



Friendly Iran -9-day Iran Tour



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Detailed Itinerary:

Day 1 – Arrival in Tehran: The City of Tastes

Where roasted corn, samosas, and neon lights welcome you. Arrive in Tehran and settle into your hotel. In the evening, explore Si-e Tir Street, famous for its mix of food trucks and historic charm. Try Persian-style corn cups, mini samosas, and saffron ice cream while the scent of roasted butter fills the air.

Day 2 – Bazaars, Spices and Night Snacks (Tehran)

From the scent of rose jam to the sound of sizzling kebabs. Start your day in Tajrish Bazaar, where vendors sell handmade sweets, nuts, and herbal teas. After a relaxed lunch, prepare for a vibrant night market crawl with fusion bites, live music, and street drinks like sour pomegranate juice and herbal infusions.

Day 3 – Bandar Abbas: Sea, Spice and Street Heat

The rhythm of the sea meets the warmth of chili. Fly south to Bandar Abbas and dive into a completely new flavor world. Try Bandari samosas, falafel, and Tomooshi bread straight from seaside stalls. Enjoy sunset by the Persian Gulf with date desserts and spiced tea.

Day 4 – Qeshm Island: The Taste of Tradition

Flavors shaped by the sea breeze and women's hands. Ferry to Qeshm Island and start the day with thin crepes, date syrup, and sesame. Meet local women in Laft Village who share family recipes such as fish curry and coconut rice. Dinner under the stars at a beach café offers a simple yet unforgettable taste of island life.

Day 5 – Shiraz: Sweetness and Stories

Where poetry tastes like saffron and rosewater. Fly to Shiraz and visit Vakil Bazaar, sampling Faloudeh Shirazi, saffron sweets, and herbal sherbets. Join a local cook for a dessert-making session inside a historic home, then sip rose tea in Hafez Garden as the sun sets.

Day 6 – On the Road to Isfahan

Every stop is a snack. Road trip to Isfahan with small breaks to taste roadside bites such as lavashak, roasted seeds, and yogurt drinks. Check into a boutique hotel near Naqsh-e Jahan Square, and enjoy Beryani, Isfahan's crispy signature dish, followed by tea under Si-o-se-pol Bridge.

Day 7 – Isfahan’s Street Kitchen

Crispy, golden, and full of stories. Learn to bake traditional bread with herbs in a morning workshop. Lunch on Ash Reshteh, Kaleh Joosh, and tiny Gaz sweets from local vendors. Spend the evening exploring food stalls with roasted corn, saffron donuts, and chai brewed on coals.

Day 8 – Kashan: The Fragrance of Roses

Roses, almonds, and nostalgia in every bite. Drive to Kashan and visit a rose distillery, learning about syrups and sweets made with rosewater. Lunch at a local home featuring almond pudding and Shirin Polo. End the day with a walk through Fin Garden, tasting local ice cream and mint tea.

Day 9 – Back to Tehran: A Tasteful Goodbye

A farewell filled with flavor. Return to Tehran by road or train. Spend your last afternoon revisiting favorite snacks, samosas, herbal teas, and sweets, before a farewell dinner that brings together the regional flavors discovered along the journey.