



Sinar Gasht Tour and Travel Agency

Presents

Iran Travel Guide for Travelers

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Why Iran



Why do I need to travel to Iran?

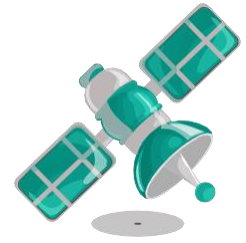
In a world saturated with so much negative propaganda against Iran, why should Iran make it to your travel list? We say why not?!

Let's look at the matter through Sinar Gasht Travel Group's perspectives:

- With a history of 4700 years, the journey of Iran has gone through marvelous chapters of bravery, friendship, betrayal, war, destruction, revolution and resurrection.
- This deep history has won Iran a rich and multidimensional culture. Arts, architecture, music and literature perfectly reflect the identity and history of the people living on this piece of land.
- Geographical diversity is only one of the gains of 1,648,195 square kilometers of land. Even though the country enjoys four seasons across the year, thanks to Iran's location, sometimes you can enjoy three seasons at once. That is to say, in the winter, while people spend the weekend skiing in the north of Iran, in the center people enjoy hiking and camping in the desert, while some others go swimming in the Persian Gulf in the south of Iran.
- Iran is one of the most affordable destinations for travelers.
- Iranian cuisine speaks to different tastes and captures many hearts. Iranian dishes are a mix of rich nutrients, spices and colors that are impossible to resist.
- Still wondering? Go through our Iran travel guide and collect all reasons you may need to see Iran.



What should I know about Iran?



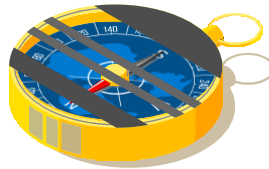
Area and provinces:

Iran spans over an area of 1,648,195 square kilometers in western Asia. As the second largest country in the Middle East, Iran has 31 provinces. The provinces of Kerman and Qom constitute the largest and smallest provinces respectively, while the province of Tehran houses the highest population in the country.



Population and ethnicities:

Iran's population is estimated at 83,228,193 million as of 2019, with an impressive ethnic diversity. The ethnic Iranian groups constitute Persians, Kurds, Turkmen, Azerbaijanis, Gilaks, Mazandarani, Lurs, Baloch, Talysh Tats, Arabs, Armenians, Assyrians and Jews.



Geography:

Nature of Iran has all that a nature lover could ask for. The Caspian Sea in the north, the Persian Gulf and Oman Sea in the south engulf the country, while Alborz mountain ranges stretch in its north and Zagros mountain ranges extend all the way from the north west to the south east of the country.

While the northern stretch of Iran is covered by the UNESCO World Heritage Hyrcanian forests, the center of the country is occupied by large deserts where the highest surface temperatures of the earth have been recorded (in Kalut Shahdad, Lut desert). But that's not all! Few steps further down, the southern islands of the Persian Gulf contain the UNESCO Geo-parks of Qeshm Island.

Additionally, pristine valleys, lakes, and small jungles can be found scattered everywhere in the country.

The winters tend to get really cold especially in the Northern provinces and the summers are hot and dry especially in the southern and eastern provinces.



Religion:

The official religion of Iran is Islam, but Iran is also home to a large population of Christian and Jewish believers who live in peace and harmony as one nation next to each other.





Language:

Farsi is the official language of the country; but as different ethnic groups also live in Iran, dialects of Farsi and different languages such as Kurdish, Turkish, Azeri, Arabic, Baluchi, Armenian etc. can also be heard in the country. Also, most people know English and welcome the experience of practicing their English with travelers.



When is the best time to see Iran?

The high season for travelers to Iran are in the spring and fall. In the spring, the season starts in March, reaches its peak in May and slows down by the end of June. Even though tourists keep visiting the country during the summer, the next high season starts in September and continues to late November. Just the same, Iran does not cease to be the travelers' destination during the winter either.



Iran Safety



Is It Safe to Travel to Iran?

The question of safety in Iran has been raised more than once by people wishing to see the country, and the answer is a confident "Yes". Iran has been considered as safe as many other countries in Europe and North America by Forbes Magazine. In fact, Iran is one of the safest countries in the region.

Crime rates in Iran are not zero, but especially the major cities are very safe day and night.

Even so, just as in any other place in the world, it is better to avoid touring alone outside your accommodation during late hours, and be careful about your personal belongings in crowded places.



Is it safe to travel alone in Iran?

Absolutely YES! But of course, consulting common sense and caution is required at all times. Iran has become one of the popular destinations for solo travelers in the recent years; this fact alone testifies to the safety and security of the country for traveling alone. Moreover, the hospitality of Iranians makes a natural resourceful support system for travelers.



Is Iran safe for women?

Safety in Iran belongs to all, this means women live safely in the country. Again, this is not to say that no crimes occur against women in Iran, but the rates are low.

Female travelers only need to follow the dress codes explained later in this travel guide. They can go sightseeing or shopping alone, order food alone, get a taxi alone, you name it! It's only better to avoid strolling outside alone during late hours and after midnight, or go accompanied.

How safe is Iranian transportation?

While we cannot brag about driving standards in Iran, safety in Iranian public transportation is a fact. Many Iranians prefer using the public transportation because of its safety. Just be more careful with your belongings when the vehicles are packed with people during the rush hours.

Note:

Sometimes regular cars also serve as taxis, remember to only get on taxis that are marked by a taxi sign or painted in yellow. When using online taxis, the information for your online taxi matches the one on the car plate that stops by your location.



Note:

Traffic in Iran and especially the capital Tehran can be quite upsetting, but the public transportation system is accessible throughout the day and night.



How safe are the streets of Iran?

Other than Iranians' driving habits, street safety in Iranian cities makes traveling and exploring more enjoyable.

How safe are accommodation in Iran?

Safe accommodation in Iran should be the last of a traveler's concerns, as licensed hotels, hostels, traditional houses and ecologies in Iran cannot be anything but safe. Sinar Gasht Travel Agency always have the best recommendations for travelers.



Note:

Since you can find hotels for really affordable prices easily, it's better to avoid staying at locals' houses to the best of your ability. In addition to this, please remember that Couchsurfing and Airbnb services are considered illegal in Iran, and there is no way for are compensation in case anything happens.



How can I get an Iran visa?

Iran visa policy may sound too complicated for the first-time travelers; you may wonder if it's easy to get an Iran visa and the answer is a confident YES. In fact, it's so easy we can sum it up in 5 general steps:

Prepare your documents.

Apply for an authorization code.

Pick up your visa (for those applying through embassies or those making a land entry).

Travel to Iran.

Have your visa issued at the airport (for those applying for a visa on arrival).

But to make sure you know which is which and what happens in each step, let's go a little further into details.

How it works

Prior to getting your visa issued, you need to submit the required documents. They will be checked, and in case they are correct and authentic, you will be issued an authorization code. Once you get this code, it means, you will get a visa and can enter Iran. In case of any problem, you will not receive this code and you will be informed accordingly.

As the government of Iran does not issue a visa sticker on your passport, you will receive your visa on a separate sheet of paper. If you apply through an embassy, they will send you the document. In case you apply online, you will receive this document at the airport.



Done!

What are my options for applying for a visa?

There are generally speaking three ways through which you can apply for a visa:

1. Travel agencies based in Iran

2. The e-visa website for the Foreign Affairs Ministry of Iran and visa on arrival (evisa.mfa.ir)

3. Embassies and consulates of Iran in different countries

1. Travel agencies based in Iran

Traveling to a new destination is very exciting, but let's face it, paperwork for the visa can be confusing. That's only normal, as we hardly know the country and its rules and regulations. And Iran is no exception. So, the best way to acquire a visa to Iran is via a trusted and professional travel agency in Iran which can provide the best travel advisory and recommendations for the entire trip.

Why do I need to apply for an Iran tourist visa via a travel agency?

The number one obvious reason is that it saves you from the need to go through all the rules, keeping in mind all details, the trouble of applying and having to wait until someone at the embassy calls you, or the website confirms or rejects your application just because a single document was missing. In order to get a visa to Iran, you need to have a host; otherwise, the chances of getting a visa are very low. Sinar Gasht Travel Agency is an official and reliable host and will be in charge of your trip during your stay in Iran.

The agents at Sinar GashtTravel Agency are always on call, take care of the smallest details, and get your visa at the shortest period of time possible.

In case you like to apply for a visa on arrival and you just need an authorization code, then Sinar Gasht Travel Agency can get it for you in only 5 Iranian working days depending on your nationality (this process can be much longer for Canadians, Americans and British people).



Steps

a. Contact Inbound Persia Travel Agency

If you are an individual or a group of travelers, contact Sinar Gasht Travel Agency to communicate your preferred travel schedule. They will reply immediately and set an appointment with you, if necessary. Visa experts at Sinar Gasht Travel Agency apply for the visa authorization code which is the most important document for this process. The document is required if you are applying for a visa at an embassy or an airport

b. Submit the required documents

The visa expert will ask for the required documents, they will check if any documents are missing and start the process once they have all the necessary information.

c. Receive your visa

Your visa authorization code will be emailed to you. You can present it at the embassy or airport.

2. The e-visa website for the Foreign Affairs Ministry of Iran and visa on arrival (evisa.mfa.ir) Iran visa on arrival is issued at its international airports. The process is quite easy, you just need to make sure to carry along the required documents and allow a couple of extra hours at the airport. However, as airports tend to get busy, and long waiting lines are the last thing a passenger wants, we strongly recommend that travelers start the process prior to their trip by visiting evisa.mfa.ir and get their authorization codes in advance. This will also eliminate the chance of traveling all the way to Iran and being rejected at the airport.

Note:

Visa on arrival is not available for citizens of some countries. Here is the list of countries not eligible for Iran's visa on arrival at the moment:



Afghanistan



Colombia



Bangladesh



Iraq



Jordan



Nepal



Somali



Sri Lanka



The United Kingdom



Canada



Yemen



Pakistan



The United States of America

Citizens of the above mentioned countries must apply via the embassy, consulate or official representative of Iran in their countries.



In addition, as Iran visa on arrival is only issued at the international airports, travelers entering the country through Iran's land borders have to apply for an Iran visa via embassies.

How can I get my Iran visa on arrival?

Once landed in the airport, you need to go to the visa on arrival counter, fill in the application form and present your documents. If you wish to start the process for a visa on arrival before traveling to Iran, follow these steps.

Steps

a. Apply

Head to <https://evisatraveller.mfa.ir/en/request/> and start your application. Here you need to determine your visa type, follow the instructions and fill out the visa application form. Please make sure to choose English as your keyboard language.



What documents do I need for Iran visa on arrival?

- A completed application form
- Original passport (valid for at least 6 months)
- Digital passport image
- Passport size digital photo
- Travel itinerary
- Resume
- Some other information



b. Email verification

After completing the first step, you will be asked to verify your email address. This is because your e-visa application submission verification notice and all the communication for your visa will be delivered to you in your email.

Changes in application status will also be reported to you through your email address.



After the approval for your application, a visa authorization code will be emailed to you. You need to present this document in the airport along with your passport and travel insurance. At this stage you need to complete only one more step before entering Iran.

C. Purchase a travel insurance

Please check a few pages down this guide for more information on travel insurance.

d. Pay Iran visa fee

Your visa fee depends on your country of origin. Make sure to have enough cash to cover the expenses.

e. Welcome to Iran!



3. Embassies and consulates of Iran in different countries

You can apply for a visa through Iran's embassies and consulates in different countries. This method is advised for entries through both the airports and the land borders.

How can I apply for an Iran tourist visa via an embassy or consulate?

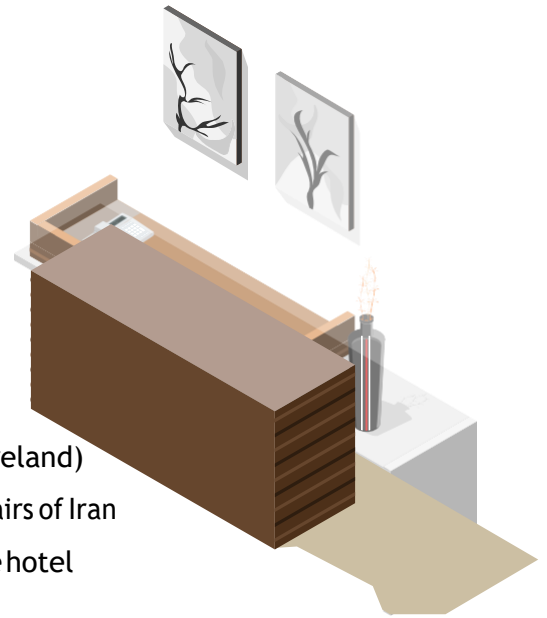
Steps

- a.** Find the list of Iranian embassies and consulates to different countries and choose the embassy closest to where you live.
- b.** Contact them, learn how visa procurement process works with them and set yourself an appointment.
- c.** Submit a scanned copy of your passport and a digital photo (passport size) and download the application form.
- d.** Get an authorization number.

Note:

It is better to apply for an authorization number via a host; it can be a relative, a trusted friend, a business partner, or a travel agency. While you can get the code on your own, it is better to have a host inside Iran apply for the detailed guidance and ease of the process. Sinar Gasht Travel Group saves you time and spares you the trouble of paperwork, and gets an authorization code in 5 Iranian working days.

- e.** Prepare the required documents to submit at the embassy
- Passport (your original passport with 6 months validity)
 - Two copies of your passport
 - Two passport size photos
 - Completed Iran visa application form
 - Complete travel itinerary
 - Resume (for citizens of the UK, US and Canada and Ireland)
 - Authorization number issued by the Ministry of Foreign Affairs of Iran
 - Hotel reservation with a complete information about the hotel
 - Iran visa fee



f. Pay your visa fee

g. Collect your visa

Note:

Based on the case load at the embassy and the state of your documents, you may either receive your visa on the same day, or in a few days. The embassy will let you know.

h. Purchase a travel insurance

Note:

While this step may not be required for your visa procurement at the embassy, you may need to provide one before entering Iran. Make sure to get a travel insurance with Sinar Gasht Travel Agency or from a company in your country of origin (read more on our Travel Insurance section).

Where should the citizens of the United States and Canada apply?

With the absence of diplomatic relations between Iran and United States and Canada, Citizens of these countries can apply to the Interest Section of the Islamic Republic of Iran in Washington DC. We encourage American and Canadian citizens to apply via Sinar Gasht Travel as an official travel agency, so as to avoid visa rejection.



Travel Insurance



Do I need travel insurance for Iran?

Absolutely YES! Having travel insurance is one of the indispensable necessities for travelers.

What travel insurance should I use in Iran?

Travelers can purchase a travel insurance at their home country and carry the document with themselves in Iran. As it's important to make sure the company covers Iran, the name of "Iran" or "Islamic Republic of Iran" should be mentioned in the document.

Travelers can also purchase a travel insurance at Imam international airport (IKA) on arrival. At the airport, the insurance desk is located opposite the visa desk (you should visit the insurance desk first).



How can I purchase an Iranian travel insurance?

As mentioned, you can purchase an insurance at your home country. Additionally, Sinar Gasht Travel Agency purchases travel insurance for the duration of travelers' stay in the country and helps them avoid paperwork or waiting in the airport.

Also, for travelers who enter Iran via land borders, the best decision would be to trust Inbound Persia Travel Agency, as there are no travel insurance counters in any of the land borders of Iran. How it works is easy and sweet. You will send us your information and we will deliver you insurance document in only 2 working days in your inbox.

However, travelers who arrive at Imam international airport can purchase an Iranian travel insurance there. The insurance counter is located opposite the visa counter. Upon landing, first purchase your insurance and then proceed with your visa.



How can I travel across Iran?

Travel in Iran has become one of the most interesting activities for world-travelers during the recent years. There is so much to see and experience and the country has so much to offer that there really is not one way for traveling across Iran. But as nothing compares to time well spent at a new destination, you need to make informed decisions and make the most of your time with an optimized and well scheduled itinerary.

Sinar Gasht Travel group offers Iran travel packages and tailors tours of Iran according to travelers' interests and time. Tourism experts at Sinar Gasht Travel spend 30-40 minutes meeting individual travelers online to learn about their interests and offer the best customized tours of Iran. Sinar Gasht Travel group also operates memorable group tours for travelers from around the world. Traveling across Iran is the best chance to create a wonderful experience with your group of friends.

While classic tours of Iran are always available, travelers can choose from the best Iran tours organized by our group, based on their interests, preferences, budget, preferred travel duration and traveling season. Pick any of our tours, customize them and have an experience of a lifetime:

Classic and Cultural Tours

- ▣ **Gorgeous Iran** : includes exploration in the center and south region of Iran in 14 days, and focuses on visiting UNESCO World Heritage Sites, history and glory of ancient Persian empire in 14 days tour.
- ▣ **Iran Group Tour** : Perfectly sized to let you feel like you're exploring a destination independently , but big enough to create a good social vibe.
- ▣ **Culinary Tour** : Our culinary tour is much more than just a food tour...

Read More at
www.sinargasht.com

What is the difficulty level of adventure tours?

Adventure tours are designed to be inclusive of the majority of our tourists. That is, they have a moderate level of difficulty, mostly because of occasional long hiking trails.



What do I need to carry along for adventure tours?

In addition to clothing and daily hygiene products, travelers are suggested to have backpacks which will accommodate all their belongings, comfortable shoes for walking and hiking, reusable water bottles, etc. For our ski tours, travelers should bring their own skiing instruments.

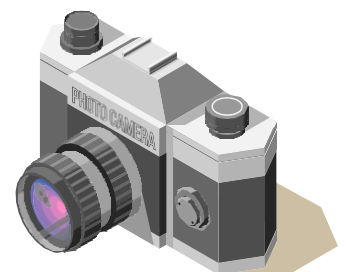
How many days are enough to see Iran?

Estimating the number of days for visiting depends on the travelers' interests and travel duration. Tours are usually of 10-15 days long and cover the classic traveling route across Iran (Tehran, Kashan, Isfahan, Yazd, Shiraz).



Is it better to travel alone or with a group?

Traveling in Iran is fun by all means. While solo travelers bring back the most precious memories of Iran and Iranians, group travelers also savour unforgettable moments with their travel-mates and friends from their interactions with Iran and its people.



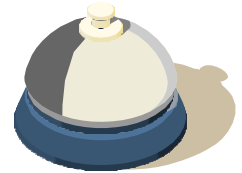
Where can I take a photo?

While taking photos is the most admired tourist activity, you will frequently come across signs asking you to not take a photo, or do so with your camera's flash turned off. Please make sure to check the signs or get your travel guide's affirmation before taking a photo.

Also, taking photos in some natural attractions such as national parks or caves is either completely forbidden or require a special license. More significantly, using drones to make helishots is also either forbidden altogether in some areas or allowed with a special license. Please check with Sinar Gasht Travel Agency whether you need to have the license in question in your desired location.



Accommodation



Where should I stay in Iran?

Different kinds of accommodation offer their services to travelers in Iran, such as hotels, boutique hotels, hostels, motels, guest houses, traditional houses and ecolodges.

Please remember that Airbnb and Couchsurfing services are considered illegal in Iran. You might still come across people who use Couchsurfing, but you chose to use the service solely at your own discretion.

This means no one will be held accountable in case any problems occur.

Additionally, as Iranians are really friendly and hospitable people. They might invite you to stay over. More often that not, it's okay to accept the invitation, but then again it's not recommended.



What are the most popular kinds of accommodation for tourists?

Even though there is no one size fit all rule, tourists usually look for a new experience that helps them capture the essence of Iran, its lifestyle and food while enjoying a comfortable rest defined by world class standards.

Here at Sinar Gasht Travel Agency, we make sure our travelers' convenient stay by recommending the best accommodation based on our travelers' preferences, closeness to tourist attractions and quality of service.

Transportation



Considering the time and safety, arranging transportation with the travel agency is the best option. But it's also good to know that traveling in Iranian cities is quite easy thanks to accessible public transportation systems.



Buses:

Several lines of buses travel across the cities. You just need to find a bus stop, learn which line passes by your destination and get on.

Locals use special public transportation cards for payment, which are charged electronically. It is also possible to pay for the ride in cash, but it will cost twice the price of the digital ticket.



Taxies:

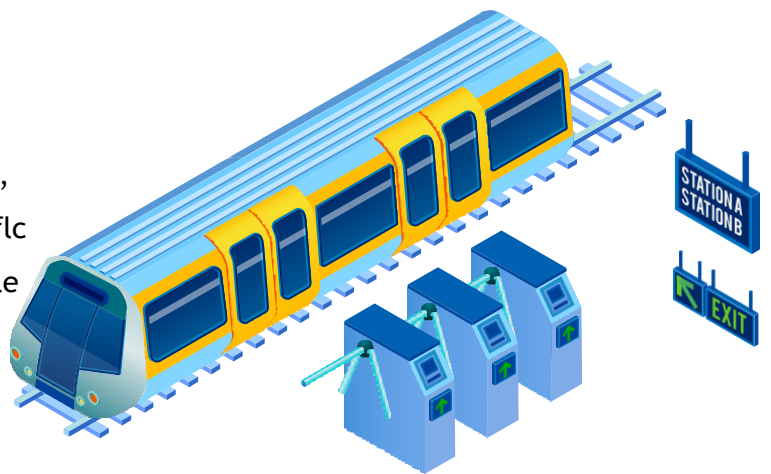
You can get a cab almost anywhere in the city, but remember that there are different kinds of taxies.

- **Taxi service agencies** provide cars for individual passengers. Their cars arrive at your door and remain at your service for as long as you wish. You can either call the nearest taxi service agency or get a car in the agency.
- **Regular taxies** are available down the major streets and avenues. You just have to stand by the street and flag down a car that is either colored in yellow, or has a taxi service sign or logo attached to the top or side of the car.
- **Online Taxies** are commonly used inside major cities in Iran. **Snapp!** and **Tap30** are the most popular cell-phone applications you can use to commute to different destinations inside the city. Online taxies usually charge less than regular taxies and you can pay either in cash or online, using an Iranian debit card. You can order one whenever and wherever; they are pretty accessible and easy to use. The only problem is that IOS phone users might not have access to these applications on apple store, due to the sanctions imposed by the United States. If so, you should visit their websites and get the installation instructions there.



Subway:

Good news is that in major cities such as Tehran, Tabriz and Isfahan it's possible to skip heavy traffic jams by using the subway. You can get a single travel ticket at the subway entrance and travel wherever you want, following the subway map.



What kinds of transportation are available for traveling between cities?

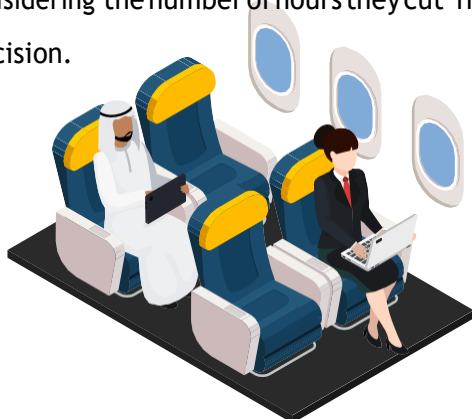
Iran is a vast country, which means the cities are mostly located at long distances from each other. Traveling Between cities of Iran has been made easy thanks to different kinds of transportation methods that offer frequent services.

- **Buses** are the most popular option for traveling between cities. Besides their frequent services, buses are quite safe, affordable and comfortable.

For the tickets, you can always trust your travel agent. You can also go to bus terminals in the cities and buy a ticket there without prior booking. We strongly recommend you to book your ticket few days before your departure date, as tickets get sold out very quickly especially during high seasons.



- **Trains** operate over different lines across the country. Even though they might access all of the cities of Iran, they cover major cities in north, south, east and west.
- **Planes** fly regularly to all of the provinces of Iran. Even though flights are not as regular as bus services, considering the number of hours they cut from traveling between the cities, traveling by plane is a wise decision.



How do I book a seat?

Sinar Gasht Travel Agency can book a seat on a bus, train or flight for you in no time. Just make sure to communicate your schedule, budget and preferred transportation Option to our ticket specialists and save yourself from the trouble of finding a ticket and a method of payment in a country where Credit Card doesn't frequent daily transactions.



Is there a transfer from the airport to the city?

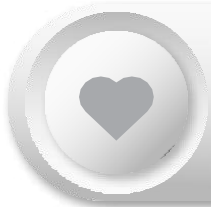
Sinar Gasht Travel Agency arranges convenient airport transfers, making sure new arrivals do not waste time at the airport, trying to find the most affordable vehicles or waiting for the subway or buses.

In general, taxis are the only means of transportation from the airport to in most cities. In Tehran, travelers can use taxis or get on the subway (if their schedule matches that of the subway).



Can I rent a car in Iran?

Europe Car is one of the world-famous car rental company that provides services in Iran too. But while having a car completely at your disposal sounds comfortable, we highly recommend our travelers to book a driver at Sinar Gasht Travel Agency. The gain is relaxation on the road, not having to deal with traffic or unruly drivers, and no responsibility for navigation.



Popular Tourist Destinations

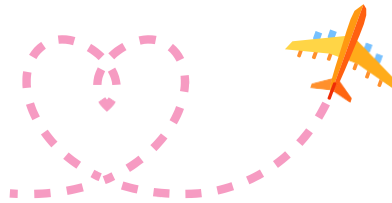
What cities do travelers mostly visit?

Tourists usually travel along a classic route that takes at least seven days to finish. The route includes **Tehran, Kashan, Isfahan, Yazd and Shiraz.**

But this does not exclude the fact that there are many valuable tourist attractions in Iran and many tourists opt to see them for longer extensions of their tours and based on their own interests. At Sinar Gasht Travel Agency, we customize itineraries and provide the opportunity for our travelers to travel in their desired directions, explore the less talked-about destinations, experience and feel the full scope of Iran's culture and geography.



What can I do in Iran?



Besides sightseeing in Iran, you can dive into the deepest waters in south of Iran or climb the highest mountains in the north, get your hands dirty in the pottery workshops, take a step beneath the surface of what you learn about Iran and join the collective of experiences that make up the culture of Iran.

We can guide you through the backstreets of Iranian cities and paint your trip in colors of Iranian carpet. You can count the spins of the traditional Iranian sport at a "Zoorkhaneh", get a feeling of Iranian traditional massage or relax in the traditional Iranian bathhouse, join the journey of crafts from raw materials to original pieces in handicraft workshops of Isfahan, visit the pottery workshops of Meybod and learn about handwoven fabrics at workshops in Kashan.

Besides culture, here the nature calls you to hike in the world-famous deserts of Iran and listen to the stories of the desert under the starlit night of its sky, scuba dive in the Persian Gulf and ski over the highlands of Dizin or Tochal ski resorts.



What are the most popular tourist attractions in Iran?

Tehran is the metropolitan capital city of Iran. The city is home to many beautiful historical and natural attractions such as:

- Golestan Palace
- Saad Abad Palace
- Niavaran Palace Complex
- Grand Bazaar of Tehran
- National Museum of Iran
- Adrian Fire Temple
- National Jewelry Museum
- Abgineh Museum of Tehran
- Azadi Tower
- Carpet Museum of Iran
- Museum of Contemporary Arts
- Dizin Ski Resort
- Tochal Ski Resort Complex



Kashan is the small jewel of tourism in the heart of Iran. It's famous for its beautiful carpets and majestic houses. Tourists usually visit:

- Fin Garden
- Bazaar of Kashan
- Jameh Mosque of Kashan
- Agha Bozorg Mosque
- Sultan Amir Ahmad Bathhouse
- Borujerdi House
- Tabatabaei House
- Abbasian House



Isfahan is the capital city of history and arts in Iran. It is famous for its green blue domes, magnificent churches, delicious sweets and green areas. Any visit to Isfahan includes:

- Naqshe Jahan Square (including the Ali Qapu Palace, Sheikh Lotfollah Mosque, Jame Abbasi Mosque, Qeysarieh Portal)
- Malek Timcheh
- Chehel Sotoun Palace
- Hasht Behesht Palace
- Chahar Bagh Promenade
- Si-o-Se Pol Bridge
- Chubi Bridge
- Khaju Bridge
- Jameh Mosque of Isfahan
- Monar Jonban
- Vank Cathedral (All Savior Cathedral)
- Bethlehem Church
- The Armenian Quarter
- Music Museum of Isfahan
- Ali Gholi Agha Complex
- Dehdashti House
- Rig-e Jenn Desert
- Vartun Bathhouse



Yazd is the mudbrick city of Iran, located in the central desert. This small historical city will take your breath away with its local beauty.

The irresistible tourist attractions of Yazd are:

- Jameh Mosque of Yazd
- Amir Chakhmaq Complex
- Khan Bazaar
- Yazd Water Museum
- Shesh Badgir Ab Anbar
- Lariha House
- Alexander's Prison
- Dowlat Abad Garden
- Tower of Silence
- The Zoroastrian Fire Temple



In Shiraz, the city of poetry and arts, history and literature have come together to make a showcase of Iranian culture.

The must-see attractions of Shiraz are:

- Persepolis (outside the city of Shiraz)
- Naqsh-e Rostam (outside the city of Shiraz)
- Pasargadae (outside the city of Shiraz)
- Tomb of Saadi
- Tomb of Hafiz
- Vakil Mosque
- Vakil Bathhouse
- Vakil Bazaar
- Karim Khan castle
- Nasir-al Molk Mosque
- Narenjestan Garden
- Afif Abad Garden
- Eram Garden
- Shahcheragh Shrine



The central deserts of Iran are the magnetic fields of tourist attraction. Nothing compares to hiking on the sun-kissed sand, soaking in the silence and barren beauty of the desert.



Qeshm, Hormuz and Hengam islands in the Persian Gulf never disappoint nature lovers, looking for a unique experience of the region's local life.



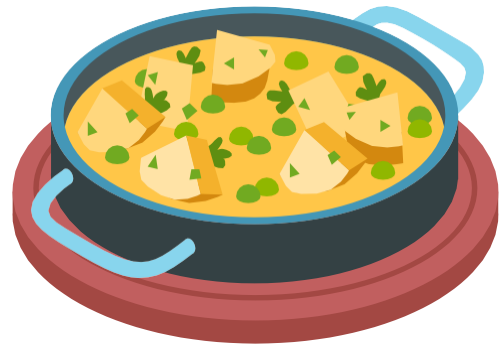
What are Iran's UNESCO registered tourist attractions?

Currently, a number of 24 cultural and 2 natural sites have been inscribed as UNESCO World Heritage Sites in Iran. Here is a list of their names together with the name of the province they are located in:

- Armenian Monastic Ensembles of Iran (East and West Azerbaijan)
- Bam and its Cultural Landscape (Kerman)
- Bisotun (Kermanshah)
- Cultural Landscape of Maymand (Kerman)
- Golestan Palace (Tehran)
- Gonbad-e Qabus (Golestan)
- Historic City of Yazd (Yazd)
- Masjed-e Jameh of Isfahan (Isfahan)
- Meidan Emam, Esfahan (Isfahan)
- Pasargadae (Fars)
- Persepolis (Fars)
- Iranian Railway
- Lut Desert (Kerman)
- Sassanid Archaeological Landscape of Fars Region (Fars)
- Shahr-i Sokhta (Sistan and Baluchestan)
- Sheikh Safi al-din Khanegah and Shrine Ensemble in Ardabil (Ardabil)
- Shushtar Historical Hydraulic System (Khuzestan)
- Soltanieh (Zanjan)
- Susa (Khuzestan)
- Tabriz Historic Bazaar Complex (East Azerbaijan Province)
- Takht-e Soleyman (West Azerbaijan Province)
- Tchogha Zanbil (Khuzestan)
- The Persian Garden (Isfahan, Fars and several others)
- The Persian Qanat (Yazd and several others)
- Cultural landscape of Uramanat (Kurdistan)
- Hyrcanian Forests (North of Iran)



Food



What can I eat in Iran?

Iranian cuisine is one of a kind. It is rich with tastes, colors, nutrients and delicious combinations of ingredients. Visiting Iran and not trying Iranian dishes feels like missing one of the main pillars of Iranian experience.

The list of delicious dishes is really long, but among the most famous main dishes are:

Khoresht-e ghormeh sabzi (a stew with greens, beans and beef) served with rice

Gheimeh polo (a stew with lentils, tomato paste and beef) served with rice

Kooftah tabrizi (meatballs with herbs, rice and split peas)

Khoresht-e fesfesan (stew with walnuts, chicken and pomegranate sauce)

Sabzi polo (rice with herbs, fish, beef or chicken)

Zereshk polo (rice with saffron, barberry and chicken)

Tahchin (rice, yogurt, saffron, egg, and chicken fillets),

Abgoosht (a broth made by meat, stock, beans, chick peas and occasionally potatoes and tomato paste)



The main course is usually served with side dishes including salads, yogurt, fresh greens, a variety of pickles and drinks. Besides Iranian and traditional dishes, international dishes and fast food are also served in restaurants. You can always have a taste of what feels like home to you in Iran, no worries.

Where can I eat?

We highly recommend you to eat at the most popular restaurants or cafes in Iranian cities and avoid street food.



How can I find the best restaurants and places to eat in Iran?

Tour operators at Inbound Persia Travel Agency are the most reliable guide in this matter as well. We always pick restaurants and cafes that meet the highest standards and serve a variety of delicious dishes fitting the taste of our travelers.





Dress Code



What should I wear in Iran as a man or woman?

While it is possible to see ethnic and local costumes in certain cities, clothing in Iran has found a modern expression, often following contemporary international fashion trends. Colorful scarves, unique patterns of Iranian tiles and carpets printed on fabrics, fashionable designs for uniforms, trendy accessories and beautiful make up have given rise to a kind of fashion phenomenon that is unique and interesting, despite its restrictions. Even so, the most important thing to remember is that Islamic rules have defined the dress code in Iran, which are more restricted for women.

Generally speaking, men are not allowed to wear shorts, sleeveless shirts or tank tops. They usually wear shirts and t-shirts (with short or long sleeves); pants, jeans and trousers with shoes or sneakers.

Women shouldn't bare their skin and hair in public. They should wear a uniform, a scarf and ankle length pants or skirts. Some women prefer to wear "chador", a long veil of black color that covers the head and the body. The uniforms come in different styles, sizes and colors. It needs to cover a woman's torso and hips. Take it as a knee-length shirt with sleeves. As for the scarf, women usually use a scarf or shawl to cover their hair. Usually, only a part of the hair is under the scarf and the front part remains uncovered.



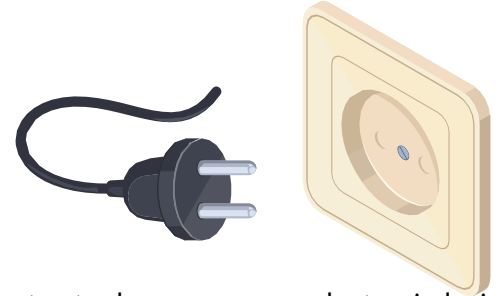
Female tourists can wear a relatively loose and long shirt with sleeves (long sleeves are preferred but three quarter sleeves work just as fine), it's better to get a shirt that covers the thighs, but shirts as long as the hips are also acceptable. It's also better to avoid plunging necks with no tops covering the skin underneath the shirt (in both the front and back of the shirt). Ankle-length pants, jeans or skirts can be worn with these shirts. Travelers have to cover their hair, but this does not mean the scarf have to cover all of the head. And last but not least, women can wear make up and nail polish on their finger or toe nails.



Where can I shop for clothes in Iran?

Iranian people usually shop for clothes in bazaars, malls, shopping centers or small boutiques. As fashion-forward people, Iranians follow universal fashion trends and include them in their daily lives in a way that fits the dress codes of the country.

What to bring



What personal items do I need to bring to Iran?

In addition to your personal items, make sure to have a type C plug converter to charge or use your electronic devices.

Can I shop for daily use items I need in Iran?

You can find important items for daily use anywhere in Iran. More significantly, internationally renowned clothing brands have branches in Tehran and major cities.

Souvenirs and Shopping

What should I get as a souvenir in Iran?

What to buy in Iran is a question worth thinking about, thanks to the variety and delicacy of unique Iranian arts and crafts. For souvenirs from Iran, travelers can choose from a long list of exquisite handicrafts, Persian spices and sweets.

The most popular souvenirs from Iran include:

- Persian carpets from Tehran, Kashan and Isfahan
- Handmade clothing and cloths like Ghalamkari from Isfahan, Termeh from Yazd and Pateh from Kerman
- Turquoise containers, Mina Kari or Khatamkari from Isfahan
- Persian spices such as the Persian Saffron
- Persian nuts such as the Persian Pistachio
- Persian ceramics and pottery
- Persian tiles
- Persian tea
- Persian caviar
- Precious stones and Persian jewelry
- Persian sweets such as Gaz from Isfahan, Sohan from Qom, Ghotab and Baqlava from Yazd

What are some Iran shopping tips?



The tips and tricks for shopping in Iran are conditioned by Iranian culture. A customary code of conduct is “tarof”, which adds politeness and respect to communication. For example, at a shop, when you ask for the price of an item, the shop keeper first says “qabeli nadare” (meaning: it is not worthy of you) or “mehmane ma bashin” (meaning: you are my guest and you don’t need to pay), this shows the shop keeper’s good intention. But it doesn’t mean you don’t need to pay. You just have to thank him and ask for the price again.



Note:

The shopkeeper might repeat the tarof but you need to insist until they say the price and take the money. Also, shopkeepers usually offer a good discount to their first customer of the day. Don’t be surprised if they ask you to pay less than the price on the price tag.





Currency



What is Iranian money?

The official currency of the Islamic Republic of Iran is the Iranian Rial. Even if the notes and coins are based on Rial, people use Tooman as the unit of money for everyday exchange.

How does Iranian money work?

The difference between Rial and Tooman is just a matter of a zero; that is, prices in Rial have one zero more than the prices in Toman. For example, if you ask for the price of an item at a shop, they will tell the price in Toomans, but you need to give the equivalent note which is in Rial. Check this visual aid:

10,000 Rials = 1000 Toomans
2,000,000 Rials = 200,000 Toomans

Please be careful not to trade 50,000 Rial notes for 50,000 Toomans!



Where can I exchange my money in Iran?

Even though travelers can exchange money at the airport, we highly recommend our travelers not to do that. The rates at the airport are very low, while travelers can get more Iranian Rials for every dollar outside the airport.

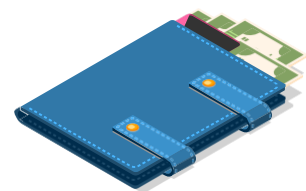
Sinar Gasht Travel Agency knows the most reliable exchange centers who can facilitate travelers' exchange and transactions at winning prices.

This way you won't have to worry if you had the best deal and you won't have to look for an official exchange center in your new destination.

Note:

Avoid exchanging money on the street or with individuals. You can always check in an official exchange center if you don't want to have Sinar Gasht Travel Agency exchange your money.

What are the exchange rates?



As exchange rates are subject to constant change in Iran, it is hard to fixate an exact number. Please make sure to check the rate before exchanging with Sinar Gasht Travel Group or at official exchange centers.