

# 14 Provinces, 14 Unforgettable Food Trips 🧑🏻🧑🏻🧑🏻

Friendly Iran - 21-day Iran Tour

Tehran-Tehran



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### Day 1: Arrival in Tehran: Discover Persian Cuisine

Start your Iran food tour in Tehran, the lively capital city. Visit Golestan Palace and explore the colorful Grand Bazaar where spices and saffron fill the air. For lunch, taste the famous Albaloo Polo (sour cherry rice) and crispy Tahchin. Rest well and get ready for more delicious Iranian cuisine.

### Day 2: Tehran City Food Experience

Stay one more day in Tehran to enjoy its tasty street food and traditional restaurants. Visit Sa'dabad Palace or stroll in Darband for fresh air. Try juicy Persian kebabs and meet friendly locals. This part of your Iran culinary journey lets you slow down and enjoy authentic flavors.

### Day 3: Qazvin Culinary Stop

Drive to Qazvin, an old capital city with rich culture. Walk inside Sa'd al-Saltaneh Caravanserai and the old city gates. Lunch is Gheimh Nesar, a colorful Persian rice dish with nuts and barberries. Qazvin's food makes your Iran food adventure special.

### Day 4: Taste Gilaki Food in Rasht

Your Iran food tour continues north to Rasht, the capital of delicious Gilaki cuisine. Wander Rasht Bazaar and feel the fresh Caspian Sea breeze. Try Baghala Ghatogh (beans and dill) and smoky Mirza Ghasemi with fresh bread. Rasht is a must-visit for food lovers.

### Day 5: Ardabil Local Food & Nature

Head to Ardabil and feel the cool mountain air. Visit the beautiful Sheikh Safi al-Din Shrine. Taste Kaseh Kebab. Relax and enjoy this part of your Iranian food journey.

### Day 6: Relax in Sarein Hot Springs

Spend the day in Sar'ain, famous for its hot springs. Rest your body, shop for local honey and sweets, and enjoy a slow local meal. This stop keeps your Iran culinary tour relaxed and refreshing.

### Day 7: Tabriz Traditional Food

Next, visit Tabriz, a city famous for its bazaars and delicious food. Explore the UNESCO-listed Tabriz Bazaar and see the Blue Mosque. For lunch, enjoy Kufteh Tabrizi, the giant meatball full of herbs and dried fruits. A must-try for Iranian cuisine fans.

### Day 8: Explore Tabriz at Your Pace

Use this day to see more of Tabriz or visit Kandovan village with its stone houses. Try local street food, drink hot tea, and enjoy the warm hospitality of Azerbaijan in Iran.

### Day 9: Zanzan Food Stopover

Drive to Zanjan to break your long route. Visit the Rakhtshooy Khaneh and Saltmen Museum. Lunch is Sireh Qalieh or a hearty Zanjani Koofteh. This stop adds a hidden taste to your Iran food tour.

#### **Day 10: Sanandaj Kurdish Food Experience**

Head to Sanandaj in Kurdistan province. Visit Asef Vaziri Mansion and the Kurdish bazaar. Try local Khalal Stew, a warm Kurdish soup that shows the region's unique food culture.

#### **Day 11: Kermanshah & Famous Kebab**

Travel to Kermanshah to see Taq-e Bostan's ancient rock reliefs. Taste Dandeh Kebab, famous juicy ribs grilled to perfection. Try Kermanshahi sweets in the old bazaar. The perfect mix of history and Persian food.

#### **Day 12: Khorramabad Flavors**

Continue to Khorramabad and visit Falak-ol-Aflak Castle. Relax by the waterfalls and taste Sib Polo, a rice dish with sweet apples. Discover how simple Iranian recipes surprise you.

#### **Day 13: Ahvaz Spicy Seafood**

Your Iran culinary journey goes south to Ahvaz. Walk along the Karun River and feel the warm breeze. Lunch is spicy Ghalieh Mahi, a famous fish stew with tamarind and herbs. This dish tastes like the Persian Gulf itself.

#### **Day 14: Persian Gulf Tastes in Bushehr**

Drive along the beautiful coast to Bushehr. See old port houses and fishing boats. Try fresh Meygoo Polo (shrimp rice) by the sea. Enjoy Bushehr's simple seafood flavors.

#### **Day 15: Bushehr Morning & Drive to Shiraz**

Spend a calm morning in Bushehr, sip tea by the sea or chat with friendly locals. In the afternoon, drive to Shiraz, the city of flowers and poets.

#### **Day 16: Shiraz & Persepolis Stop on the Way to Yazd**

Start your day in Shiraz with Nasir al-Mulk Mosque (the Pink Mosque) and Vakil Bazaar. Then drive toward Yazd, stopping at the ancient city of Persepolis and Pasargadae. Feel the power of old Persia before reaching Yazd at night.

#### **Day 17: Discover Yazd's Historic Food**

Walk through Yazd's mudbrick alleys and see windcatchers and the Jameh Mosque. Taste local Qeimeh Yazdi and Ash Shooli, warm bowls full of Yazd's unique flavor.

#### **Day 18: Isfahan's Royal Taste**

Drive to Isfahan, one of Iran's most beautiful cities. Visit Naqsh-e Jahan Square, cross the bridges over Zayandeh Rood, and taste sweet Khoresh Mast and the famous Isfahan Beryani. A true royal meal.

#### **Day 19: Relax in Isfahan**

Stay another day in Isfahan to shop for souvenirs, taste Persian sweets, or sip herbal drinks by the river. A slow day to end your Iran food tour in style.

#### **Day 20: Final Stop: Qom Local Stew**

Drive back toward Tehran with a stop in Qom. Visit the Holy Shrine from outside and taste Abgoosht Ghomi, a rich traditional stew. Rest near Imam Khomeini Airport.

#### **Day 21: Departure from Iran**

Your Iran food adventure ends with a bag full of pistachios, saffron, and sweet memories. Fly home with delicious stories and the taste of Iranian hospitality forever in your heart.