























info@irannaturetours.com
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Code	T- 301-7D	Duration	8 Days
Best season	20/Jun. – 20/Oct.		
Brief	Tehran – Shirpala – Osoun - Damavand Larijan - Tehran		



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|--------------|--|---|--------------------------------|---|
| Day-1 | TEHRAN- SHIRPALA shelter |   | TEHRAN 4*- SHIRPALA |   |
| | Mid night arrival to Tehran meet and assist in the IKIA airport and then Transfer to hotel
Morning after break fast visiting Sad-Abad palace
Lunch local restaurant in Darband (mountain area) after lunch ascent to Shirpala shelter Alt. 2750m | | | |
| Day-2 | SHIRPALA - TOOCHAL - OSOUN |  | OSOUN Mountain hotel 2* |  |
| | Early morning after breakfast ascent to Toochal summit Alt. 3960m.and then descent to Osoun valley Alt.2400m. | | | |
| Day-3 | OSOUN – TEHRAN - DAMAVAND |   | BARGAH-E-SEWOM |  |
| | Early Morning after breakfast return to Darband Sq. and then trip by car to Gosfand-Sara Alt.3200m. in the south of Damavand Mt. The mules there are ready for loading the equipment and transport to the Southern shelter (Bargah-e-Sewom) Alt.4150m. | | | |
| Day-4 | SHELTER – DAMAVAND - SHELTER |  | BARGAH-E-SEWOM |  |
| | Early morning ascent from shelter to Damavand peak Alt. 5671m. and then return to the shelter | | | |
| Day-5 | DAMAVAND – LARIJAN VILLAGE |   | LARIJAN local HOUSE |  |
| | Morning after breakfast descend to Gosfand-Sara and then trip by car to Larijan village via Rineh and over night in a village house | | | |
| Day-6 | LARIJAN - TEHRAN |  | TEHRAN 4* |  |
| | Morning after break fast trip from the village to Tehran around the noon arrival Tehran and after hotel check in free time for sightseeing | | | |
| Day-7 | TEHRAN – Full day |  | TEHRAN 4* |  |
| | Morning after breakfast visiting (National museum, Glass and Ceramic museum, and Old Bazaar) | | | |
| Day-8 | DEPARTURE TEHRAN |  | TEHRAN 4* |  |
| | Four hours before departure flight Transfer from the hotel to IKIA airport | | | |

Services: visa support, All airport transfer, Mountain guide (If possible English language), Hotel Ferdowsi or similar 4* hotel in Tehran, Hotel Osoun, All mountain shelter, Permission for climb to Damavand summit, Mules for luggage transport to Damavand shelter, Car for all trip, Full board, with the mid day brake (Tea, Coffee, Sweets, Fruits, Mineral water)

Price for per person in double room = 2630 USD