

# Immerse in Iranian Culture 🧑🏻🧑🏻

Friendly Iran -7-day Iran Tour

Tehran-Tehran



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## Detailed Itinerary:

### Day 1: Tehran to Taleghan

"Leaving the noise, entering stillness."

Your journey begins as you leave the city behind and ascend into the silence of the Alborz mountains.

Each turn in the road leads you away from the urgency of daily life, into valleys carved by time, and rivers that seem to carry stories.

You'll arrive in Taleghan, a quiet village nestled by the water, where an eco-lodge awaits you.

That evening, under a sky scattered with stars, you'll gather for an intention-setting circle and your first journaling session in the Mirror Journal.

You may write little. Or a lot. Or just breathe. Silence is welcome.

Theme: Grounding & letting go"

### Day 2: Taleghan to Masal

"Into the mist, where boundaries disappear."

You travel northward into Gilan , winding through sleepy towns, rice paddies, and forests that whisper of old tales.

After lunch in a family-run countryside kitchen, you climb higher, entering the cloudline of Masal.

Your stay: a wooden guesthouse suspended above the sea of mist.

Evening brings a moment of quiet, a warm drink in hand, and a writing exercise:

Theme: Embracing ambiguity & surrender

### Day 3: Masal Immersion

"When the world grows quiet, your voice returns."

At dawn, we begin with a silent forest walk, no phones, no talking. Only breath, birdsong, and the rustle of morning leaves.

Later, you'll gather fallen leaves, stones, or twigs to make nature art, not for beauty, but for truth.

The afternoon is yours. To nap. To write. To just be.

In the evening, we light a small fire and invite stories, yours, or others. Words have space to land here.

Theme: Listening inward

Activity: Nature collage + Fireside story circle

#### Day 4: Masal to Gisoom

"Descent into green: The forest as mirror."

Today's path leads you downward, through lush foliage, quiet curves, and timeless green.

By midday, you'll arrive at the coastal forests of Gisoom: ancient, untamed, and echoing with life.

A barefoot walk through its tree tunnel, or a calm forest bike ride, connects body with earth.

Evening brings you to a beachside guesthouse, where waves become your lullaby..

#### Day 5: Gisoom Deep Dive

"Between forest and sea, the questions change."

You'll begin the day with sunrise meditation by the Caspian shore. No guru. Just stillness, breath, and the rising light.

The rest of the morning is for solitude, reflection, or deep journaling.

Later, a group circle invites voluntary sharing: poetry, music, or just presence. No pressure.

This day is about truth without performance.

Theme: Honesty & vulnerability

Optional: Guided journaling workshop or silent walk

#### Day 6: Gisoom to Ramsar

"A soft landing between mountains and sea."

You journey along the Caspian coast to Ramsar, where forested mountains lean into the ocean.

A boutique eco-lodge welcomes you, cradled in trees, scented by herbs.

You may soak in natural hot springs, ride the scenic telecabin, or enjoy a therapeutic herbal massage.

In the evening, we gather one last time, to name what's changed, what's opened, and what's ready to be carried home.

Theme: Integration & closure

## Day 7: Ramsar to Tehran

"End of journey, beginning of a new gaze."

Your return is quiet. Along the way, you'll stop for local markets or to stretch your legs in a vineyard.

But the true destination now isn't a place, it's perspective.

You'll arrive in Tehran with a heart full of questions, a journal filled with your voice, and a stillness you didn't know you needed