



IRAN

The Gate of all Nations



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Nations



17

Iranian Sites Inscribed on **UNESCO's** World Heritage Lists



1 Tchogha Zanbil, Shush, Khuzestan



2 Imam Square, Esfahan



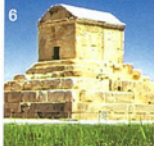
3 Persepolis, Fars



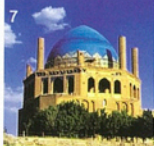
4 West Azarbaijan, Takhte-Soleyman



5 Bam, Kerman



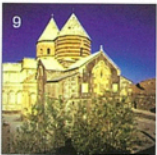
6 Pasargad, Fars



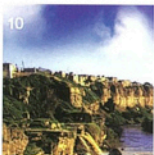
7 Soltaniyeh, Zanjan



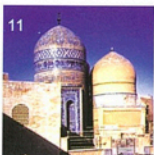
8 Bisotun, Kermanshah



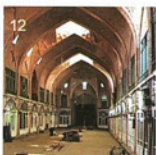
9 West Azarbaijan



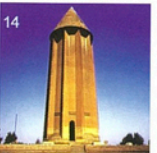
10 Shushhtar historical hydraulic system, Khuzestan



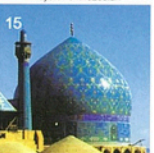
11 Sheikh Safi al-Din Khanegah & Shrine Ensemble, Ardebil



12 Tabriz Historic Bazaar Complex



13 Persian Garden, Kerman



14 Gonbad Ghaaboos, Golestan



15 Masjed Jame, Isfahan



16 Golestan Palace, Tehran

visit.

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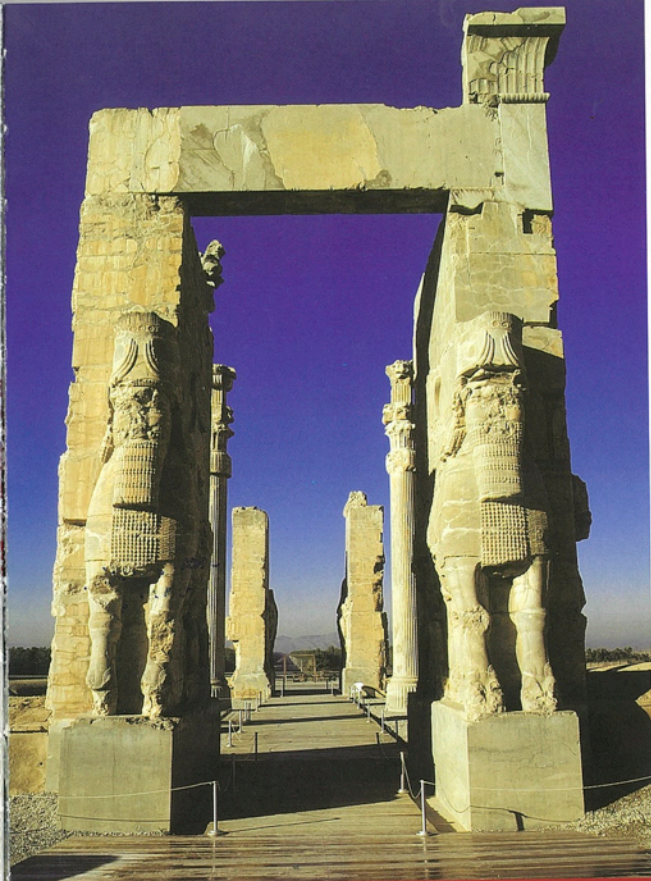
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IRAN

Iran is an incredible place to visit. If for no other reason than its continuous history of some 7000 years (a distinction few countries can claim), it would be well worth seeing for its diversity of landscapes, monuments, customs and lifestyles that make Iran attractive in any season.

About one million historical sites exist in Iran. It is obvious that even the most interesting of these can be visited only by making numerous trips to the country. These trips are all the more pleasant because visitors to Iran never leave it without memories of its wonderfully hospitable people.

Visit Iran ,to get a first - hand experience of this fascinating, welcoming country.

Visit it now.



Country Name:

Conventional long form:

Islamic Republic of Iran

Local long form:

Islamic Republic of Iran

Conventional short form: Iran

Name origin:

The name ((Iran)) comes from the Old Persian word meaning ((the land of the Aryans)). Iran has been the name of this country at least since the Sasanid period. However ,until 1935, the English- speaking world knew this country as Persia, a legacy of the Greeks who named the region after its most important province, Pars (Present -day Fars)

Flag Description:

Iran's flag is composed of three equal horizontal bands of green, white and red (from top to bottom).Centered in the white band is the red emblem - a stylized representation of the word Allah in the shape of a tulip, a symbol of martyrdom .

The words Allahu Akbar, meaning ((God is Great)) are repeated 11 time along each of the inneredge of the green and red bands in white letters in angular Kufit script.

Location:

Middle East

Area:

Total:1,648,195 milion sq.km

Land: 1,636 milion sq. km

Water: 12,000 sq.km

Comparative : the size of the United Kingdom, France , Spain , Italy and Switzerland all combined.

Land boundaries:

Total: 5440 km

Coastline: 2440km

Border countries: Afghanistan 936 km, Armenia 35 km, Azerbaijan-proper 432 km, Azerbaijan- Naxcivan exclave 179 km, Iraq 1,458 km, Pakistan 909 km, Turkey 499 km, Turkmenistan 992 km

Climate: mostly arid or semiarid subtropical along the Caspian coast

Terrain: rugged, mountainous rim; high, central basin with deserts and mountains; small, discontinuous plains along both coasts.

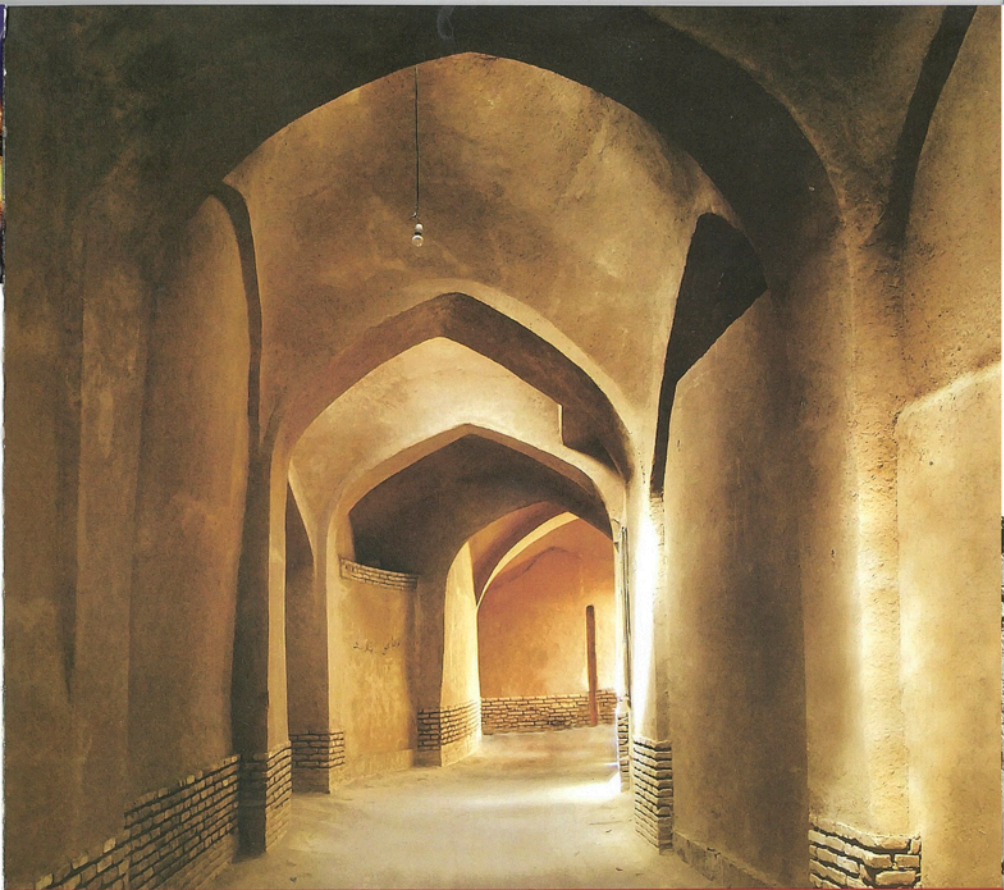
Elevation extremes:

Lowest point: Caspian Sea -28m

Damavand Peak 5671 m.

Natural resources:

Petroleum, natural gas, coal, chromium, copper, iron ore, lead, manganese, zinc, sulfur



Population growth rate

80,000,000 (2013 est):
1.3% (2013 est)

Ethnic groups:

Persian 51% , Azeri24% , Gilaki and Mazandarani 8% , Kurd7% , Arab 3% , Lur 2% Baluch 2% , Turkman 2% , other 1%

Languages:

Persian and dialects 58% , Turkish and dialects 26% , Kurdish9% , Luri2% , Baluchi 1% , Arabic 1% , other 3%

Religion:

Muslim 98% (Shia 89% , Sunni 9%) , Zoroastrian , Jewish , Christian , and other2%

Administrative divisions:

31 provinces (ostanha, singular- otsan); Ardabil, Alborz, Azarbayjan-e Gharbi, Azarbayjan-e Sharqi, Bushehr , Chahar Mahal va Bakhtiari , Esfahan, Fars, Gilan, Golestan, Hamadan , Hormozgan, Ilam, Kerman, Kermanshah , Khorasan-e Jonubi (North Khorasan), Khorasan-e Razavi (Razavi Khorasan), Khorasan-e Shomali (South Khorasan), Khuzestan , Kohgiluyeh va Bowyer Ahmad, Kurdistan , Lorestan , Markazi, Mazandaran, Qazvin, Qom, Semnan, Sistan va Baluchestan , Tehran, Yaze, Zanjan.

Capital: Tehran

Government type: Islamic Republic



Constitution:

2-3 December 1979; revised 1989 expand powers of presidency and eliminate the Prime Ministry

Legal system:

the constitution codifies Islamic principals of government

Legislative branch:

Unicameral Islamic Consultative Assembly or Eslamic Parliament of Iran or Majles (290 seats; members elected by popular vote to serve four-year terms)

Economy:

Amixture of state ownership of oil and other large enterprises , village agriculture, and small-scale private trading and services ventures.

Major industries: oil , gas , agriculture , carpets .

Industries : Petroleum , petrochemicals , textiles , cement and other construction materials , handicrafts food processing (Particulry suger refining and vegetable oil production), metal fabricating ,armaments.

Agriculture-products: wheat, rice , other grains, sugar beets , fruits , nuts, cotton, dairy products, wool , caviar.

Exports-commodities: Oil and oil products 85%,carpet ,fruits and nuts ,iron and steel,chemicals.

Currency: Iranian rials (IR)





The documented history of Iran begins with the Achaemenian dynasty dating back about 2500 years ago. A significant era marked by decisive unification of the pars tribes during the reign of Astyages and his grandson, Cyrus, who initially formed an extensive, centralized and mighty empire. Although according to will the "Aryans", inhabitants of the vast Iranian plateau, were not the founders of civilization and followed the Babylonian as well as Egyptian examples yet their ingenious Souls enabled them to transform those models, institute the first autonomous nation and establish a well-organized financial system. Ironically, Achaemenian's most remarkable military expedition against the Greeks took place in 480 B.C. resulting in both the Iranian's defeat and Seizure of undisputed power by Alexander. Darius, another prominent king of the mentioned dynasty, divided his empire into twenty states or "satrapi" and accordingly appointed powerful rulers for all. He also began building roads to facilitate trade, enhance relations among the states and attain his military goals. "Shahi" or king's Road, extending 2400 kilometers, linked Susa to Mesopotamia (located in present day Iraq) while another major road connected Babylonia to India. Establishment of a tax and wage system for the labor, introduction of a unified measuring system,

emergence of private banks, granting of loans for agricultural purposes and coin minting highlight the worthy accomplishments of this particular era.

Appropriately, Roman Ghirshman also has noted that once the use of coins became common overland and over seas trade rapidly extended to distant lands. The Royal messengers, chapars, would travel the long and vast roads of Achaemenian Empire to deliver the Royal decrees or commands to the state rulers as well as military commanders and return with reports on the state of affairs. The messengers would then deliver the communications to the "Chapar House", present day post office, situated along the route and the process would continue until reaching the final destination. The "Silk Road" too was one of the ancient trade routes which led to Kashgar from two opposite directions of north and south. Extending westward to Samarqand, Marv and Balkh in northern region of Iran, passing through Central Asia leading to ancient Greece. This major historical route connecting the west to the east was known as the Great Road of Khorasan or "the Silk Road", as previously mentioned. The pre-Islam civilization of Iran takes pride in such innovations, particularly because the management and maintenance of the "King's Great Road" 25 Centuries ago constituted great honor for Iranians among all nations.



In addition to land routes, various sea routes were also frequented and ships with capacities up to 300 tons treaded those waters. The ship's sailors were mainly Phoenicians or Greeks, the officers were Iranians whereas a 10,000-strong military formed Darius's renowned "Immortal Army". More over, excavation of the Suez Channel (the channel dug on the order of Darius and slightly different from the present channel) exhibited the economic and military merits of yet another chapter of Iranian history.

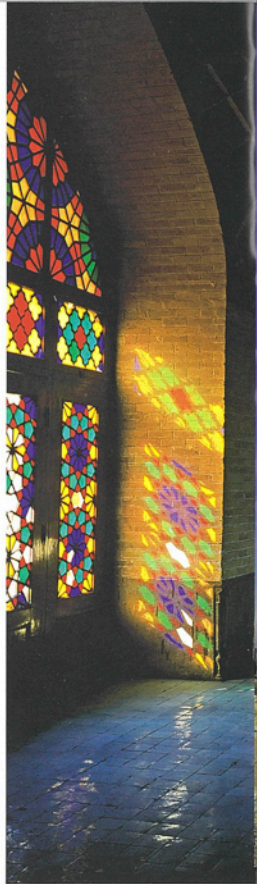
The "Throne of Jams hid" or Persepolis was chosen as Iran's capital during the rule of Achaemenians. However, the corner-stone of Persepolis was laid during the reign of Darius 1-fter whom each king added more sections to the site. Also the cities of Susa, Babylonia and Ekbatan (today's Hamadan) each inturn served as the nation's capital.

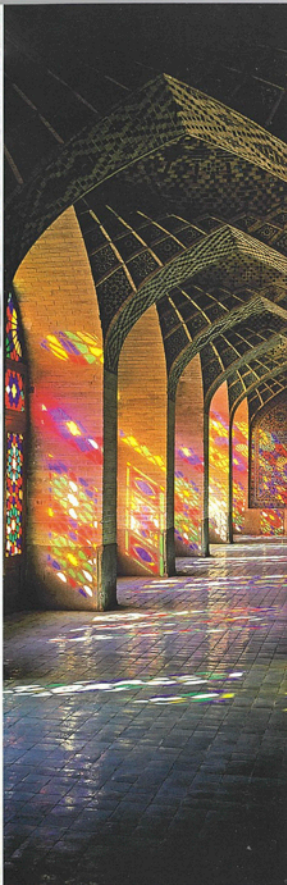
During the rule of Ardeshir, the founder of the Sassanide dynasty, a very powerful centralized government developed and for the first time in Iran the religion of Zoro after (the Iranian prophet) was declared as the official religion. A faith whose essential pillars are laid upon virtuous thoughts, virtuous words, and virtuous deeds.

The Prophet of Islam, Mohammad (P.B.U.H) was born in the city of Mecca during the rule of Anushirvan Sassani and was chosen as the completion of all prophecy and the last prophet during the reign of Khosrow Parviz (610 A.D.).

Weakness of the Sassanide government, oppressions of the Kings, and at the same time Islam's human-rights oriented ideology and it's message of equality and brotherhood of mankind were the imperative factors which led to the victory of Islam's army over the Iranian military might in the course of numerous battles. The Prophet Mohammad migrated to Medina from Mecca (622 A.D).

Thus, this particular year was chosen as the base of the Muslims' calendar owing to the indisputable effect of this migration. At that time, Islam spread mainly in the Arabian Peninsula, and after the prophet in the Southern parts of Iran, Syria, Iraq, Turkey and all of Egypt as well as northern part of Syria embaraced Islam. In the course of all these victories, call to God's religion with the slogan "the unique Allah is Great" became the infrastructure of the Muslims' new, powerful and popular ideology.





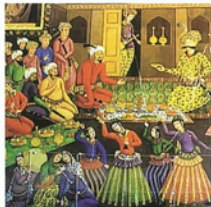
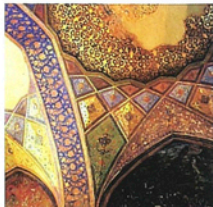
Iran's mighty army was defeated in the "Ghadessieh" (15 A.H.) and "Nahavand" (21 A.H.) battles, and the country gradually came under the influence of Islam.

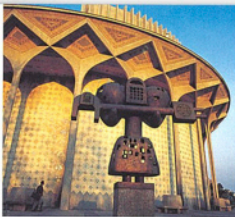
The expedition of the devastating mogul tribe to Iran began (616 A.H.) and the last Persian King of the dynasty, Sultan Jalal-e-din Kharazmshah was overthrown by Gengiz's army and later put to death (628 A.H.). The period of Mogul chieftain's rule in Iran was the most oppressed era the nation had ever seen and the conditions did not change until the founding of the Iranian dynasty, the Safavides, and the rule of Shah Ismail.

The Mogul were removed from Iran's political scene after about 300 years by the Safavides, and Shah Ismeal was crowned in Tabriz (907 A.H.). During the reign of Safavie Dynasty relations between Iran and European and other countries expanded and Iran's powerful centralized government, during Shah Abbas's rule, established political and economic ties with great leaders such as Queen Elizabeth, Philip II the king of Spain, India's Akbar shah and also put an end to the domination of Portuguese in the Persian Gulf.

The Iranian culture and art once again flourished during the Safavie rule and architecture, carpet-weaving, miniature painting, gilding and handicraft(s) underwent special development.

After the Safavide, alternately weak and strong governments came to power among which the government of Nader Shah Afshar, Karim Khan-e-Zand, Agha Mohammad Khan Qajar, Naser-e-din Shah and Mozafar-e-din Shah are noteworthy.

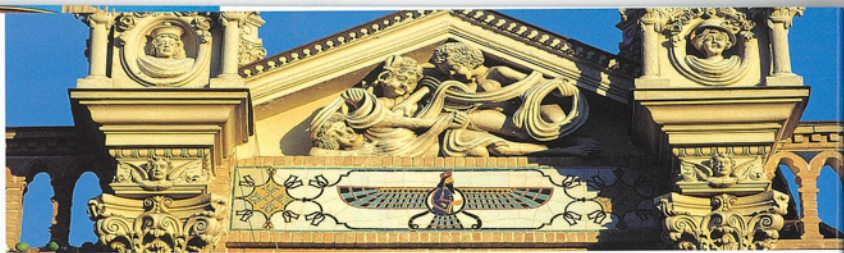




During the rule of Nader Shah, The Russians were expelled from Iran, the booties which the Ottomans had taken from the country were recovered, Kandhar and Delhi became parts of Iran and once again the Iranian territory was expanded and included a vast area of Southeast Asia. Oppression and tyranny became prevalent in the course of the Qajar dynasty's rule due to treason of courtiers and the Kings' powerlessness and inattention to the state of affairs. The unprecedented and historical measures of Mirza Taghi Khan Amir Kabir, Naser-e-din Shah's prime minister, such as dispatching students abroad for higher education, printing of newspaper, compilation of laws, etc. made him an immortal historical personage. The new era began with the reign of the Pahlavi dynasty. Reza Khan Mir-Panj, commander of a Kazak battalion, occupied Tehran on 22 Feb. 1920, and five years later crowned himself the King with the support of England. Gradually, he began opposing the Islamic culture and tradition and his despotic rule lasted for 16 years. In 1941 under pressure by England, he abdicated the throne in favor of his son Mohammad Reza and was exiled into St. Moritz island and then to Johannesburg in South Africa where he later died. Mohammad Reza too, fairly followed in the footsteps of his father for 37 years of his reign. Following the events leading to nationalization of oil, he was reinstated subsequent to a coup and while England's position with this rule began to deteriorate, the United States gained more influence and

power in the country's political, economic and culture affairs. As his father, Mohammad Reza too was strongly against the presence and involvement of clergymen in the socio-political scene. After his forced summary referendum concerning the so-called "Agriculture and land reforms" or the allocation of farmland to farmers, Iran's dependence on imported goods, false employment due to relocation of farmers in cities, and "Consumerism", as opposed to "Production", increased sharply which were strongly opposed by the time's scholars and theologians, particularly the late Imam Khomeini. The opposition of both religious scholars and the people to the government in 1963 as well as army's assault on Qom's theological school (Iran's main center for training theologians) coupled with martyrdom of a large number of those students and the people, paved the grounds for escalation of religious movement within the country and their determination to take over the political arena, materialization of the idea of "unity of politics and religion" in the form of the Islamic Republic of Iran and uprooting of 2500 years of the Kings' despotic rule in this country. With the victory of the Islamic revolution, for the first time ever the people of Iran went to the polls in April 1979 and voted in favor of the establishment of the Islamic republican system with an overwhelming majority of over 98.8 percent. The assembly of experts then em-





This Constitutional law was of course approved by the vote of the Iranian nation. The significant point, however, was the united presence of the people in the presidential election; elections for the Islamic consultative assembly as well as other relevant elections which took place one after the other in order to determine the major and fundamental organs and institutions of the Islamic system. With the establishment of the Islamic government many conspiracies were hatched by the world imperialism. Fortunately, all of them failed due to the presence of the Iranian people on the scenes. The gravest of such conspiracy, hatched with the main objectives of weakening and paralyzing Iran's economic and political system and the occupation of the fertile land of Khuzistan, was Iraqi regime's invasion of Iran directly provoked by the United States in 1980 - that was only two years following the victory of the Islamic revolution.

The war continued for 8 years and included the most savage bombings and chemical attacks leaving much destruction and damages in 4 border provinces of the country in the South and the West. Hundreds of thousands of the best and most faithful forces were martyred or disabled in the war and millions of people became homeless as a result of the war. This destructive war came to an end in 1989 due to brave resistance of Iranian people and acceptance of the UN Security Council resolution 598.

Moreover, events such as assassination of the political leaders or state officials, economic sanctions and various plans for isolation of Islamic Republic of Iran were all the cost anation paid in order to establish its first favorite republic. On fourth of June 1989 the grand leader and architect of the Islamic revolution, The late Imam Khomeini, passed away and the world lost one of its most revered and distinguished religious and political leaders. Besides his role as a political leader, Imam Khomeini was a prominent instructor of ethics who lived in ultimate continence and chastity. Following the demise of Imam Khomeini, the assembly of experts chose one of the prominent students of Imam Khomeini, a great combatant who had been imprisoned and send into exile by the regime of the Shah many times, as the leader of the Islamic revolution. This noble personage was none but grand Ayatollah Khamenei who had been elected as president of the Islamic Republic of Iran twice following the victory of the Islamic Revolution in Iran. With his election as the leader of the Islamic Revolution, the reconstruction programs began in full might and despite all the bottlenecks that the war had created the construction works maintained their pace in the course of first-five year plan designed by the government of President Hashemi Rafsanjani.

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The government managed to reconstruct the major portion of the ruins, many factories resumed operations, agriculture flourished, the water supply and sewage networks plus great dams were designed and constructed and finally the rate of illiteracy which acted as a barrier in the way of the country's development, reached its lowest. Despite some economic problems, the Islamic Republic of Iran has managed to adopt an independent political and economic policy and relying on local specialized forces extends international cooperation and enjoys a high level of acceptability worldwide. Renovation of the Silk Road has been transformed into a regional and global demand during the recent years and now a national will strongly supports this constructive desire in the Islamic Republic as well. Since 1988 UNESCO has also reinforced all the relevant international decisions for restoration of this immense ancient road through holding various conferences in the world's famous cities such as New Delhi, Paris, Tashkent and the last of which was held in the picturesque city of Isfahan in 1995. On completion, once again, this enormous project would revive the historic role of Iran as the bastion of multinational communication, indispensable for the development of regional commerce and cultural relations.



Upon disintegration of the former "Soviet Union" in 1985, the policy of friendship and cooperation with the newly independent and autonomous states (situated in the north of Iran) received immediate attention as one of the utmost and perpetual foreign policies of the Islamic Republic of Iran. In compliance with the stated policy, therefore numerous multilateral contracts regarding road transportation, economic cooperation and

establishment of the sales agencies for Iranian goods were thus signed. Further formation of regional economic organization (ECO) consisting of twelve countries also expedited the implementation of the most strategic railway project in the region, stretching from Eastern China to Europe via Iran's national railway system. The unique position of this giant commercial highway currently leaves other countries of the



world, willing to develop commercial and economic ties with the central asian republics, no alternatives but to take full advantages of this vital connective passage - geographically situated in Iran, China, Russia, Turkey and Afghanistan. Apart from Georgia most of the newly independent states are landlocked countries whose connecting routes with rest of the world, directly or indirectly, could pass through Iran and thus enhancing the Islamic Republic's unique geo- political status world-wide. Iran's strategic significance, both in the region and in international arena, generally revolves around material and spiritual aspects. Moreover, its material dimension is mainly composed of economic, technical, military and geo-political components while the spiritual aspect derives from the great Islamic ideology, a rich common history as well as the existing racial and cultural interconnections with other nations in the region.

Since disintegration of the former Soviet Union this emphasis has undoubtedly increased and the political focal point of the relevant policies of the "The Arab countries in the Middle East" has also been redirected towards the east and the north , namely the Islamic Republic of Iran and the Central Asia.

As a linking bridge connecting two of the world's most vital energy reservoirs , the Persian Gulf and the Caspian Sea, the east and westwards proximity of Iran to eleven countries including the oil-rich countries of the Persian Gulf has certainly reassured the regional prestige of the Islamic republic of Iran. Accordingly , restoration of the Silk road is currently regarded as one of the essential precursors of more fruitful regional and intercontinental cooperations amongst the "ECO" member countries.

Also due to inauguration of Mashhad-Tajan railway and the impending completion of afagh-Mashhad railway the above mentioned states would both gain easier access to open sea and have an ever increasing chance of an active incorporation in the global economy. The Central Asian countries, with an old and excessive dependence on the former Soviet Union, still primarily rely upon imports. Yet the necessary efforts are being made to overcome this economic barrier by exploring various new markets. Despite availability of several socio-economic advantages such as abundant manpower and cheap labour, rich natural energy resources as well as the exportation of raw materials, oil, gas and agricultural products, vast majority of these countries crucially lack the existence of modern and well-organized banking,

insurance, transportation as well as other essential commercial services. Fortunately, productive technical assistance and multilateral economic cooperations with the republics not only would ensure the important role of Iran as a catalyst of commercial development in the region, but would also lead all the concerned parties to more constructive participation in the world economy. As the world's greatest Islamic economic organization possessing distinct religious, strategic, historical and socio-economic particularities, undoubtedly, "ECO" presents Iran with an immense security and economic significance and now Tehran proudly hosts the headquarter of this organization. Furthermore, the linkage of Mashhad-Tajan railways would definitely provide "ECO" and the like with an ideal possibility of attaining their



Numerous sources have mentioned various routes for the "Silk Road." Some sources consider the city of "Tun Huang" as the origins of the "Silk Road, located in the western most tip of the Wall of China, while others strongly suggest that the starting point of the said road was in the city of "Loyang" on the south-bank of Huang Ho River. Once reaching the vast "Pamir-Plateau" in Afghanistan, a branch of this ancient road passed through Marv, Samarghand and then led towards Iran via Neyshabur. Marv, Samarghand and then led towards Iran via Neyshabur. In its path the "Silk" also Connected main cities such as Gorgan, Ray, Hamadan and further joined Iraq through Ghasr-e-Shirin and later arrived at its final land destination adjacent to the Mediterranean coast. As its name clearly suggests, the main role of this ancient road was expediting the safe and easy transport of many important goods from China to Venice among which silk was the incomparable merchandise of the

For eighteen centuries (BC 200-AD 1600) the ancient world's most principal commercial highway, the "Silk Road" 8000 km in length, enormously contributed to meaningful intercontinental, traditional, and cultural exchanges which also give a fresh impetus to commercial development in the region. According to Christiansen: "because the Ancient persians exclusively imported huge quantities of silk from China they were thus able to sell their silk-orientated products in various European markets, at their own desired prices. The turks' efforts to gain permission for the passage of silk across the Iranian territory were all to no avail and a long and persistent conflict between the Byzantine Empire (395-1453 AD) and the persians, over the transit of chinese silk, continued throughout the early centuries of the middle Ages." Later the Roman and the chinses attempts at establishing a new silk transit route, without involvement of the persians, also proved fruitless and even enabled.





The Persian merchants to control the silk trade particularly throughout Indo-China. Once the Europeans gained complete dominance over East India and the Mediterranean Sea routes. At the turn of the 15th Century, their respective companies in the Orient also turned their immediate attention to these new routes. In addition, a number of crucial events such as rapid decline in silk production within Persian territories, the oscillation of diplomatic ties between the Ottoman Empire (1300-1918) and the Persians, and the emergence of new rival silk exporters eventually paved the way for the ironic demise of the ancient "Silk Road". Fortunately, from now on, all the countries in

the region will not only celebrate the 24th of Ordibehesht as the inauguration day of Mashad-Tajik rail ways, but also would acclaim this historic occasion as the anniversary of the revival of the "Ancient Silk Road." The following is an excerpt from the opening speech by the former Iranian president Mr. Rafsanjani: "The occurrence of great events during the early years of the last decade of the 20th Century as well as the emergence of new conditions in the region have led the Islamic Republic of Iran to play its key and proper role, in this decisive era, by renovating the Silk Road as the region's most vital connecting bridge which would further link the countries of the north with those in the Orient – via the Islamic Republic of Iran..."

Best Time to Visit

The best time to visit Iran is March-May or September- November. It mostly rains in the winter months and can be very cold and snowy at times. Areas along the coasts enjoy a mild climate.

The Most Important Tourist Attractions▶

Due to its historical background and sustainable social and cultural evolution, Iran has a lot of diverse worth seeing sites that satisfy tourists with different tastes. Every tourist, whatever his/her incentive, may find many spectacular places depending on his taste. It should not be forgotten that the best way for recognition of every country is direct contact with its people and spend some days with them.



Khuzestan province tourism attractions:

Abadan church, Abadan museum, Choqa Zanbil temple, Danial-e Nabi tombe, Dezful mosque, E'n spring, Eshkafte Salman cave, Haft Tappeh museum, Karkheh dame lake Karun river , Shadegan pond, Shushtar historical waterfalls, The historical complex of Shush.

Markazi province tourism attractions:

Arak Bazar, Bahadori castle, Chahar fasi bath, Chal Nakhjir cave, Imam khomeyni house, Hazaveh historical village, Khorreh ancient area, Naraq historical complex, Professor Hesabi tombe, Salar Mohtasham castle, Saveh mosque, Sepahdar Mosque and school, Shahazadeh Hossein tomb.



Ardabil province tourism attractions:

Dasht-e Moqan , Ski area of Alvares, Givi mineral spring, Kalur cave, Khoda afarin bridge, Masjed-jarne Mosque), Meshkin shahr museum, Sabalan peak, Sabalan lake, Sar'ein mineral springs, heykh jebraeel tomb, Shurabil lake, The historical complex of Sheykh safi-oddin.



Hormozgan province tourism attractions:

Bibi Maryam shrine, Gueno mineral water, Haji Abad mineral water, Harra forests, Hornoz castle, Kish historical city, Kish island, Laft castle, Maru ancient hills, Namakdan cave, Portuguese castle, Qeshm island, Budism temple, Water museum.

Bushehr province tourism attractions:

Siraf harbor, Chehel Khaneh historical cave, Dashte-e Zarkhiz, Garmak edifice, Golin castle, Malek edifice, Anthropology museum, Mir Mohammad tomb, Raeis ali delvari historical house, Reyshahr ancient city.

South Khorasan prov- ince tourism attractions:

Akbariyeh edifice, Birjand museum, Kal forest, Kolah farangi castle, Qadamghah, Rahim Abad edifice.

North Khorasan prov- ince tourism attractions:

Ayenehkhaneh edifice, elqeys historical city, Oarkesh forest, Narin castle, Noshirvan castle, Baba Aman promenade, oleston national park, Nomade of Turkmen.

Isfahan province tourism attractions:

Ayenehkhaneh edifice. Belqeys historical city, Oarkesh forest, Narin castle, Noshirvan castle, Baba Aman promenade, Golestan national park, Nomade of Turkmen.

Golestan province tourism attractions:

At qala bridge, Aq su spring, Oaland park, Do Ab waterfall, Emadley historical school, Imam zadeh Roshn tomb, Golestan national park, Gol Ramian lake, Gonbade kavous barbican, Gorgan museum, Kabud wal Waterfall, Kiyaram cave, Nahar khuran park, Radekan barbican, Ziyarat village.

Hamadan province tourism attractions:

Ab Morvarid spring, Afi spring, Alisadr cave, Alavian dome, Aq Ghalleh pond, Baba Taher tomb, Bu ali sina tomb, Emarnzadeh Hud, Enjili hurch, Ski area of Tarik Darreh, Ester and Mordekhay tomb, Ganj Nameh petrography, Giyan forest, Hamadan museum, Heyquq-e Nabi tomb, Lalejin Bazaar, The historical complex of Hegmataneh, The stone lion, Toyserkan Bazaar...

Ilam province tourism attractions:

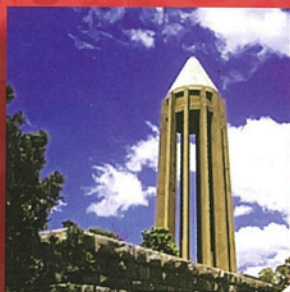
Arghavan strait, Bahram -e Chubin Vault, Doqolu lake, Falahati palace, Gavmishan bridge, Hezar darb castle, Nakhjir petrograph, Shirin va farhad vault, Vali castle ...

Kerman province tourism attractions:

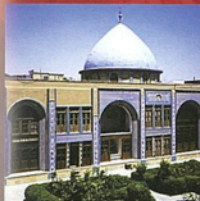
Anar castle, Arus spring, Bam historical arg, Carpet museum, Jiroft museum, Kabutar khana carvancary, Kahnui mineral water, Kerman mosque, Rafsanjan bazaar, Ravar mosque, Rayen historical arg, Robat-e arab caravansary, Shahdad ancient hill, Shah nemat-ollah vali tomb, Shahzadeh Mahan edifice, The historical complex of Ganj Ali Khan ...

Kermanshah province tourism attractions:

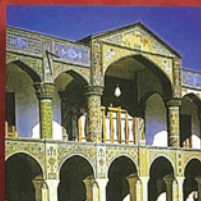
Anahita temple, Baba Yadegar relief, Bisotun Ancient monument, Darband waterfall, Hashilan pond, Hercule status, Nilufar pond, Quri qalleh cave, Tekkyeh-ye Moaven ol molk, Ravansar pond, Taq-e bostan historical monument...



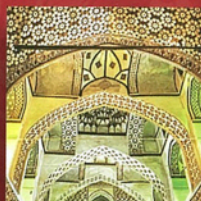
Hamedan province



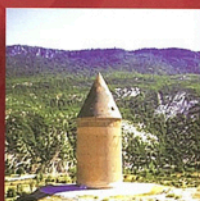
Kermanshah province



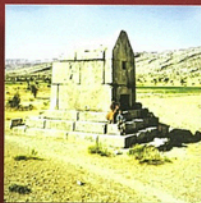
North Khorasan province



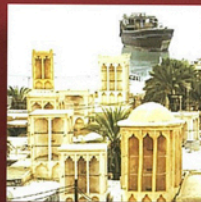
South Khorasan province



Golestan province



Bushehr province



Hormozgan province

Lorestan province tourism attractions:

Ab sefid waterfall , Afrineh waterfall, Bisheh waterfall, Boluran firetemple ,Falak -ol aflak castle, Gahar lake, Gar Arjaneh cave,Haft chshmeH spring,Kalmakarreh ancient cave,Kashkan Rud bridge, Pasangar cave,poldokhtar bridge,Sikvand spring,Siyab spring,Shekasteh bridge ...

Khorasan-e Razavi province tourism attractions:

Imam reza tomb, Astane qodse razavi museum, Fakhriye school,Ferdowsi tomb,Gonbad tomb,Hakim Omar Kahyyam tomb, Harounieh dome, Khorshid edifice,Kushk mosque,Mellat park, Naderi petrographe, Nadershah tomb,Qanate Qasabeh,Shandiz village, Sheykh abll bakr tomb, Sheykh Attar tomb,The historical complex of Sheykh Ahmad,Torbat-e Heydariyeh bath, Torqabeh village ...

West Azerbaijan province tourism attractions:

Baqcheh Juq Palace,Dasht-e Chaldoran,Khusha khur ski resort,Hasanlu ancient hill ,Khoy bazaar,

Marmishu lake,Oroumieh lake,Qarah kelisa church, Sahulan cave,Se Gonbad, Shalmash waterfall,Shams-e Tabrizi barbican,Takht-e Soleyman complex...

Qazvin province tourism attractions:

Alamut castle,Owan lake, Bagh-e Sepahsalar edifice, Chehel Sotoun edifice, Drvazeh Tehran,Hamdollah -e Mostofi shrine, Kharanaq barbican ,Mahin waterfall, Sardar Bath,Zagheh ancient hill ...

Qom province tourism attractions:

AstaneH Hazrat masoumeH shrine, Imamzadeh chehel Akhtam , Imamzadeh Shah Hamzeh, Imam khomeyni house, Haji Khan house, Namak lake,National park of Kavir,Nevis firetemple, Qalleh sangi caravansary, Qom bazaar,Saheb-e Zaman mosque ...

Gilan province tourism attractions:

Bandar-e Anzali pond, Chamkhaleh village,Lahijan lake, Langarud bridge,

Londavil village, Masuleh village, Mohtasham garden, Rasht museum,Rud , khan castle, Shahrdari - ye Rasht edifice, Sheykh - Zahed - e Gilani tomb...

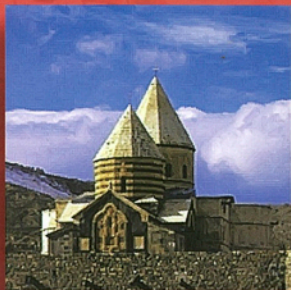
Kurdistan province tourism attractions:

Abidar park,Asef edifice,Baba Gorgor mineral water,Do menareh mosque,Imamzadeh pir-e Omar, Haj Sleh bath, Karafto historical cave, Khan bath,Khosro Abad edifice, Sanandaj church, Uraman relief,Zarivar lake ...

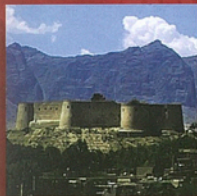
Mazandaran province tourism attractions:

Babol museum.BehshmeH historical complex,Cheshmeh Emarat edifice,Farah Abad complex,Ramsar hotel , Kandalus museum, Ljim barbican, Larijan mineral water, Damavand peak,Namak Abrud area,Shir Gah bridge, Valasht lake,Caspian sea banks, Mazandaran forest...





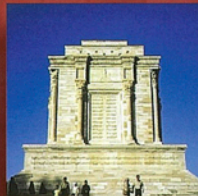
West Azerbaijan province



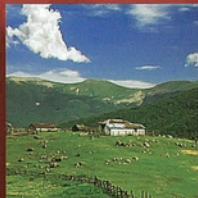
Lorestan province



Kurdistan province



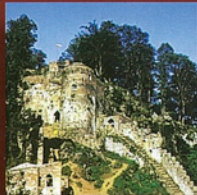
Khorasan-e Razavi province



Mazandaran province



Qazvin province



Gilan province

Semnan province tourism attractions:

Semnan mosque, Bayazid Bastami historical complex, Cheshmeh Ali edifice, Imamzadeh Yahha ibn-e Musa, Mehmandust barbican, Semnan castle, Sepahsalar carvansary, Tarikhaneh mosque, Toghrol barbican ...

Chahar Mahal Va Bakhtiari province tour- ism attractions:

Atashgah waterfall , Choghakhor pond, Sardar Asad bakhtiari castle, Kuhrang hotel , Zaman Khan bridge, Chelgerd ski resort, Tulip plain, Bakhtiari nomads, Chaleshtor castle, Zard kuh-e Bakhtiari peak ...

Fars province tourism attractions:

Afif Abad garden , Ardeshir-e Babakan palace, Darvazeh Qoran, Eram garden, Hafezieh tomb, Sadieh tomb, Parishan lake, Margoun Waterfall, Persepolis complex, Tang-e Choqan relief, Pasargade complex, Vakil bazar and bath, Zandieh museum ...

East Azerbaijan province tourism attractions:

Abesh Ahmad Mineral water, Alishah arg, Asyabe Kharabeh waterfall, Babak castle, Tabriz Bazzar, Tabriz museum, Zahhak castle, Kabud masque, El goli mosque, Kandowan mosque, Mashroutiat historical house ...

Tehran province tourism attractions:

Abgineh museum, Baharestan palace, Carpet museum, Dar Abad museum, Golestan palace, Niavaran palace, National museum, Dizin ski resort, Shemshak ski resort, Saad Abad complex, Reza Abbasi museum, Sepahsalar mosque, Toghrol tomb...

Kohgilouyeh va Boyer Ahmad province tourism attractions:

Belqeys spring, Dena peak, Dogonbadan spring, Kakan ski resort, Pataveh bridge, Boyer Ahmadi nomad, Yasuj museum, Yasuj waterfall...

Yazd province tourism attractions:

Amir Chakhmaq historical complex, Water museum, Jameh mosque, Old city of Yazd, Meybod ice house, Dolat Abad garden, Yazd fir temple, zoroastrian shrine, Mehriz mosque, Fahraj mosque, Lariha house ...

Sistan Va Baluchistan prov- ince tourism attractions:

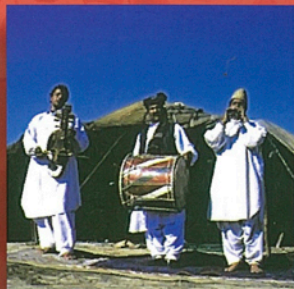
Bampur castle , Chabahaar castle, Iranshahr museum, Zahedan museum, Kuh- e Kbjah historical site, Tis mosque, Shahr-e soukhteh historical site ...

Zanjan province tourism attractions:

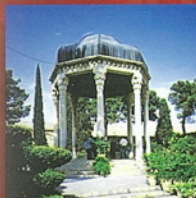
Imamzadeh Ebrahim, Historical building of Rakhshuy khaneh, Katalah khor cave, Soltaniyeh dome, Sardar bridge, Zanjan museum ...

Alborz province tourism attractions:

Yakh Morad cave, Karaj river and Amirkabir dam, Historical tree of Hameja village in Karaj, Tulip garden of Gachsar, Asefoddoleh bridge, Shoor River, Shah Abbasi caravansary, Khor waterfall ...



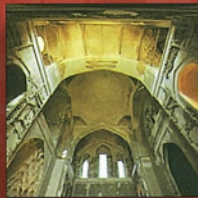
Sistan province



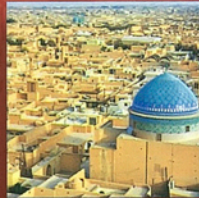
Fars province



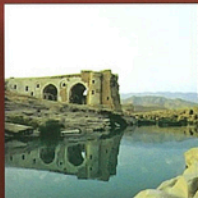
Semnan province



Zanjan province



Yazd province



Kohgiluyeh va Boyer-Ahmad province



Tehran province

Iranian Heritages Inscribed in World Heritage List of UNESCO

Median-e Naqsh-e Jahan

Built by Shah Abbas I the Great at the beginning of the 17th century, and bordered on all sides by monumental buildings linked by a series of two-storeyed arcades, the site is known for the Royal Mosque, the Mosque of Sheykh Lotfollah, the magnificent Portico of Qaysariyyeh and the 15th-century Timurid palace. They are an impressive testimony to the level of social and cultural life in Persia during the Safavid era.



Perspolis

Founded by Darius I in 518 B.C., Persepolis was the capital of the Achaemenid Empire. It was built on an immense half-artificial, half-natural terrace, where the king of kings created an impressive palace complex inspired by Mesopotamian models. The importance and quality of the monumental ruins make it a unique archaeological Site.





Tchogha Zanbil

The ruins of the holy city of the Kingdom of Elam, surrounded by three huge concentric walls, are found at Tchogha Zanbil. Founded c. 1250 B.C. , the city remained unfinished after it was invaded by Ashurbanipal, as shown by the thousands of unused bricks left at the site.



Takht-e-Soleyman

The archaeological site of Takht-e Soleyman, in north-western Iran, is situated in a valley set in a volcanic mountain region. The site includes the principal Zoroastrian sanctuary partly rebuilt in the Ilkhanid (Mongol) period (13th century) as well as a temple of the Sasanian period (6th and 7th centuries) dedicated to Anahita. The site has important symbolic significance. The designs of the fire temple, the palace and the general layout have strongly influenced the development of Islamic architecture.

Bam and its Cultural Landscape

Bam is situated in a desert environment on the southern edge of the Iranian high plateau.

The origins of Bam can be traced back to the Achaemenid period (6th to 4th centuries BC).

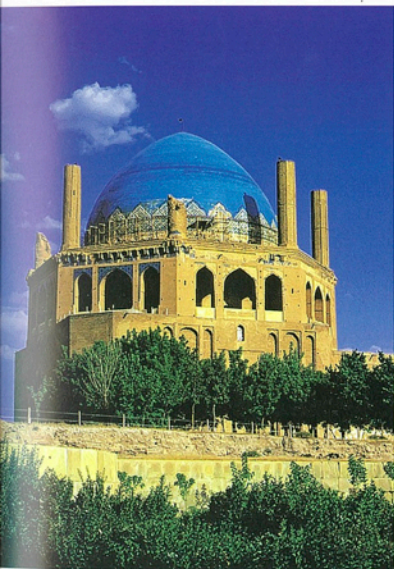
Its heyday was from the 7th to 11th centuries, being at the crossroads of important trade routes and known for the production of silk and cotton garments. The existence of life in the oasis was based on the underground irrigation canals, the qanāts, of which Bam has preserved some of the earliest evidence in Iran. Arg-e Bam is the most representative example of a fortified medieval town built in vernacular technique using mud layers (Chineh).



Pasargadae

Pasargadae was the first dynastic capital of the Achaemenid Empire, founded by Cyrus II the Great, in Pars, homeland of the Persians, in the 6th century BC. Its palaces, gardens and the mausoleum of Cyrus are outstanding examples of the first phase of royal Achaemenid art and architecture and exceptional testimonies of Persian civilization. Particularly noteworthy vestiges in the 160-ha site include: the Mausoleum of Cyrus II; Tall-e Takht, a fortified terrace; and a royal ensemble of gatehouse, audience hall, residential palace and gardens. Pasargadae was the capital of the first great multicultural empire in Western Asia. Spanning the Eastern Mediterranean and Egypt to the Hindus River, it is considered to be the first empire that respected the cultural diversity of its different peoples. This was reflected in Achaemenid architecture, a synthetic representation of different cultures.





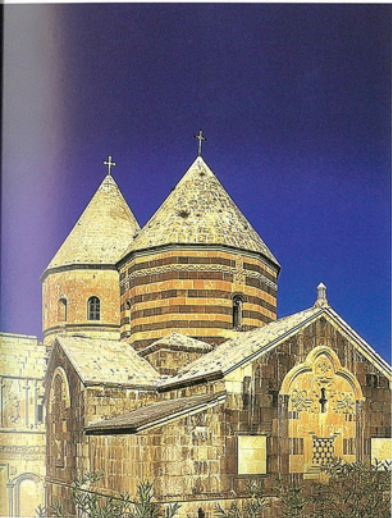
Soltaniyeh

The mausoleum of Oljaytu was constructed in 1302- 12 in the city of Soltaniyeh, the capital of the Ilkhanid dynasty, which was founded by the Mongols. Situated in the province of Zanjan, Soltaniyeh is one of the outstanding examples of the achievements of Persian architecture and a key monument in the development of its Islamic architecture. The octagonal building is crowned with a 50 m tall dome covered in turquoise-blue faience and surrounded by eight slender minarets. It is the earliest existing example of the double-shelled dome in Iran. The mausoleum's interior decoration is also outstanding and scholars such as A.U. Pope have described the building as 'anticipating the Taj Mahal'.

Bisotun

Bisotun is located along the ancient trade route linking the Iranian high plateau with Mesopotamia and features remains from the prehistoric times to the Median, Achaemenid, Sassanian, and Ilkhanid periods. The principal monument of this archaeological site is the bas-relief and cuneiform inscription ordered by Darius I, The Great, when he rose to the throne of the Persian Empire, 521 B.C. The bas-relief portrays Darius holding a bow, as a sign of sovereignty, and treading on the chest of a figure that lies on his back before him. According to legend, the figure represents Gaumata, the Median Magus and pretender to the throne whose assassination led to Darius's rise to power. Below and around the bas-reliefs, there are ca. 1,200 lines of inscriptions telling the story of the battles Darius waged in 521-520 BC against the governors who attempted to take apart the Empire founded by Cyrus. The inscription is written in three languages. The oldest is an Elamite text referring to legends describing the king and the rebellions. This is followed by a Babylonian version of similar legends. The last phase of the inscription is particularly important, as it is here that Darius introduced for the first time the Old Persian version of his regestae (things done). This is the only known monumental text of the Achaemenids to document the re-establishment of the Empire by Darius I. It also bears witness to the interchange of influences in the development of monumental art and writing in the region of the Persian Empire. There are also remains from the Median period (8th to 7th centuries B.C.) as well as from the Achaemenid (6th to 4th centuries B.C.) and post-Achaemenid periods, edge of the Iranian high plateau. The origins of Bam can be traced back to the Achaemenid period (6th to 4th centuries BC). Its heyday was from the 7th to 11th centuries, being at the crossroads of important trade routes and known for the production of silk and cotton garments. The existence of life in the oasis was based on the underground irrigation canals, the qanāts, of which Bam has preserved some of the earliest evidence in Iran. Arg-e Bam is the most representative example of a fortified medieval town built in vernacular technique using mud layers (Chineh).





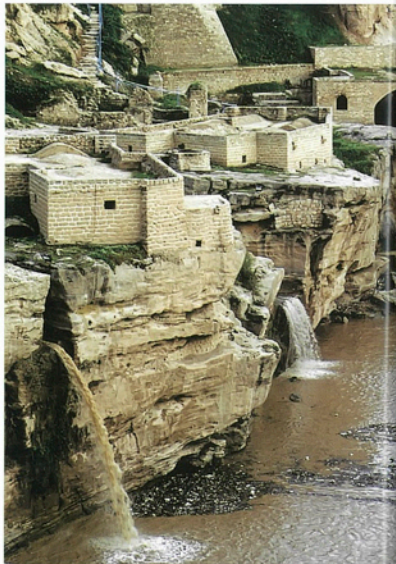
Armenian Monastic Ensembles of Iran

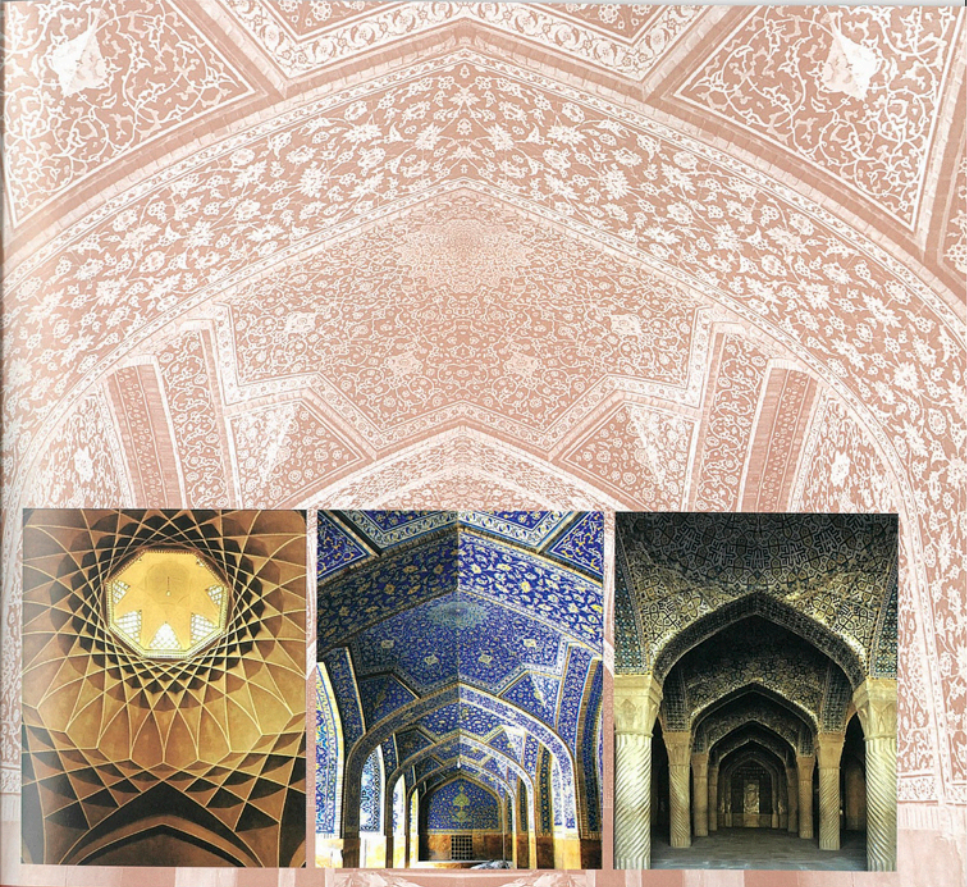
The Armenian Monastic Ensembles of Iran, in the north-west of the country, consists of three monastic ensembles of the Armenian Christian faith: St Thaddeus and St Stepanos and the Chapel of Dzordzor. These edifices - the oldest of which, St Thaddeus, dates back to the 7th century - are examples of outstanding universal value of the Armenian architectural and decorative traditions. They bear testimony to very important interchanges with the other regional cultures, in particular the Byzantine, Orthodox and Persian. Situated on the south-eastern fringe of the main zone of the Armenian cultural space, the monasteries constituted a major centre for the dissemination of that culture in the region. They are the last regional remains of this culture that are still in a satisfactory state of integrity and authenticity.

Furthermore, as places of pilgrimage, the monastic ensembles are living witnesses of Armenian religious traditions through the centuries.

Shushtar Historical Hydraulic System

Shushtar, Historical Hydraulic System, inscribed as a masterpiece of creative genius, can be traced back to Darius the Great in the 5th century B.C. It involved the creation of two main diversion canals on the river Kârun one of which, Gargar canal, is still in use providing water to the city of Shushtar via a series of tunnels that supply water to mills. It forms a spectacular cliff from which water cascades into a downstream basin. It then enters the plain situated south of the city where it has enabled the planting of orchards and farming over an area of 40,000 ha. Known as Mianâb (Paradise). The property has an ensemble of remarkable sites including the Salâsel Castel, the operation centre of the entire hydraulic system, the tower where the water level is measured, dams, bridges, basins and mills. It bears witness to the know-how of the Elamites and Mesopotamians as well as more recent Nabatean expertise and Roman building influence.







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Ecotourism activities are gradually becoming popular in Iran. Although Iran has a diverse climate and remarkable biodiversity, major limitations such as lack of conclusive regulations, educational programs and infrastructure, have contributed to the slowing of the development of ecotourism in the country. Iran has various natural attractions such as temperate forests in the north with high humidity and rainfall (1700 mm), deserts and salt lakes in the central part of Iran, high mountains (such as 5671 meter-high Mount Damavand), glaciers and coastal areas.

Considered one of the five countries in the world with the highest biodiversity, Iran is home to 514 bird, 172 mammel, 199 reptile, 20, amphibian, 173 fish and 9000plant species. Popular ecotourism activities in Iran include trekking in mountains, desert treks, bird watching in coastal areas and wetlands, and diving. The existence of a large cultural diversity is another important characteristic that can attracts ecotour-ists to Iran .Different ethnic groups and folks live in various parts of Iran .Each of these ethnic groups has its own history, culture, customs, traditions and language.



IRAN Four Season LAND





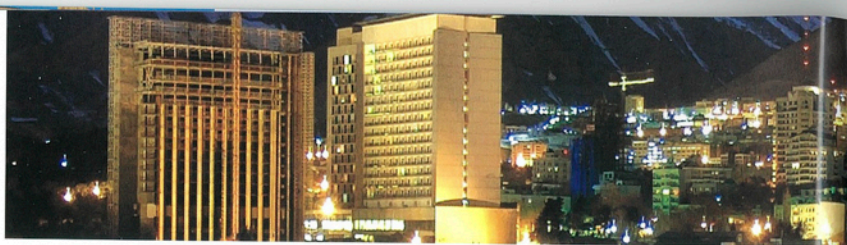
HEALTH TOURISM

Top medical facilities, professional physicians, relatively low costs and hospitality of those involved has made Iran a very suitable destination for those seeking treatment in various categories, specially people in middle east, but also beyond. The situation of Iran and the history of medical care, the existing of good doctor and low-cost and high-quality healthcare services majority of medical tourists in Iran that cause the medical tourist is important term in Iran.

Iran is a cheap country for treatment and have specialists for surgical heart, and healing different kind of diseases, also Iran have a lot of spa water that about 200 of them known as for treatment. The idea of the health holiday is to offer you an opportunity to get away from your daily routine and come into a different relaxing surrounding. Iran has a lot of spa water (about 500 spa water in different regions) that 200 known as for treatment and it can be seen by the fact that Iran is the most important destination for attracting these kind of tourism to use spa water as a treatment. Iran enjoys significant potentialities in tourism, with the 86-degree Ghainarcha Spa in Ardebil province is the world's hottest mineral spa,

86 degree Celsius (187 degree Fahrenheit) is the hottest temperature recorded for a mineral spa and the spot happens to be in Iran. The Ghainarcha Spa, bubbling up at the foot of the beautiful Sabalân Mountain in Ardebil province, is visited by a large number of tourists every year. The hot temperature of the natural mineral spring refuses to surrender to the cold climate of the area, which could fall as low as minus 30 degrees Celsius. It keeps boiling even in the freezing winters of the northwestern province, with the steamy bubbles offering a unique sight in the sub-zero temperature. Owing to its innate chlorinated water, the natural hot mineral water pool is widely known as a tourist attraction of medicinal properties.

The pool gushes out of the ground in the virginal mountainous suburbs of Meshkin Shahr to provide the people with alternative medicine for lymphatic diseases, rachitic, gynecological problems and some other chronic rheumatic conditions. The water flows through the mineral spring at a rate of 9 liters per second, which makes the spa perfect for an afternoon rest. The well equipped spa gained ISO 9002 quality certification.



VISA

You can apply for entrance visa electronically through web site of Iranian Ministry of Foreign Affairs Airport entry or transit visa(www.evisa.ir)a- Airport Visa is issued at Imam Khomeini Airport (IKA) for 72 hours for businessmen.b- Airport Transit Visa is issued for 48 hours to the applicants who intend to transit through Iran.

Required documents:

- One visa application form, to be completed at Imam Khomeini Airport (IKA)
- The applicant's passport; which must be valid for at least 6 months, with a minimum of two blank pages.
- Copy of Passport (ID-page).
- Confirmed ticket to the third country for the applicants of 48 hours transit visa.
- Confirmed ticket to the third country for the applicants of 72hours visa. And a written request by the Iranian sponsor must be sent to the passport and Visa department – Ministry of Foreign Affairs at Mehrabad Airport branch.
- 4- One current photographs in passport format (3x4)
- 5- Visa fee; paid by Banker's Draft made payable to the Embassy of the Islamic Republic of Iran.

Note:

Payment in cash is not acceptable.
return envelop with address and adequate prepaid postage to cover cost of registered mail.

We shall make every effort to process your application as quickly as possible but we must strongly advise you to check that all required documentation has been submitted. Incomplete applications are subject to delays. The consular section may call the applicant for interview if it is necessary.

TRANSPORTATION

Iranian transport is of high quality and very affordable. There are few places the very cheap buses don't travel to. The train network is limited but comfortable and reasonably priced and travel by air is very cheap, especially by international standards (in fact one of the cheapest in the world) The ticket prices are always fixed and you don't have benefits of early bookings.





TAXI

Low fuel costs have made inter-city travel by taxi a great value option in Iran. When traveling between cities up to 250 km apart, you may be able to hire one of the shared savari taxis that loiter around bus terminals and train stations. Savari taxis are faster than buses and Taxis will only leave when four paying passengers have been found, so if you're in a hurry you can offer to pay for an extra seat.

Official shared local taxis or Savari, identifiable by some kind of orange paint marking, also ply the major roads of most cities. Their usually run straight lines between major squares and landmarks, and their set rates are dictated by the local governments. Hailing one of these taxis is an art you'll soon master. Stand on the side of the road with traffic flowing in your intended direction and flag down a passing cab. It will slow down fractionally, giving you about one second to shout your destination--pick a major nearby landmark instead of the full address--through the open passenger window. If the driver is interested, he'll slow down enough for you to negotiate the details. If you're in a hurry, you can rent the taxi privately.

Just shout the dar bast (literally 'closed door') and the driver will almost be sure to stop. Negotiate the price before departure, but since you are paying for all the empty seats expect to pay five times the normal shared taxi fare. You can also rent these taxis by the hour to visit a number of sites, but you can expect to pay a little more depending on your bargaining skills.

CAR

A large road network and low fuel costs of historically made Iran an attractive country for exploring with your own car. However a recent government fuel tax on foreigners entering Iran by private car has somewhat dimmed the allure. Foreigners arriving in Iran with their own car will need to have a carnet de passage and a valid international drivers' license. Petrol stations can be found on the outskirts of all cities and towns and in car-filled Iran, a mechanic is never far away.

Railway Network

YRaja Passenger Trains is the passenger rail system. Travelling by train through Iran is generally more comfortable and faster than speed-limited buses. Sleeper berths in overnight trains are especially good value as they allow you to get a good night's sleep while saving on a night's accommodation. The rail network is comprised of three main trunks. 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 centre linking Kashan, Yazd and Kerman. Tickets can be bought from train stations up to one month before the date of departure, and it is wise to book at least a couple of days in advance during the peak domestic holiday months. First class tickets cost roughly twice the comparable bus fare. Known as a "ghatar" in Farsi; trains are probably the safest, most reliable and easiest way to travel around the country . as an added benefit; you'll get to meet the people, sample food and see other tourists.

Bus

The Iranian domestic bus network is extensive and thanks to the low cost of fuel, very cheap the government has limited buses to 80 km/h. There is little difference between the various bus companies, and most offer two classes: 'Lux' or 'Mercedes' (2nd class) and 'super' or 'Volvo' (1st class). First class buses are air-conditioned and you will be provided with a small snack during your trip, while second class services are more frequent. Given the affordability of first class tickets, there's little financial incentive to opt for the

second classer vices, especially in summer. local bus services. You can buy tickets from the bus terminals or ticket of fices up to a week in advance, but you shouldn't have a problem finding a seat if you turn up the terminal an hour or so before your intended departure time. Most cities operate comprehensive

Plane

For anyone on a tight deadline, affordable domestic air services are a blessing. The major national carrier Iran Air , and its semi-private competitors (Iran Aseman Airlines- Aseman meaning "sky" in Persian , Mahan air , Kish Air , etc.) link Tehran with most regional capitals and offer inter-regional flights for no more than US \$60 Their services are frequent, reliable and sage are definitely worth considering to skip the large distances within Iran.

Tickets can be bought at airports or travel agents dotted through the most major cities. Book early during the summer months of August and September since finding seats at short notice is virtually impossible. You can also find domestic ticket in some Iran air offices abroad (Dubai for instance), but expect to pay a little more due to the change rate applied. Domestic tickets for other companies must be bought inside Iran.



Foods





Iranian Foods

Persian Cuisine is exotic yet simple similar to an Omar Khayyam's poem. It is healthy, yet colorful, like Persian miniature painting. Persian cooking is combination of rice with meat, chicken or fish and plenty of garlic, onion, vegetables, nuts, and herbs. To achieve a delicious taste and a balanced diet, unique Persian spices such as saffron, diced limes, cinnamon, and parsley are mixed delicately.

The Cuisine of Persia influenced cooking all over the world, from the beef dishes of India, to the sweet and sour that graced the tables of Medieval and Renaissance Monarchs. Modern Iranian food fits perfectly with today's lighter eating style. Iranian food has a lot of similarity with the other cuisines of the Middle East, but it is more sophisticated and imaginative, as colorful and complex as a Persian carpet.

Iranian food is inventive, rich and varied. Rice - usually flavored with saffron - is a staple, along with vegetables. The dishes that have made

Persian cuisine famous worldwide are mostly homemade, because Iranian women generally do not work in restaurants. One of the most celebrated dishes is ghormeh sabzi, a subtle concoction of lamb, herbs, and lemon that takes great skill and hours to prepare. Another is fesenjan, chicken in a pomegranate sauce with walnuts. Iranian food is not spicy. Herbs are used a lot, as is fruit - from plums and pomegranates to quince, prunes, and raisins. Much preparation time also goes into rice.

"It is a whole ceremony," says Somaya, an Iranian friend of mine. Iranians feel that the best rice is a type grown in the northern part of their country around the Caspian Sea; it costs twice as much as the imported varieties from Southeast Asia. First, it is thoroughly rinsed. "We do this because we believe that the smell of the bag or container it was in could destroy the beautiful scent of the Caspian rice," says Somaya. The rice is then put in boiling water, strained, and finally steamed .



At most restaurants, the kebab is king, mostly because it is fast to prepare, and eateries are generally run by men, whose main culinary skill, as for many of their Western counterparts, is barbecuing on the grill. Iranians have looked at food at 3 different ways for many centuries; medicinal, philosophical & cultural. Iranian Physicians & philosophers considered food & beverages as the main factor to revive body. Consuming food is a way of weakening or strengthening human character. Consuming a lot of red meat & fats was thought to create evil thoughts and make us selfish. However, consuming a healthy diet including fruits, vegetables, fish, fowl, mixed petals & blossoms of roses create unusual powers & make us gentle & noble creatures. From cultural point of view, Persian food has always been considered to be an art providing enjoyment to both body & mind. No accurate record of classical Persian cooking is available.

The techniques have been passed down generation to generation. Women have had a great influence in the history of cooking in Iran. The best Persian Cuisine chefs were and still are women.

Like other cultures, special foods are prepared for different occasions, i.e. weddings, funerals, birthdays, Persian New Year, religious & historical feasts, formal & state gatherings.



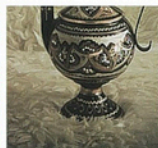
HEALTH

In general, Iran is a healthy country to travel in, and you are unlikely to catch any exotic diseases here. The main troubles for tourists are stomach upsets and heat exhaustion. It is not necessary to bring medicine. You can refer in health centers even in villages and small towns. Make sure you are healthy before you start traveling. No vaccinations are required before entering Iran, but your doctor may advise inoculation against hepatitis, malaria, and typhoid. If you do not feel well, start by consulting with a pharmacist are able to diagnose minor health problems and to suggest appropriate treatment. The quality of medical care is reasonably high by international standards. Many doctors have received training in the West and speak basic European languages.

SAFETY AND SECURITY

Iran is one of the safest territories in the world and Islam insists of the foreign nationals and tourists in the Islamic territories and government of the Islamic Republic of Iran ,paying much attention to this issue, has created the center of supporting the tourism industry in the Islamic parliament with more than one hundred members of the Islamic parliament. The stability of security is carried out by the ministry of interior and law enforces (police) is the executive arm of this ministry. The roads security and supervision on the practice of driving codes and laws in all over the country is carried out by police.

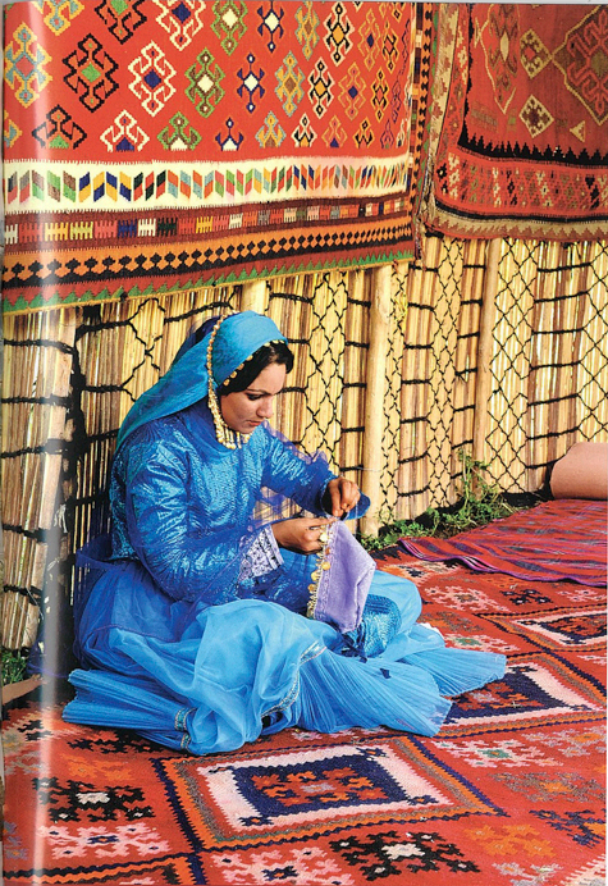




National Museum of Iran: Iran e-Bāstān

National Museum of Iran, aging more than 70 years, containing 300,000 museum objects in an area more than 20,000 square meters, is not only the largest museum of History and Archaeology of the country, but ranks as one of the few most prestigious museums of the world in regard to grand volume, diversity and quality of its huge monuments. In the Iranian museum tradition it is considered Iran's mother museum, aiming at preserving relics of the past to hand down to the next generations, enhancing better understanding among world peoples and nations, discovering and showing Iranian's roles in shaping world culture and civilization and trying to enhance public knowledge.



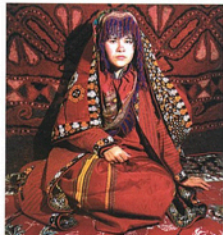


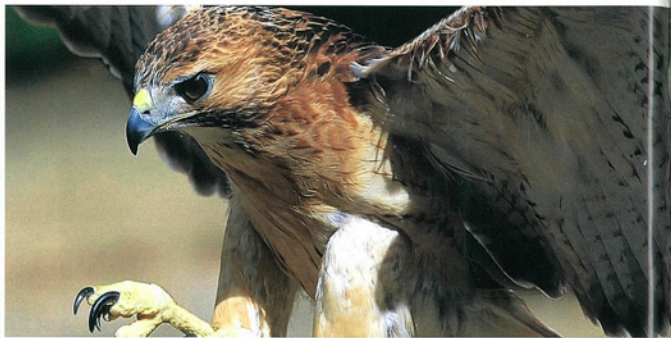
Dress

Men: There are few restrictions about men's dress. Only shorts, even knee-length sleeves and T-shirts are fine , but avoid very strong colors.

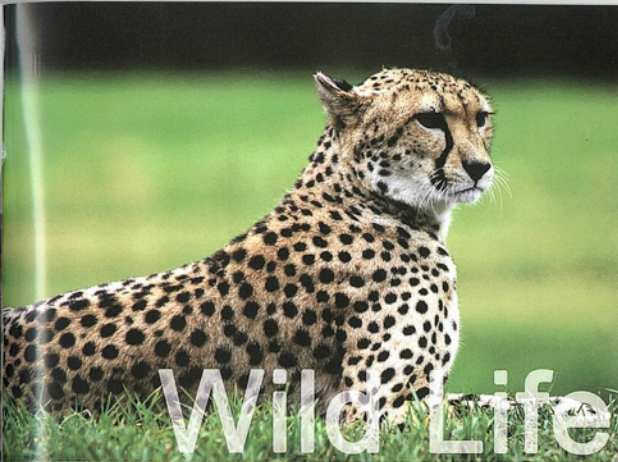
Women: All females over the age of nine must wear a Hijab, the Islamic dress. There is no uniformity, however, regarding its type and the amount of coverage it provides. The black chador (the loose head - to-toe covering) is the most covered mode, but foreign ladies have to wear it only in some mosques and shrines (it is often handed over at the entrance) .

The most common wear is the manto , a full-length, long-sleeved overcoat; an overwhelming array of which is readily available in the shops. If you do not want to buy any, bring a knee-length, loose tunic that can be worn with a long skirt or trousers (jeans are acceptable). Hair and neck should be covered with a scarf . The colors of the clothes do not really matter, although dark, solid colors may help you blend into the local crowd. If you travel in summer, light fabrics are strongly recommended.





4



Wild Life



TRAVELLING INDEPENDENTLY OR ON A PACKAGED TOUR

As is so often the case, both ways have their pluses and minuses. On the plus sides of independent traveling are the trip's lower cost, the opportunity to see the sites that appeal to your personal taste, the chance to meet locals (although the language barrier can make this communication less successful), and, as a result, a better understanding of the area.

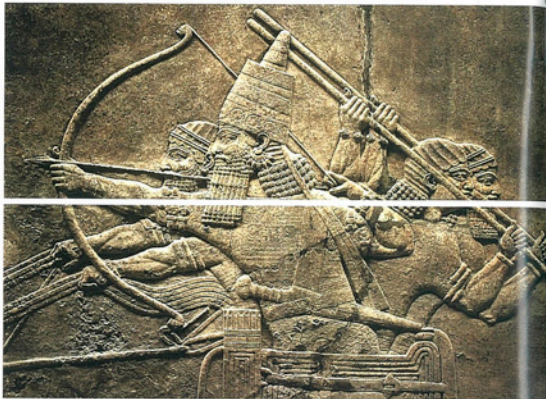
CUSTOM

Nowadays, Iranian customs officers often shut their eyes to what foreigners take into and out of the country. Apart from the usual restrictions on weapons and pornographic material, the importing of alcoholic beverages is absolutely forbidden.

Penalties for being in possession of any narcotics are very severe, other items that may attract interest are foreign books, magazines and audio and video production materials, but these are likely to be confiscated only if they have naked bodies on the jackets. Foreign fashion magazines may also be treated with suspicion.

WHAT TO BRING

There is no need to arrive in Iran weighed down with foodstuff and toiletries. Most essentials can be easily found in larger cities, and can be bought at reasonable prices.



Iranian Handicrafts









Tourism department of Iran provinces

Province	Capital	TEL.
Ardabil	Ardabil	045-33234050
Alborz	Karaj	026-32829120
East Azerbaijan	Tabriz	041-35546164
West Azerbaijan	Urmia	044-33489859
Busheher	Busheher	077-33331390
Chahar Mahal va Bakhtiari	Shahrekord	038-33349760
Fars	Shiraz	071-32222145
Gilan	Rasht	013-33732884
Golestan	Gorgan	017-32225891
Hamadan	Hamadan	081-38267520
Hormozgan	Bandar Abbas	076-33687201
Ilam	Ilam	084-33335440
Isfahan	Isfahan	031-32665429
Kerman	Kerman	034-32816504
Kermanshah	Kermanshah	083-38380045
North Khorasan	Bojnourd	058-32288351
Khorasan, Razavi	Mashhad	051-37259311

Province	Capital	TEL.
South Khorasan	Birjand	056-34447499
Khuzestan	Ahvaz	061-35530353
Kohgiluy va Boyer Ahmad	Yasuj	074-33285728
Kurdistan	Sanandai	087-33285728
Lorestan	KHORRAMABAD	066-33223670
Markazi	Arak	086-34031076
Mazandaran	Sari	011-33354568
Qazvin	Qazvin	028-33688557
Qom	Qom	025-37603421
Semnan	Semnan	023-33300984
Sistan va Baluchistan	Zahedan	054-33224499
Tehran	Tehran	021-88913410
Yazd	Yazd	035-36211926
Zanjan	Zanjan	024-33133347



The most important hotels in Iran provinces

Province	Hotel Name	TEL.
East Azerbaijan	ILGoli Laleh	041-33807820-30 041-36670076-7
West Azerbaijan	Bari tourist complex Sahel	044-33222900 044-333369970-1
Ardabil	Sabalan Laleh	045-33232910 045-32222784
Isfahan	Abbasi Aseman	031-32222157-9 031-32354141
Ilam	Dalahou Tjrian	084-33366393-5 084-32723224
Busbeber	Delvar Reza	077-3333340910 077-33327171
Tehran	Laleh esteghlal	021-88967021-9 021-22660011-25
Chahar Mahaal va Bakhtiari	Kouhrang Azadi	038-33622301-2 038-33330020-1
South Khorasan	Birjand Guest House Moqaddam	056-32222331 056-32222827
Razavi Kborasan	Pars Pardisan	051-38689201 051-38791820
North Khorasan	Tourist Negin	058-36229971 058-32255737
Khuzistan	Oxin Pars	061-34474720 061-32220091-5
Zanjan	Payam Zanjan gerand Hotel	024-33025000-3 024-33788190-9
Semnan	Semnan Guest Houe Bastam Guest House	023-33441433-5 023-32524596-7
Sistan va Balucbistan	Esteghlal Lipar	054-33238053 054-35312120-5

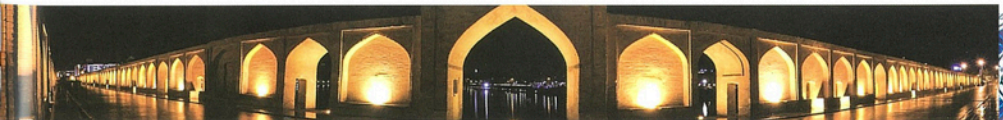
Province	Hotel Name	TEL.
Fars	Homa Chamran	071-32929 071-36289898
Qazvin	Alborz Marmar	028-33225266 028-33555771-5
Qom	Olympic Eram	025-37831881 025-37744089-91
Kerman	Pars Arg-e Jadid	034-32119301-32 034-44313000
Kermanshah	Arg Kasra	083-37299411 083-38238520
Kurdistan	Shadi Zarivar	087-33629200 087-34533333
Kohgulluye Va Boyer Ahmad	Eram Parsian	074-33223191 074-33323470-3
Gulistan	Azin Nahar Khoran	017-32423004-7 017-32540034
Guilan	Pouria Kadous	013-34437320-5 013-33329075
Lorestan	Zagros Shahrdari Khorram Abad	066-42504901-9 066-33304044
Mazandaran	Narenjstan Daryaye Nour	011-44581111 011-44840312
Markazi	Kaveh Mahallat Guest House	086-42342451 086-43323555
Hormozgan	Persian gulf Hormoz	076-33592285 076-33342201-5
Hamedan	Arian Azadi	081-38261266-7 081-38380002-4
Yazd	Moshiralmamalek Shayan	035-35239760-5 035-32321727
Kish Island	Dariush Shayan	0764-4444900 0764-4422771
Qeshm Island	International Behesht	0763-5243001 0763-5241214



FOREIGN MISSIONS

No.	COUNTRY	TEL.
1	Azerbaijan	+9821- 22215191 +9821- 22212554
2	Argentina	+9821- 22575555 +9821- 22577433 +9821- 22575932 +9821- 22575935
3	Germany	+9821- 39991920 +9821- 39991140 +9821- 39990000
4	US interest section	+9821- 22542178 +9821- 22565273
5	Austria	+9821- 22750038 +9821-22750040-2
6	Jordan	+9821- 88088356 +9821- 88088351
7	Armenia	+9821- 66704833
8	Uruguay	+9821- 88676990-1
9	Uzbekistan	+9821- 22832071 +9821- 22299780
10	Spain	+9821-22568681-2 +9821- 22568684
11	Australia	+9821-88724456-8
12	Slovakia	+9821- 22711164 +9821- 22424847

No.	COUNTRY	TEL.
13	Slovenia	+9821- 22802223
14	South Africa	+9821-22702866-9
15	Afghanistan	+9821- 88502666 +9821- 88735040 +9821- 88737531 +9821- 88737151
16	Ecuador	+9821- 22014456
17	Algeria	+9821-22420015-6
18	United Arab Emirates	+9821-88781333-4 +9821- 88788515
19	Indonesia	+9821- 88716865
20	United Kingdom	+9821- 64052000 +9821- 64052219 +9821- 64052289 +9821- 64052405
21	Ukraine	+9821- 88034119 +9821- 88008530 +9821-880606171-2
22	Uganda	+9821- 22633198 +9821- 22600465
23	Italy	+9821-66726955-7
24	Ireland	+9821- 22297618 +9821- 22803835



FOREIGN MISSIONS

No.	COUNTRY	TEL.
25	Bahrain	+9821- 88773383
		+9821- 88775365
		+9821- 88772079
26	Brazil	+9821- 22753108-10
27	Brunei	+9821- 88797946
		+9821- 88798456
28	Belarus	+9821- 22752229
29	Belgium	+9821- 22041617
		+9821- 22049247
		+9821- 22040073
30	Bulgaria	+9821- 88775662
		+9821- 88775037
31	Bangladesh	+9821-88063073-6
32	Bosnia	+9821-88092728-30
33	Pakistan	+9821- 66941388
		+9821- 66944888
34	Portugal	+9821- 22764060
		+9821- 22582760
35	Tajikistan	+9821- 22299584
		+9821- 22834650
36	Thailand	+9821- 77643297-9
		+9821- 77531433

No.	COUNTRY	TEL.
37	Turkmenistan	+9821- 22206731
		+9821- 2206306
38	Turkey	+9821- 35951100
		+9821- 33111202
		+9821- 33115351
39	Tunisia	+9821- 22009203
		+9821- 22632384
40	Czech	+9821- 22288149
		+9821- 22288153
41	China	+9821- 22291240-1
		+9821- 22292566
42	Denmark	+9821- 22601363
		+9821- 22607020
43	Russia	+9821- 66701161
		+9821- 66701163
44	Romania	+9821- 77647570
		+9821- 77534658
45	New Zealand	+9821- 26122175-7
46	Zimbabwe	+9821-22027553-7
		+9821- 88717922
47	Japan	+9821- 88717923
		+9821- 88713396
		+9821- 22404150
48	Coteivory	+9821- 22428794



FOREIGN MISSIONS

No.	COUNTRY	TEL.
49	Srilanka	+9821- 22569179
		+9821- 22768630
		+9821- 22768631
50	Senegal	+9821- 88891123
		+9821- 88903980
51	Sweden	+9821- 22296802
		+9821- 23712200
52	Switzerland	+9821- 22008333
		+9821- 22008454
53	Sudan	+9821- 88781183-4
54	Syria	+9821- 22059031-2
		+9821- 22055332
55	Somali	+9821- 22673837
56	Sirlain	+9821- 22718516
		+9821- 22721474
57	Serbia	+9821- 22412569-71
58	Iraq	+9821- 88938865-6
59	Saud Arabia	+9821- 22288543
		+9821- 22299978
60	Oman	+9821- 22056831-2
		+9821- 22057641-2
		+9821- 22056823

No.	COUNTRY	TEL.
61	Ghana	+9821- 22421447
		+9821- 22175363
62	France	+9821- 64094000
63	Palestine	+9821- 66464501
		+9821- 66402513
64	Finland	+9821- 22215777
		+9821- 22230979
		+9821- 22207090
		+9821- 22214316
65	Philippine	+9821- 22668774-6
66	Cypress	+9821- 22219842
		+9821- 22201240
67	Qirkisistan	+9821- 22830354
68	Kazakhstan	+9821- 22565933-4
69	Qatar	+9821- 22051255-6
		+9821- 22029336-7
70	Canada	+9821- 81520000
71	Croatia	+9821- 22589923
		+9821- 22587039
72	South Korea	+9821- 8804900
73	North Korea	+9821- 22232120
		+9821- 22234260
74	Kenai	+9821- 22054383



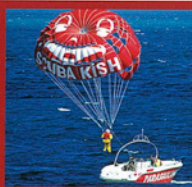
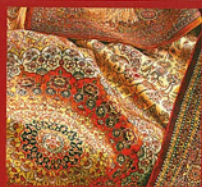
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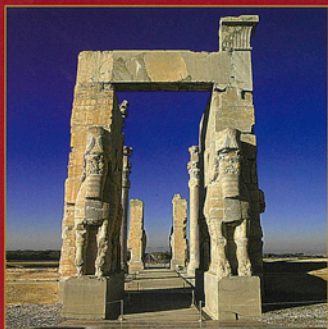
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35	Tajikistan	+9821- 22299584
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41	China	+9821- 22291240-1
		+9821- 22292566
42	Denmark	+9821- 22601363
		+9821- 22607020
43	Russia	+9821- 66701161
		+9821- 66701163
44	Romania	+9821- 77647570
		+9821- 77534658
45	New Zealand	+9821- 26122175-7
46	Zimbabwe	+9821- 22027553-7
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		+9821- 22428794



6





Iran Cultural Heritage
Handicrafts and Tourism Organization
www.tourismiran.ir

