the same way that Italians drink cappuccino only in the morning, Iranians have

chai shirin, tea with granulated sugar, only at breakfast. At other times of the day, sugar cubes, dates, raisins, something else sweet is used.

Doogh (Dugh)

Is a cold savory yogurt-based beverage that is mixed with salt. It is popular in Iran, Lebanon and Syria. Generally, yogurt drinks are popular beyond the Middle East region. Doogh is served chilled and often as an accompaniment to grilled meat or rice, especially during summer. It is made by mixing yoghurt with chilled or iced water and is sometimes carbonated and seasoned with mint.

You can read a sample of 31 provinces of Iran in the next pages





and low cloudiness cause very cold temperatures that can sometimes fall well below 0 °C.

remain mild and sunny, but in the morning the thin air

Bafgh

بافق

Rabăt-e-po

Chadormalu

خش مرکزی

Mogestán

History

Kalmand

Protected Area

71

Yazd province was considered to be an important passage in historical periods. The area has been one of the most well-established routes for railways, postal and harbor centers during the Achaemenes period. Since roads maintenance in Yazd was so important, the Al-Mouzaffar family came to power as they used to be in charge of roads maintenance of the Meybod district. This province has been somewhat immune from the conflicts and wars took place during Iran's history. The harshness of the roads, along with the limitation of water resources, has been a major obstacle to conquer this area by some of the great and small governments throughout history. There are so many signs and constructions in Yazd province which indicate to the depth of culture and civilization in the land during pre and post-Islamic period.

Culture

The majority of the people of Yazd are Persians, and speak Persian with Yazdi accent which is different from Persian accent of Tehran; but there are also small populations of other Iranian ethnicities in the city such as Azerbaijanis and Qashqais who speak Persian as their second language.

Population

1,074,428 - Ranking 24th in Iran

Geography & Climate

Yazd is the driest major city in Iran, with a yearly precipitation amount of 49 mm and only 23 days of precipitation, which is also the hottest city north of the Persian Gulf coast, with summer temperatures very frequently above 40 °C in blazing sunshine with no humidity. Even at night the temperatures in summer are rather intolerable. In the winter, the days

azd Province is one of the 31 provinces of

Iran and located in the heart of the country.

Its administrative center is the city of Yazd. The

province has an area of 131,575 km². The city of Yazd is the economic and administrative center

of the province and therefore the most populated.

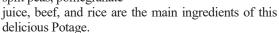


Ash-e-Shouli (Shouli Potage)

Is the most common food among Yazdi People. Everyone knowsits great taste. The seasoning of the Ash-e-Shouli is done with vinegar but it can be replaced with pomegranate paste, or any other sour liquid.

Ash-e-Anar (Pomegranate Potage)

One of the oldest warm and excellent food among Iranian food history is Ash-e-Anar. Lentil, split peas, pomegranate





This delicious Koufteh-Nokhod includes minced meat, onion, chickpea flour, herbs (leek, parsley), salt as well as pepper and turmeric.

Yazdi Sweets

Yazd is a heaven for those with a sweet tooth. Yazdi cakes and sweets are found everywhere and it would be a pity to leave the city without giving them a try.



Yazd Baqlavā (Baklavā)

Baqlavā is considered as Yazd main souvenir. The filling varies from ground walnuts to almonds or pistachios. Greeks use a honey syrup to sweeten their baklava while the Persians use a rose water syrup.



Rugs

The Yazd rugs have asymmetrical (Persian) knots with three wefts. The number of knots in square inch is much lower than Isfahān rugs and Nain rugs, but the pile is softer and longer.

Pottery & Ceramics

Pottery, the oldest handmade artwork, has a 6,000-year-old history in Iran. Local people call the earthenware 'Kevareh', which is made of clay. The earthenware is world famous for its designs, especially "fish", "the lady sun" and "the hen". Meybod is a prominent pottery-producing center in Yazd province.

Termeh

Termeh is one of the oldest traditional arts in Iran, this handicraft was woven as handmade. Today silk Termeh with different colors is finding in Yazd Province, in this regard Termeh weaving is the oldest art works.

Yazd Province 571 the oldest n, this en as k at

Tile Making

This craft has a 700 years' history in Yazd province. The artists at first decide on the shape and size of the tiles and then proceed with drawing (upon them) and enameling before baking the tiles.

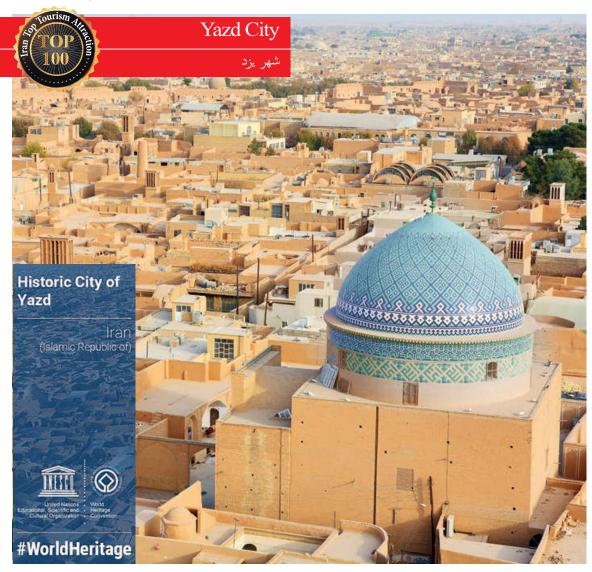
Main Industries

Textiles- Ceramics and construction materials - Unique Confectioneries- Jewelry industries.

Persian Qanāt



A qanāt is a gently sloping underground channel to transport water from an aquifer or water well to surface for irrigation and drinking. This is an old system of water supply from a deep well with a series of vertical access shafts. The Qanāts still create a reliable supply of water for human settlements and irrigation in hot, arid, and semi-arid climates. The Qanāt technology was developed in ancient Iran by the Persian people sometime in the early 1st millennium BC, and spread from there slowly westward and eastward. The 11 Qanāts representing this system include rest areas for workers, water reservoirs and watermills. The traditional communal management system still in place allows equitable and sustainable water sharing and distribution. The Qanāts provide exceptional testimony to cultural traditions and civilizations in desert areas with an arid climate.



Population: 529,673

The City of Wind-Catchers

Yazd city, the capital of Yazd province, is a modest sized city. Since 2017, the historical city of Yazd is recognized as a World Heritage Site by UNESCO. It is nicknamed the "City of Wind-catchers" (Shahr-e Badgir-Ha) from its many examples. Yazd city was originally an oasis at the crossroads of the Aryan trade roads, and one that became renowned as the center for the regions silk and wool fabrics. The city sits atop the Iranian plateau between 1203 and 1238 meters above sea-level. Yazd is also one of the largest cities built almost entirely out of adobe. Yazd's heritage as a center of Zoroastrianism is also important. The Majority people in Yazd are Muslims. There is also a sizable population of Zoroastrians in the city. Presently, Zoroastrians make up a significant minority of the population, around 20,000-40,000 or 5 to 10%.

History

Yazd is an important center of Persian architecture. Because of its climate, it has one of the largest networks of **Qanāts** in the world, and Yazdi Qanāt makers are considered the most skilled in Iran. To deal with the extremely hot summers, many old buildings in Yazd have magnificent wind towers (wind-catchers or Badgirs), and large underground areas. The city is also home to prime examples of **Yakhchals**, which were used to store ice retrieved from glaciers in the nearby mountains. There is a **Tower of Silence** on the Yazd hillsides, and the city itself has an **Atashkadeh** (Fire Temple) which holds a fire that has been kept alight continuously since 470.

The city's most prominent feature is its particular desert architecture. Pylons, minarets and domes are the most obvious architectural aspect of the city. In this architecture, the wind-catchers was used to capture wind and cool the building's space.

The construction and architecture of Yazd is one of the most prominent architectural examples of hot and dry climates in the world. Its fit with the climate and cultural needs of the people of the region, beyond the special beauty of this architecture. In the center of each district, there is usually a bath, a Bāzār, a water storage, a mosque, a Hosseiniyeh, small workshops, and water stream (to access the aqueduct), many of which still existing.

? How to Get There

Airplane

Yazd Airport located on Central Iranian Desert, approximately in the western part of Yazd, about 10 km (3.5 miles) from the city center.

Train

With a length of 716 km of the main line and also a 48-kilometer of the sub-line, Yazd railway are composed of five stations which are Yazd, Meybod, Bafq, Ardakan and Chador Malu.

Bus

Yazd bus terminal located on the boundary between the Road of the Industrial Town, Transit Road and Shahid Dehghan Blvd.

1st Day in Yazd City

Step back in time as you explore the ancient UNESCO World Heritage city of Yazd, a desert town known for its distinct Persian architecture style, punctuated by mud-brick buildings, wind towers, domed ice-houses, and water reservoirs.

On the first day take in nature's colorful creations at Dolat-Abad Garden, make a trip to Old Town, make a trip to Jāme Mosque of Yazd, then explore the ancient world of Shish Badgiri Ab Anbar, Silence Tower, and finally take in the spiritual surroundings of Zoroastrian Fire Temple.

2nd Days in Yazd City

PLANS

Steep yourself in history at Sar-Yazd Fortress, take in the exciting artwork at Yazd Art House, steep yourself in history at Alexander's Prison, see the interesting displays at Water Museum, then make a trip to Amir Chakhmagh, and finally get engrossed in the history at Museum of Zoroastrians History and Culture.

Top Hotels

Brand	Stars	Address	Tel	Price From
Parsian safa- iyeh	****	Timsar Fallahi St., Abouzar Sq., Safa- eiyeh, Yazd	+98 35 3826 0210	\$80
Dad	****	No. 214, Dahom Farvardin, Yazd	+98 35 3622 9400	\$100
Malek-o Tojjar	***	Panjeh Ali Market, Ghiam St., Yazd	+98 35 3630 3030	\$105
Arg-e Jadid	***	Shahidan Ashraf Blvd., Yazd	+98 35 38285000	\$126
Fazeli	***	Vaght-o Saat Sq., Jāme mosque St., Imam St., Yazd	+98 35 3620 8955	\$47
Firoozeh	***	Mehdi St., Yazd	+98 35 3627 2900	\$94
Moshir al-Mamalek Garden	***	Enghelab St., Moshir Blvd., Yazd	+98 35 35239760	\$ 120
Laleh	***	Rahman Mosque Yazd Blvd., Mobilize water storage Golshan, Yazd	+98 351 6225048	\$ 62
Mozafar	***	Motafari Ave , Shahid Bokani St., Yazd	+98 35 3622 7783	\$58
Parsian	***	Jomhouri Blvd., Yazd	+98 35 3525 3111	\$88
Jahangardi	***	Daneshjou Blvd., Imam Hossein Sq., Yazd	+98 35 36 24 9130	\$90
Tehrani	***	Abolfazl Sq., Taft Road, Yazd	+98 35 3721 5516	\$59
Silk Road	**	Number 5 - Taleh Khakestari, Jāme Mosque Street, Yazd	+98 35 3625 2730	\$49

Top Restaurants

- Termeh & Toranj: Middle Eastern, Persian, Vegetarian
- Marco-Polo Rooftop Restaurant: Indian, Middle Eastern, Persian
- Cafe Fooka: Persian, Oversea, Vegetarian
- Talaryazd: Middle Eastern, Persian
- Silk Road: Middle Eastern, Persian, Vegetarian



Yazd Jāme Mosque

سجد جامع يزد

General Information

Age: Timurid era

Architectural Style: Azerbaijani style

Special Features: It has the tallest minarets

in the world

Visiting Time: 8 to 19, No permission at night

Duration of Visit: Half an hour **Entrance Fee:** 8,000 Tomans

How to Get There

Tehrān To Yazd: Beihaghi Bus Terminal/ Train Station/ Mehr-Abad Airport (Distance from

Tehrān to Yazd is 628 Km)

Address: End of Masjid-e Jāme St, Opposite to Borj-e Sa'at (Clock tower), Imam Khomeini St, Yazd province, Iran

Suggestions

Best Time to Visit: In the Spring- the entrance portal of the mosque has a special beauty at night due to its illumination

Nearest Tourist Attractions: Amir Chakhmaq Complex, Alexander's Prison, Lāri-Ha House, Mortaz House

Facilities Around

→ Hotel & Lodging House:
→

🚻 Restaurant: 📀

Shop: <</p>

Network Coverage: Access to Vehicles:

Parking: 3 Gasoline: 9

Nearest Airport:

✓ Yazd airport

Nearest Train Station: Yazd train station

Glimpse

The Jāme Mosque of Yazd (Masjid Jāme Yazd) is the grand, Great Mosque (Jāme) of Yazd city, within the Yazd Province of Iran. The mosque is depicted on the obverse of the Iranian 200 Rials banknote.

History

The 12th-century mosque is still in use today. It was first built under Ala'oddoleh Garshasb of the Al-e Bouyeh dynasty. The mosque was largely rebuilt between 1324 and 1365, and is one of the outstanding 14th century buildings of Iran. According to the historians, the mosque was constructed in the site of the Sassanid fire temple. The previous mosque was constructed in 12th century, however the main construction of the present building was done by order of "Seyyed Rokn Al-din Mohammad Qāzi".

Architecture

The mosque is a fine sample of the Azari style of Persian architecture. The mosque is crowned by a pair of minarets as the highest in Iran, and the portal's facade is decorated from top to bottom via dazzling tile work, predominantly blue in color. Within is a long arcaded courtyard where, behind a deep-set south-east iwan, is a sanctuary chamber (shabestan). This chamber, under a squat tiled dome, is exquisitely decorated with faience mosaic; its tall faience Mihrab is one of the finest of its kind in existence.

Art

The elegant patterns of brick work and the priceless inscription of mosaic tiles bearing angular kufic all create a sense of beauty. The main prayer niche, the one which is located below the dome, is decorated with elegant mosaic tiles. On the two star-shaped inlaid **tiles**, the name of the builder and the time of construction of the prayer niche sparkle beautifully. The two towering minarets dating back to the Safavid era measure 52 meters in height and 6 meters in diameter.





Historical Inscriptions

The tile-work bequeathal inscription of the mosque, located in the eastern entrance vestibule, is dated 1364, the oldest date existing in the building. Other stone and tile-work inscriptions in this vestibule bear the dates 1369.

Commissioners & Builders

The various parts of this building were erected in the course of time and commissioned by different individuals.

From the **Kakui dynasty**, other parts were added to the mosque. Today no traces of the ancient parts remain; and the present building was commissioned by Seyyed Rokn al-Din Mohammad, died in 1332 and completed after his death by Mowlana Saied Sharaf al-Din Ali.

The building of the mosque was restored and other parts and decorative elements were added to it in different periods.

Information from Written Sources

Donald Wilber has recorded that remains of an ancient mosque probably belonging to before the **Seljuq period** exist on the eastern side of the

courtyard. The ruins of this building were still in existence as late as a few decades ago and **Maxime Siroux** has included several pictures of them in his essay on the Jāme Mosque of Yazd.

Evolution of the Building

The current mosque stands on the site of other three mosques that had been built in the next centuries and eventually transformed, in the Qajar period, into a single edifice with a vast courtyard. The first mosque, i.e. Atiq Jame Mosque, was built in the second half of the third lunar hijri century, during the reign of Saffarid monarch Amr Ebn-e al-Leyth, following a shabestan design. The second mosque, i.e. the Qadim Jāme Mosque, was built under Ala od -al Dowleh Garshasb ebne Ali ebne Faramarz- one of the Kakui rulers of Yazd. This mosque, the design of which comprised a gonbadkhaneh equipped with an eivan, was built on the western side of the Atiq Mosque; follwing which the daughters of Faramarz ebne Ali Kakui had a shabestan and a mausoleum erected beside it. This mosque existed until 1825, when its major part was demolished during the renovation and enlargement of the ensemble.

The third mosque, i.e. the **Nou Jāme Mosque**, was built in the first 14th century behind the Qiblah of the **Qadim Jāme Mosque**.





General Information

Architectural Style: Azerbaijani style **Special Features:** One of the architectural masterpieces of the Timurid era

O How to Get There

Tehrān To Yazd: Beihaghi Bus Terminal/ Train Station/ Mehr-Abad Airport (Distance from Tehrān to Yazd is 628 Km)

Address: Near Shohada intersection, Imam Khomeini St, Yazd province, Iran

Suggestions

Important Parts to Visit: Mosque, Tekiyeh, Seti Fatemeh Monument, Haji Ghanbar Bāzār, Seti Fatemeh cistern, Amir Chakhmaq cistern and Mouming Nakhl

Best Time to Visit: No limit, but spring is the best **Nearest Tourist Attractions:** Jāme Mosque of Yazd, Water Museum, Shish Bādgiri Ab Anbar, Traditional Vakil Bāzār

Facilities Around

Network Coverage:

📵 Shop: 🥥

♠ Nearest Airport: ② Yazd airport

Nearest Train Station:

✓ Yazd train Station

Glimpse

The Amir Chakhmaq Complex is a prominent structure in Yazd, Iran, noted for its symmetrical sunken alcoves. It is a mosque located on a square of the same name. It also contains a caravanserai, a tekiyeh, a bathhouse, a cold water well, and a confectionery. At night, the building is lit up after sun set with orange lighting in the arched alcoves which makes it spectacular. During the Iran–Iraq war and United States war against Iraq and Afghanistan, many Iraqis and Afghanis have come to inhabit the Amir Chakhmaq Square.

Geography

The mosque is located on a square of the same name, named after **Amir Jalaleddin Chakhmaq**, a governor of Yazd during the Timurid dynasty (15th-16th century CE). Separate living areas for Iraqis and Afghanis are nearby. The complex is situated opposite of the Yazd Water Museum.

Architecture

The prominent structure has a three-story elaborate façade of symmetrical sunken arched alcoves. It is one of the largest Hosseiniyeh in Iran. In the center are two very tall minarets. The spiral staircase in one of the two minarets is said to create a feeling of claustrophobia, while it provides views of Yazd.

The bathhouse, in the front of the building is around 600 years old. Arcades have been added recently on the flanks to provide safety from traffic. Only the first floor above the ground level is accessible. There is a shopping complex in the basement of structure.

The complex includes the three-story **Tekiyeh** which used to commemorate the matyrdom of **Hossein Ebn-e Ali**. In the corner of the tekiyeh, there is a **Nakhl**, described as a "strong, wooden object with very large metal fixtures and studs". It was venerated





during the Shiite commemoration festival of Ashura.

History

Amir-Chakhmaq Square, according to **Dr. Vahdat Zad**, an architectural historian who has worked extensively on the spatial aspects of the square, was built in the 15th century by Jalalal-Din Amir-Chakhmaq, the governor of Yazd in the Timurid era. On the same year the mosque was inaugurated, **Haj Qanbar Jahanshahi**, who was the subsequent governor, constructed a Bāzār and caravanserai at the sides of the square. Most of the changes in Amir-Chakhmaq Square were implemented during the modernization period.

Amir Chakhmaq complex is located in downtown Yazd in the eastern side of Amir Chakhmaq Square. The entry of the Haji Qanbar Bāzār is located in the districts of this historical monument so the Bāzār is behind the Tekiyeh. The entrance to the Ab-Anbar (water reservoir) rests on one of the western side pavilions and Chakhmaq Bath and the Bafties Caravanserai lie on the west side while



the **Sha'aban Caravanserai** is located on the right i.e. on the northern part of the square. The new mosque (Mesjed-e No) is also located next to this section. From the Mazari Alleyway, which leads to the Ab-anbar square there are five Bādgir (wind-catcher) or the **Seti Fatemeh Ab-anbar**, which has now been used as a **Zurkhaneh** (varzesh-e pahlavāni or varzesh-e bāstāni a traditional sports originally used by Persian warriors in Iran). Seti Fatima's tomb is also located in front of this Ab-anbar.



Nakhl-Gardāni is a Shia religious ritual carried out on the day of Ashura for commemorating the martyrdom of Hossein Ebn-e Ali the third Shi'a Imam and, the grandson of the Prophet Moḥammad and third Shia Imam.

Nakhl is a wooden structure used as a symbolic representation of the Imam's coffin and Nakhl-Gardani is the act of carrying the Nakhl from one place to another, resembling an Imam's funeral.

The ritual is carried out in cities like Yazd, Kāshān and Shahroud.



Yazd Bahram Fire Temple

نشکده بحرام یزد

General Information

Age: Timurid

Special Features: One of the architectural

masterpieces of the Timurid era

Visiting Time: 8:30 - 12 & 16:30 - 20:30 (On summers)- 15:00 until dawn (On autumns and

Winers), Closed on Friday

O How to Get There

Tehrān To Yazd: Beihaghi Bus Terminal/ Train Station/ Mehr-Abad Airport (Distance from

Tehrān to Yazd is 628 Km)

Address: Atashkadeh St, Kāshāni, Alley, Yazd

city, Iran

Suggestions

Important Parts to Visit: Zoroastrian Eternal

Best Time to Visit: No limit, but spring is the

best time

Nearest Tourist Attractions: Zoroastrian

Museum of Culture, Yazd Water Museum, Jāme Mosque of Yazd, Alexander's Prison, Amir Chakhmagh Complex

Facilities Around

Hotel & Lodging House:

🔐 Restaurant: 🕏

Gasoline:

∧ Nearest Airport: ✓ Yazd airport

Nearest Train Station:

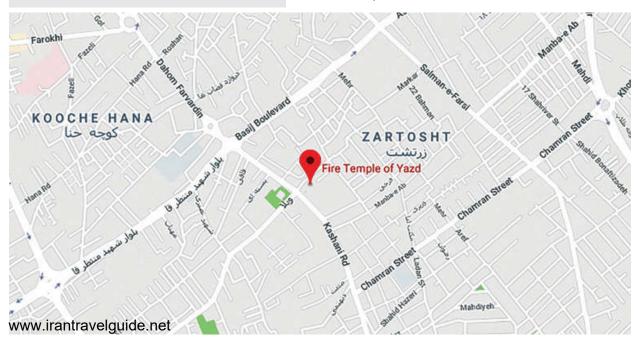
✓ Yazd train Station



Glimpse

The Yazd Atash Bahrām, also known as Yazd Atashkadeh, is a temple in Yazd, to the west of Shirāz in Iran. It was built in 1934 and enshrines the Atash Bahram, meaning "Fire of Victory", dated to 470. It is one of the nine Atash Bahrāms, the only one of the highest grade fire in Iran where Zoroastrians have practiced their religion since 400 BC; the other eight Atash Bahrāms are in India. According to Aga Rustam Noshiravan Belivani, of Sharifabad, the Anjuman-e Nasiri (elected Zoroastrian officials) opened the Yazd Atash Bahrām in the 1960s to non-Zoroastrian visitors.

A fire temple in Zoroastrianism is the place of worship for Zoroastrians, often called Dar-e Mehr (Persian) or agiyari (Gujarati). In the Zoroastrian religion, fire, together with clean water, are agents of ritual purity. Clean, white "ash for the purification ceremonies [is] regarded as the basis of ritual life", which "are essentially the rites proper to the tending of a domestic fire, for the temple [fire] is that of the hearth fire raised to a new solemnity.



Entering the temple has always been associated with the customs for the worshippers including the cleanliness of women and men. Men need to enter with white hat and women need to wear white scarves and brightly colored clothes without shoes.

History

ccording to an inscription plaque fixed on the shrine, the construction of the Yazd Atash Bahrām temple is dated to 1934. The funds for building it were provided by the Association of the Parsi Zoroastrians of India. Construction was done under the guidance of Jamshid Amanat. The sacred fire of the temple is stated to have been burning since about 470; originally started by the Sassanian Shah when it was in the Pars Karyan fire temple in southern Pars district of Larestan. From there it was transferred to Aqda where it was kept for 700 years. The fire was then moved in 1173 to Nahid-e Pars temple in nearby Ardakan, where it remained for 300 years until it was moved again to the house of a high priest in Yazd, and was finally consecrated in the new temple in 1934.

A bust of Manekji Limji Hataria, who was instrumental in raising funds for building the temple, has been installed in the precincts of the temple. The bust also displays the Zoroastrian divine symbols of the Sun and the Moon.

Architecture

he fire temple is built in Achaemenid architecture style in brick masonry to the design prepared by the architects from Mumbai. It is similar in design to the Atash Bahrām temples in India. The building is surrounded by a garden which has fruit trees. There is a winged deity of the Ahura Mazda embedded on the front door of the temple.

The sacred fire is installed in the temple behind an amber tinted glass enclosure. Only Zoroastrians are allowed to go to the sanctum area of the fire. Non-Zoroastrians can only view it from outside the glass chamber. The Anjuman-e Nasiri opened the Yazd Atash Bahrām in the 1960s to non-Zoroastrian visitors.



Lari-Ha Mansion

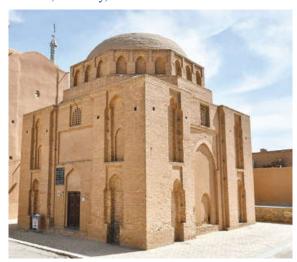
Address: Near Kolah Farangy mansion, Fahādān district, Emam Khomeini St, Yazd city, Iran



Lari-Ha Mansion and its wind-catcher are related to Qajar period and located beside Kolah Farangi Mansion in Fahadan district. Lari-Ha Mansion includes six gates with totally desert-specific house architecture. The doors, windows, orosis and rooms with mirror works and painted are one of the beautiful and perfect examples of luxurious houses of thirteenth solar century. This complex is beside other historical buildings such as Ziavieh School or Alexander's Prison, Seyved Golsorkh Shrine and Yazd Tower.

Shrine of the Davazdah Imams

Address: Near the Hosseiniyeh district, Fahadan district, Yazd city, Iran.



The Maghbareh-ve (Shrine of) Davazdah Emam (11th century mud brick architecture) inside there are inscriptions with the names of the 12 Shiite Imams, but none of them are buried in the building.

The early-11th century brick Tomb of the 12 Imams forms one side of Zaiee Sq, in the heart of Yazd's historic old city. The once-fine, but now badly deteriorated inscriptions inside bear the names of the Shiite Imams.

Obwlat-Abad Garden

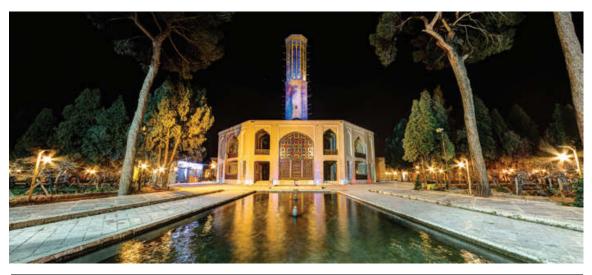
Address: Dowlat-Abad Blvd, Shahid Rajayi St, Yazd city, Iran

Distance from Yazd: In the city center

Dowlat-Abad Garden located in Yazd, central Iran, is a Persian architecture jewels. Dowlatabad Garden is one of the 9 gardens listed as **world heritage sites by UNESCO** under the common title of Persian Garden. Similar to other Persian gardens, there are mansions inside the Dowlat-Abad Garden each of which having specific function. These mansions are surrounded by the orchards with fruit trees such as pomegranate and grapes, flowers and pools. To create Dowlat-Abad Garden and to supply its water a 65 km long chain of Qanāts (underground water channels) were dug from



Mehriz to Yazd. This garden was created in the mid-18th century for the Karim Khan Zand, then the King of Iran. It is also famous for having the tallest badgir (wind catcher) in Iran with 34 m height. After visiting other highlights of this desert city, having a pleasing evening time in this superb garden is an ideal choice.



PBoustan-e Naji Park

Address: Near Najaf-Abad Channel, on the exit route of Yazd Boulevard to Kermān, Shahid Dashti Blvd, Najaf Abad, Yazd province.Iran



In addition to its historical attraction, Boostan-e Naji, located in Yazd province, has become a suitable place to visit and rest due to its amenities for travelers and tourists. This mansion and garden was the property of the owner called **Naji**, which was rebuilt after the donation to the municipality. This residential building has been used in different extensions. The building has 5 rooms on the ground floor.

Shesh Badgiri Reservoir Water

Address: Shesh Badgir alley, Tappeh Yazd district, Yazd city,, Yazd province, Iran

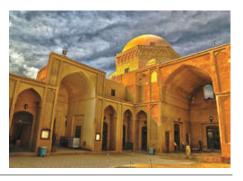


This monument was built 180 years ago in **Qajar period** and reconstructed in 1952. This water reservoir, which is the most beautiful water reservoir in Yazd, was constructed by **Haji Hossein Mirollah**.

Alexander's Prison (Ziyaiyeh School)

Address: Near the shrine of Davazdah Imams, Fahādān district, Yazd city, Iran

Alexander's Prison with about 8 centuries of historical background is located beside Davazdah Imams Shrine in Fahadan District in Yazd. This monument was established in 1428 by the famous scholar, **Zia al-Din Hossein Reza** and was completed in 1500 by his sons, Majd al-Din Hasan and Sharaf al-Din Ali. There are some narratives about this building.



😯 Zurkhaneh Saheb al-Zaman

Address: Amir Chakhmagh Sq, Yazd city, Iran

Zurkhaneh-yi sports is another name for Iranian traditional sports. The place where Iranian do traditional sports is called a Zurkhaneh (traditional gym). Apart from traditional sports, **athletic wrestling** is also done in Zurkhaneh. Athletic wrestling and Zurkhaneh traditions were registered in UNESCO list of spiritual heritage on November 16, 2010. Saheb al-Zaman Zurkhaneh is the greatest zurkhaneh in Yazd Province.



Yazd Water Museum

Address: Amir Chakhmagh Sq, Yazd city, Iran

Yazd water museum was set up in 2000 in the wake of the first **international conference on Qanāt** in Yazd. The museum building has once been a merchant's house, named Kolahduz-Ha, built in 1929. This Museum displays the tool, techniques used for the past 4000 years in Iran in creating underground waterways (Qanāts) and connecting them to the city and field locations for agricultural and other uses. This museum has put on display a variety of water objects from Qanāt to water ownership documents.



? Towers of Silence

Address: Khuh Dakhme, Safaeeyeh region, 15 km southeast of Yazd city, Iran

This **Zoroastrians Dakhmeh** also known as Towers of Silence lies 15 km southeast of Yazd around Safaeeyeh District, on a low sedimentary mountain called **Dakhmeh Mountain**. Dead bodies would be put in this tower in the past. In the past, the corpses would be placed on top the tower to be eaten by birds. Later, the bones would be dropped into a well. This would prevent soil pollution (According to Zoroastrianism religion).



<page-header> Jāme Mosque of Fahraj

Address: Fahraj village, 25 km southeast of Yazd city, Iran Distance from Yazd: 40.6 km - 34 min

Lodging House:

Restaurant:

✓

Jāme mosque of Fahraj is a mosque from early Islamic era located in Fahraj city. It is among the oldest extant mosques in Persia; it demonstrates the simple architectural characteristics of the early Islamic centuries. The **oldest Iranian mosque** is located in one of the ancient villages of Yazd. It is the only mosque of Islamic World whose building has not changed so far since it was constructed. The mosque's internal courtyard, vaulted sanctuary and arcades date from the Sassanid period, although its cylindrical clay minaret is more recent – built as a lighthouse for caravans around 400 years ago.



MEYBOD CITY

A Gem in the Heart of Desert

شهر میبد

Meybod is a city in Yazd province. This city has a few thousand years of history. Meybod city is considered to be the second urban and commercial center of Yazd province and due to its valuable historical structure, most of the city has been registered on the list of Iran's historical monuments. It's also worth mentioning that Jahan-Abād town is also one of the major industrial centers of this city, and by producing half of the tiles and ceramics of the country, this county, is also considered as the main production center of these products. Minted coins of Meybod in Sassanid period, it becomes clear that Meybod was a great and important city in late Sassanid era; since, from more than a 117 pre-Islamic cities identified in Iran only a few number had coinage conditions or permission. The remaining coins from the time of the Sassanid Boran, which were made in this county, are of the historical proofs that show the political and civilizational importance of Meybod county during Sassanid era. According to the available evidence and findings of investigations, the first foundation of Meybod city belong to ancient periods of Iran's history. Because of this, International UNESCO Organization, has placed the old city of Meybod among the experimental historical-cultural monuments of Iran. The oldest evidence of the city's historical identity and the start of urbanization in Yazd, is Narin Qal'eh of Meybod; the construction of which is attributed to Prophet Solomon.

Meybod Ice-House (Fridge)

Address: Across the Abbasi Caravanserai and Chapar-Khaneh, Qāzi Blvd, Meybod city, Yazd province, Iran

The fridge with a history that goes back to the time before Qajar period is one of the few fridges remaining in Yazd Province that is made of adobe and mud. The main parts of this elegant monument include shadow-caster walls, ice pond, fridge tank and a dome. The nearest tourist attractions to the Ice-House are Kolar water reservoir, Abbasi Caravanserai and Meybod Chapar-Khaneh.

Chapar-Khaneh Museum

Address: Next to Shah Abbasi caravanserai, Qāzi Blvd, Meybod city, Yazd province, Iran



Chapar-Khaneh of Meybod dates back to Qajar era. It has been one of the major post offices and chapars in the past that was established on the ancient Rey-Kermān Road and beside Meybod Inn. Chapar-Khaneh duty was to keep and treat a few fresh horses and messengers to quickly sent and transfer important letters and trust properties. Hence, chaparkhanehs were built in the form of castles so that they can be protected and this importance can be clearly seen in its high towers and walls and the holes for watching, shooting and its appropriate defense position.



Narin Qal'eh (Castle)

Address: Shahrdari Sq, Meybod city, Yazd province, Iran

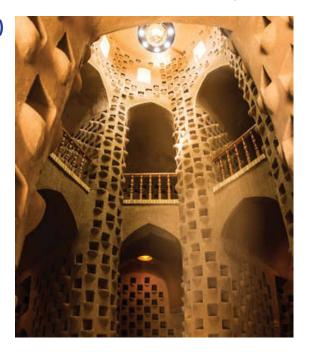


The building which is known as Narin Castle in common language is one of the most important historical monuments before Islam in Yazd Province. Its long background has given it a legendary identity such that the compiler of Yazd History has attributed the castle to the time of Solomon. This old castle which is on top of a hill in Meybod has all its parts made of adobe and mud and its architecture is in stratified form. The oldest section of the building includes spaces carved in the heart of the earth and are called "Boken" in local language and it means the lowest part.

Raboutar-Khaneh (Pigeon's Tower)

Address: Southeastern of Meybod city, Yazd Province, Iran

Pigeon tower of Meybod has 4000 pigeon nests, whose brick and gypsum's architecture prevent the snakes from reaching and hunting migratory birds. This pigeon tower is made of cylindrical and decorated with brick and gypsum. The pigeon tower made of 20 to 20 cm cavities, each of which is a nest of pigeons. Four turrets and a middle tower on the roof were in the direction of the entering and exit of the pigeons, and the sharp color of the Mogarnas structures is the main reason for attracting the birds. This exterior is a circular raft with special reliefs and from interior contains a hexagonal arch. It also has three floors and is equipped with thousands of nests for attracting and keeping migratory birds. This tower has a hexagonal dome covering around it, which is decorated with gypsum. The interiors of these types of pigeon houses sometimes have embodied more than 25,000 pigeons.



Meybod Shah Abbasi Caravanserai

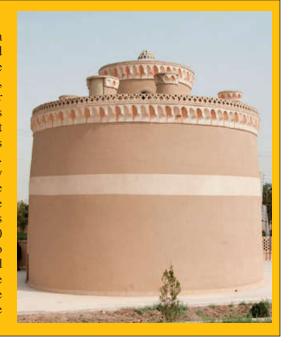
Address: Qāzi Mir Hossein Bvld, Meybod city, Yazd province, Iran

The Shah Abbasi Caravanserai in Meybod is a Safavid era (1501-1722) structure with a square plan. The caravanserai has a total of 100 rooms, 24 of which are built around a central courtyard. There is a pool inside the courtyard and its entrance is located in a Sabat vaulted alley. The caravanserai includes an Ab-Anbar (water reservoir), a Chapar-Khaneh (courier House) and an Ice-House. Parts of the caravanserai have been turned into a traditional restaurant. The caravanserai was registered as a National Heritage Site in 1979.



Pigeon Towers of Iran

For most city dwellers, pigeons are categorized along with rats, cockroaches and mice as vermin, But not so in 16th and 17th century Iran. Domesticated pigeons were a valuable resource, or rather, their poop was. Rich in nitrogen, pigeon guano was used across Iran as a natural fertilizer for melon and cucumber fields. Despite first impressions, this beautifully restored tower was not military-purpose built but dedicated to something altogether more prosaic: it is a pigeon house, a giant roost for the collection of guano. Used for fertilizer, the guano was a precious commodity before the introduction of chemical equivalents, so the more pigeons that could be induced to take up residence the better. This particular example, with its fine brick work, is around 200 years old and provided nesting space for 4000 birds. On the roof, a giant bowl of water was designed to attract the birds to the tower and the entry holes restricted to prevent bigger birds muscling in on the lodgings. The smooth plaster finish of the tower made it impossible for snakes to slither up the outside, while the stone base prevented rats from burrowing up from the ground.



🤗 Gonbad-e Āli

Address: 5 km southeast of Abar-Kouh city, Yazd province, Iran

On a hill just outside town stands the Gonbad-e Ali, an octagonal funerary tower built in 1056 for **Hezarasp Ebn-e Nasr**, the ruler of a local dynasty. Unlike most funerary towers, which are built of brick, this one is of stone and is in very good situation. Its muqarnas cornice is the oldest example of this type of exterior cornice and probably originally held up a pyramidal roof. Except for the inscription under the cornice, the walls are plain.



Abar-Kouh Cypress

Address: Imam Hossein Sq, Nezamieh St, Miras Sq, Sarv St, Abar-Kouh city, Yazd province, Iran

The world's second oldest tree is Sarv-e Abar-Kouh, located in Abar-Kouh city. This Iranian natural heritage and tourist attraction stands 25-28 meters high and has a width of 11.5 meters. Russian scientist Alexander Rouf has estimated its age as over 4,000 years old and could be the oldest tree in Asia. Some legends attribute its origin to Japheth, the son of Noah, while others believe Zoroaster himself planted it. Favorable natural conditions of its location has been credited as the main reason for the tree's longevity,

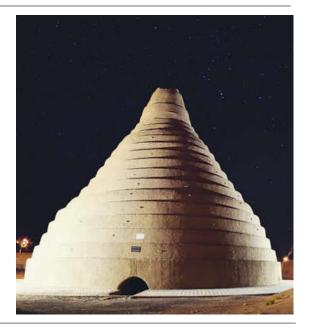


although it is now surrounded by an urban park and is open to disturbances by unnatural elements.

Abar-Kouh Ice-House

Address: Sourmagh Road, Abar-Kouh city, Yazd province, Iran

Abar-Kouh has 4 ice houses which date back to **Qajar dynasty**. Adobe Ice-Houses (Yakhchal) are ancient buildings used to store ice and food throughout the year, commonly used prior to the invention of the refrigerator in the past. Ice collected during the winter and properly insulated (usually with straw) could be stored inside ice-houses throughout the year. In Iran, ice houses consisted of a large hole dug in the ground, and covered with an adobe structure. They ensured a sufficient supply of ice during the torrid Persian summer months. Persian engineers had mastered the technique of storing ice in the middle of summer in the desert. The structure is made out of a special mortar, composed of sand, clay, egg whites, lime, goat hair, and ash in specific proportions.



Agha-Zadeh Mansion

Address: Abarghou Sq, Darvazeh district, Abar-Kouh city, Yazd province, Iran

Agha-Zadeh Mansion and its wind-catcher is related to Qajar era and located on Abar-Kouh, Darvazeh District, Abarghu Square. The owner of the mansion was **Seyyed Hossein Abarghuyi**, one of the wealthy people in Abar-Kouh. Its area is 820 square meters. Cashes with value of 20 thousand Rials were distributed in Iran with a design of this historical mansion on since 2014.



Ashkaft/Shegeft Yazdan Cave

Address: On a high mountain called Ashkaft, near Hafthar village, Ardakan county, Yazd province, Iran Distance from Yazd: 114 km - 1 h 36 min Lodging House: 🛇 Restaurant: 🕸

Ashkaft/Shegeft Yazdan cave was the place for keeping the fire that was brought from Nahid Fire temple to Hafthar Village near Aqda. Then it was transferred to Turk-Abad in Ardakan and after 30 years, it was finally brought to Yazd in 1946 and is now lit in **Bahram Fire temple** in Yazd City. This ancient cave is near Aqda and is one of the holy caves of Zoroastrians. The entrance of the cave is very difficult to pass. However, there is a vast area inside the cave that can contain thousands of people. Several



small and big pools and building structures can be seen inside it. Lots of ashes can be seen in the cave which show that the holy fire used to be protected in these caves for years.



Saryazd Castle

Address: Near Sar-Yazd village, 5 km from north of Yazd-Kermān road, Keshtkhan area, Mehriz county, Yazd province, Iran

Saryazd Castle is located near Yazd-Kermān Road and in Koshtkhan Field beside Sar-Yazd village and is one of the greatest and most beautiful castles of Mehriz county along with Mehr Padin Castle. The castle dates back before Islam. This monument is surrounded by a trench with a six meters' width and depth of four meters and the trench is considered the first defense layer of the castle. The castle has two defensive rampart and fence. The complexity in inner spaces along with the tower and ramparts and simple and courtly geometrical shapes on them and the



beautiful outer volume of the building are its unique features that have made Sar-Yazd castle as one of the most picturesque castles in the country.

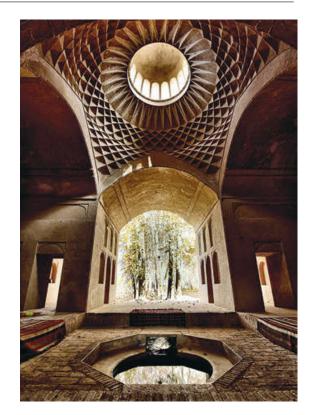
Pahlavan-Pour Garden

Address: Near Mezivar-Abad, Shahid Zarein town, Motahari St, Mehriz county, Yazd province,

Distance from Yazd: 49.8 km-48 min

Lodging House: ♥ Restaurant:

The historical Pahlavan-Pour Garden is located in Mazvir Abad District in Shahid Zarein town. The building was built in the late Qajar period. The two gardens of Dowlat Abad and Pahlavan-Pour along with 7 other Iranian gardens were agreed to be registered in the list of world heritage in the thirty fifth meeting of World Heritage Committee. Pahlavan-Pour Garden in Mahriz is rare in its kind in the whole area and belonged to one of the businessmen in Yazd called Ali Pahlavan-Pour, Zemestan Khaneh-Mansion is in the western side of the garden, Sharbat-Khaneh Mansion in the central part, service parts (stalls, storehouses, janitor house, etc.) and spinning workshop and carpet weaving is in the southern side. The most invaluable section of the garden is Kushak Mansion or Sharbat Khaneh in three floors. Kushak Summerhouse is highly decorated and is considered the most precious part of Sharbat Khaneh Building.



Chak Chak Zoroastrian Shrine

Address: On the mountains between Ardakan and Aniireh, 43 kilometers east of Ardakan, Yazd province, Iran

Distance from Yazd: 99.2 km-1 h 18 min Nearest tourist attractions: Menar Jonban of

Kharanaq, Castle of Kharanaq Lodging House: •

Restaurant: 3

Chak Chak or Chaku Chaku is one of the most important Zoroastrian shrines in Iran. This shrine that is also called "Pir-e Sabz" by Zoroastrians is located between Ardakan and Anjireh Mountains in Ardakan in Yazd Province. Every year Zoroastrians are gathered in this shrine on 24th of Khordad (June 14) for four days to pray. Mehregan Festival is held in this shrine every year. It is said that "Chak Chak" or "Chak Chaku" is derived from the sound of the drops of water that fall down from a rock and is now led into a storage tank. Pir-e Sabz Shrine has facilities such as electricity, drinking water and several rooms that are built for resting. The fire temple is a hollow cavity in the heart of the mountain that has made it look like a room.





Shir-Kouh Mountain

Location: Yazd, Iran **Elevation:** 13303 ft / 4055 m

Shir-Kouh which means Lion Mountain is part of a group of mountains which encircles the west side of central desert of Iran known as (Dasht-e Kavir). Shir-Kouh, Barf-Khaneh and Aseman-Kouh are the most famous summit in that area, which are located in the south part of Yazd city. Ascent to the peak of Shir-Kouh is possible even for beginners and inexperienced mountaineers in all seasons. Blizzard and avalanche make the winter ascent difficult and dangerous, but when the condition of weather is good there won't be much problem. One-day ascent is possible even in winter, if you are fit enough. Skilled mountaineers can easily reach to top in 7 hours.

Getting There

For getting there you have to go to Yazd, From Tehran, you can get there by bus, train or plain, but we don't suggest the bus, because you have to spend more than 10 hours. From Yazd you can rent a car or minibus and go toward Taft city and after that Dehebala, finally you will reach Sheikh Ali Shah farm. You have to start your ascent from there.



MORE ATTRACTIONS

Yazd City

- · Zaarch Qanāt
- Saabaats (Sunshades) of Yazd
- Khaneh Pedari Mansion
- Shah-Shoja (Rashtian) Historical House
- Mirror and Lighting Palace Museum
- Yazd Kouhestaan Park
- Tehrāni-Ha House (Fahadan)
- Fahadan Hotel Museum
- Megar-Ha (coppersmiths) Bazaar
- Mortaaz House
- Parviz Cave
- Mullah Agha Baba Synagogue
- Mahmoudi House
- Yazd Waziri Museum
- Imamzadeh Seyyed Mohammad Ja'far
- Khavidak Castle
- Mashgh-Ali-Amin Historical House
- Shokouhi House
- Imamzadeh Seyyed Gol-Sorkh

Ardakan City

- Afzali House
- Kharaneq Menar-Joban

Ashkezar City

- Sultan Bandar-Abad-e Sadouq Complex
- Asiab Abi (Water Mill)
- haft-Baadgiri Water Reservoir, Asr-Abad
- Nabaati Cave

Abar-Kouh City

- Sowlat House Anthropology Museum
- Agha-Zadeh House

Some pages of the Farsi Guide are representing below

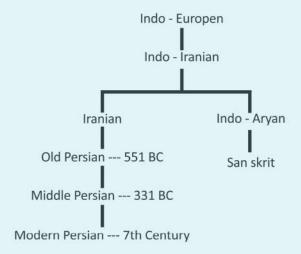
Shapter 3 فارسی Earsi Learning Guide

Persian (/፲p፻፲፻፫፬n/ or /፲p፻፲፻፫፬n/), also known by its endonym Farsi (މާލާލާ farsi [fiʊʊʊʊsiʊ]), is one of the Western Iranian languages within the Indo-Iranian branch of the Indo-European language family. It is primarily spoken in Iran, Afghanistan (officially known as Dari since 1958), and Tajikistan (officially known as Tajiki since the Soviet era), and some other regions which historically were Persianate societies and considered part of Greater Iran. It is written in the Persian alphabet, a modified variant of the Arabic script, which itself evolved from the Aramaic alphabet.

The Persian language is classified as a continuation of Middle Persian, the official religious and literary language of the Sasanian Empire, itself a continuation of Old Persian, the language of the Achaemenid Empire. Its grammar is similar to that of many contemporary European languages. A Persianspeaking person may be referred to as Persophone.

There are approximately 110 million Persian speakers worldwide, with the language holding official status in Iran, Afghanistan, and Tajikistan. For centuries, Persian has also been a prestigious cultural language in other regions of Western Asia, Central Asia, and South Asia by the various empires based in the regions. Persian has had a considerable (mainly lexical) influence

on neighboring languages, particularly the Turkic languages in Central Asia, Caucasus, and Anatolia, neighboring Iranian languages, as well as Armenian, Georgian, and Indo-Aryan languages, especially Urdu (a register of Hindustani). It also exerted some influence on Arabic, particularly Bahrani Arabic, while borrowing much vocabulary from it after the Arab conquest of Iran. With a long history of literature in the form of Middle Persian before Islam, Persian was the first language in the Muslim world to break through Arabic's monopoly on writing, and the writing of poetry in Persian was established as a court tradition in many eastern courts. Some of the famous works of Persian literature are the Shahnameh of Ferdowsi, the works of Rumi, the Rubaiyat of Omar Khayyam, the Panj Ganj of Nizami Ganjavi, the Divān of Hafez and the two miscellanea of prose and verse by Saadi Shirazi, the Gulistan and the Bustan.



The 1st Human Rights Charter in the World

I relieved their weariness and freed them from their bonds, as for the population of Babylon who as if without divine intention had endured a yoke not decreed for them. Marduk, the great lord, rejoiced at [my good] deeds, and he pronounced a sweet blessing over me, Cyrus, the king who fears him, and over Cambyses, the son [my] issue, [and over] my all my troops, that we might proceed further at his exalted command. I returned the images of the gods, who had resided there to their places and I let them dwell in eternal abodes. I gathered all their inhabitants and returned to them their dwellings.

Cyrus the Great Cylinder



			Persian A	lphabet				
ш	Name	Name in	DIN 2462E [4]	IDA		Context	ual form	S
#	Name	Persian Script	DIN 31635 [1]	IPA	Final	Medial	Initial	Isolated
0	hamzeh	همزه	>	[3]	ئ أو	<u> </u>	ئ	ءِ أ
1	'alef	الف	ā	[\pi]	L		1 / Ĭ	
2	be	ب	b	[b]	Ţ	- -	ب	ب
3	pe	پ	p	[p]	4	-1	÷	Ų
4	te	تِ	t	[t]	ت	ī	ت	ت
5	<u>s</u> e	ثِ	<u>s</u>	[s]	ث	<u> </u>	ث	ث
6	jim	جيم	j	[d͡ʒ]	ح	ج	ج	E
7	che	Œ	č	[t͡ʃ]	₹-	-	-	<u>ৰ</u>
8	ḥe(-ye jimi)	ζ	ķ	[h]	ح	_	_	۲
9	khe	Ċ	X	[x]	خ	خ	خ	خ
10	dāl	دال	d	[d]	7		7	
11	<u>z</u> āl	ذال	Z	[z]	<u>テ</u>		?	
12	re	Ĵ	r	[t]	٠		ر	
13	ze	j	Z	[z]	ڔ		ز	
14	že	ڎؚ	ž	[3]	ڔٛ		ژ	
15	sin	سين	S	[s]	UM-		ســ	س
16	šin	شين	š	$[\mathcal{N}]$	ش		شـ	ů
17	ṣād	صاد	Ş	[s]	<u>ص</u>	<u>ھ</u>	صـ	ص
18	zād	ضاد	Ż.	[z]	ـض	ضـ	ضـ	ض
19	ṭā, ṭoy (in Dari)	ط, طا	ţ	[t]	ط	ط	ط	ط
20	ҳ̄ā, ҳоу (in Dari)	ظ, ظا	Ż	[z]	ظ	ظ	ظ	ظ
21	[°] eyn	عين	C	[3]	ے	•	عـ	ع
22	ġeyn	غين	ġ	[γ]	ـغ	غ	غـ	غ
23	fe	فِ	f	[f]	ف	ف	ف	ف
24	qāf	قاف	q	[G]	ٿ	ä	ق	ق
25	kāf	کاف	k	[k]	ے	ے۔	ک	ک
26	gāf	گاف	g	[g]	ےگ	_گ_	گ	گ
27	lām	لام	1	[1]	J	7	7	ل
28	mim	ميم	m	[m]	ے	_	م	م
29	nun	نون	n	[n]	ٺ	<u> </u>	ن	ن
30	vāv	واو	v / ū / ow / (w / aw / ō in Dari)	[v] / [u:] / [o] / [ow] / ([w] / [aw] / [o:] in Dari)	۔و		و	
31	he (-ye do- češm)	ò	h	[h]	هـ	8	هـ	٥
32	ye	ي	y / ī / á / (ay / ē in Dari)	[j] / [i] / [v:] / ([aj] / [e:] in Dari)	G	Ť	ت	ی
Footnote: DIN 31635 is a Deutsches Institut für Normung (DIN) standard for the transliteration								

Survival Guide Persian to English

Basics				
English	Persian Pronunciation	Persian Equivalent		
Hi	Salaam	سلام		
How are you?	Haaletoun chetoreh?	حالتون چطوره؟		
I am fine	Man khoubam	من خوبم		
Bad	Bad	ېد		
And you?	Shomaa chetor?	و شما؟		
Iran is beautiful	Iraan zibaast	ایران زیباست		
Thank you	Mamnoun	ممنون		
You are welcome	Qaabeli Nadaareh	قابلی نداره		
Enjoy your meal	Az qazaa lezzat bebarid	از غذا لذت ببريد		
Expression you say after eating	Noush-e jaan	نوش جان		
Expression you say to somebody who just took a shower	Aafiat baashe	عافیت باشه		
The answer to that expression	Salaamat baashi	سلامت باشي		
Sorry	Sharmandeh	شرمنده		
Please	Lotfan	لطفا		
Excuse me	Bebakhshid	ببخشيد		
No problem	Moshkeli nist	مشكلى نيست		

Grammatical Persons					
Ī	Man	من	We	Maa	ما
You	То	تو	You (plural)	Shomaa	شما
He/She/It	Oou/Oou/Aan	او\او\آن	They	Aanhaa	آنها

Introducing Yourself				
What is your name?	Esme shomaa chiyeh?	اسم شما چیه؟		
My name is Jordi	Esme man Jordi hast	اسم من جوردی هست		
How old are you?	Chand saletoune?	چند سالتونه؟		
I am 30 years old	Man si saal daaram	من سی سال دارم		
Where are you from?	Az kojaa oomadi?	از کجا اومدی؟		
I am from Barcelona	Az Baarcelonaa oomadam	از بارسلونا اومدم		

Hitchhiking				
Where do you go?	Kojaa daari miri?	کجا داری میری؟		
I go to Tehran	Man be Tehraan miram	من به تهران میرم		
We go to Tehran	Maa be Tehraan mirim	ما به تهران میریم		
Me too	Manam hamin-tor	منم همینطور		
Us too	Maa ham hamin-tor	ما هم همینطور		
Can we go with you?	Mitounim baa shomaa biaayeem?	میتونیم با شما بیایم؟		
Center of the town	Markaz-e shahr	مرکز شهر		
Here	Injaa	اينجا		
There	Aanjaa	أنجا		
Let's go	Biaa berim	بيا بريم		

	Eating	
Food	Qazaa	غذا
Big	Bozorg	بزرگ
Small	Koochak	کوچک
Bread	Naan	نان
Chicken	Morq	مرغ
Tomato	Gojeh	گوجه
Mushrooms	Qaarch	قارچ
Rice	Berenj	برنج
Beans	Loubiaa	لوبيا
Potatoes	Sib zamini	سیب زمینی
How much is it?	In chandeh?	این چنده؟

	Drinking	
Water	Aab	آب
Milk	Sheer	شير
Coffee	Qahveh	قهوه
Juice	Aab-miveh	آبميوه
Теа	Chaay	چای
Hot	Daaq	داغ
Cold	Sard	سرد
With sugar	Baa shekar	با شکر
Without sugar	Bedoon-e shekar	بدون شکر
Cheers	Be salaamati	به سلامتی

Wild Camping			
Tent	Chaador	چادر	
Can I camp here tonight?	Mitounam emshab injaa otraaq konam?	ميتونيم امشب اينجا اتراق كنيم؟	
Where can I camp?	Kojaa mitounam chaador bezanam?	کجا میتونم چادر بزنم؟	
Where can we camp?	Kojaa mitounim chaador bezanim?	کجا میتونیم چادر بزنیم؟	

Days of the week			
Monday	Do shanbeh	دوشنبه	
Tuesday	Se shanbeh	سه شنبه	
Wednesday	Chaahaar shanbeh	چهارشنبه	
Thursday	Panj shanbeh	پنج شنبه	
Friday	Jom'e	جمعه	
Saturday	Shanbeh	شنبه	
Sunday	Yek shanbeh	یکشنبه	



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