

# Immerse in Iranian Culture 🧑🏻‍🌾🧑🏻‍🌾

Friendly Iran -7-day Iran Tour

Tehran-Shiraz



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Sazandegi Street, in front of alley number 3, Shiraz, Iran

## Day 1: Tehran

Start your journey in Tehran, by staying at an eco-lodge or traditional guesthouse. Visit Tehran's Grand Bazaar to meet artisans and participate in a pottery or enamelwork workshop, making your souvenir. Later, stroll through the peaceful Negarestan Garden and enjoy an evening at Laleh Park, mingling with locals.

**-Responsible Travel Tip:** As part of our commitment to responsible travel, our company provides light refreshments during the tour, including bottled water. To minimize environmental impact, we offer reusable water bottles instead of single-use plastic and support local businesses.

**-Slow Travel Focus:** Take time to interact with craftsmen and enjoy a relaxed exploration of historical sites. Overnight in Tehran

## Day 2: Barghan village

Travel to the peaceful Barghan Village, staying in village homes or eco-lodges. Spend the day hiking, meeting local farmers, and learning to bake traditional bread. Participate in a carpet weaving workshop, gaining insight into rural life and crafts.

**-Responsible Travel Tip:** Minimize waste, avoid single-use plastics, and support village products.

**-Slow Travel Focus:** Enjoy the slow pace of rural life, engaging deeply with the villagers and their customs.

## Day 3: Isfahan

Explore Isfahan, staying at a historic house. Visit Naqsh-e Jahan Square, join a Khatam (marquetry) or enamelwork workshop, walk along the Zayandeh River, visit Khaju Bridge, and enjoy dinner at a local restaurant with traditional music.

**-Responsible Travel Tip:** Use public transportation or cycling to reduce your carbon footprint.

**-Slow Travel Focus:** Wander through the city's historical sites leisurely, absorbing its rich cultural heritage.

#### Day 4: Abyaneh village

Head to the ancient Abyaneh Village, where you'll stay in traditional village homes. Explore the village's architecture, participate in a tree-planting project, and learn traditional cooking from locals. End the day with folk storytelling by villagers.

**-Responsible Travel Tip:** Respect the local way of life and ask permission before taking photos.

**-Slow Travel Focus:** Immerse yourself in the timeless atmosphere, taking time to appreciate the village's unique cultural and environmental practices.

#### Day 5: Shiraz

Arrive in Shiraz and stay in an eco-lodge. Visit Eram Garden and Hafez Tomb, and take part in a traditional craft workshop. Wander through the old streets, tasting local street food and enjoying Shiraz's relaxed pace.

**-Responsible Travel Tip:** Use eco-friendly packaging and buy local, sustainable products.

**-Slow Travel Focus:** Spend unhurried time in Shiraz's gardens and bazaars, enjoying the poetic charm of the city.

#### Day 6: Ghalat

Discover the natural beauty of Qalat Village with a stay in locally-run eco-lodges. Hike through picturesque paths, join a local cleanup and tree-planting project, and enjoy the evening around a campfire with music and storytelling.

**-Responsible Travel Tip:** Preserve the natural environment by minimizing noise and respecting wildlife.

**-Slow Travel Focus:** Take a mindful approach to nature, spending the day slowly exploring and giving back to the environment.

## Day 7: Firuzabad-Depart

End your journey in Firuzabad, staying with nomads or in eco-lodges. Visit Ardashir Palace and Qal'eh Dokhtar, learn about the nomadic way of life, and participate in traditional cooking with nomadic women. Enjoy cycling or hiking in the plains.

**-Responsible Travel Tip:** Support nomadic communities by purchasing their handmade crafts and respecting their traditions.

**-Slow Travel Focus:** Immerse yourself in the simple, slow-paced life of the nomads, learning their deep connection to nature.