

# Iran's cool regions for a summer trip

Summer provides an excellent opportunity for exploration and travel. There is nothing better than an exciting and memorable trip to spend the hot summer days.

Activities such as nature walks, mountaineering, swimming, and water sports are among the most popular summer activities. However, when it comes to enjoying a summer trip, it is crucial to choose a suitable destination. With the intense heat in many cities, it is better to choose cool and pleasant areas for your summer travels. Here, we will introduce the best destinations for a summer trip in Iran, surfiran.com reported.

## Alasht

Located in Mazandaran Province, on the foot of the Alborz Mountains, Alasht ensures that you won't feel the summer heat. Surrounded by tall mountains, this city is highly favored for summer travel as one of the cool cities in Iran. If you are tired of the heat, the cool weather of this city can certainly change your mood. The temperature in

Alasht ranges from 7.5°C to 10°C, while in many cities in Iran, temperatures in the summer are often above 30°C. There are numerous beautiful waterfalls in this region, with Gazou and Narm waterfalls being recognized as the most stunning. The height of these waterfalls and their surroundings of lush green forests make them highly

popular and worth visiting. Additionally, the only observatory in northern Iran is located in this city. It is recommended that you visit this observatory for stargazing. The Dokhtar Pak Temple is also considered a tourist attraction. Before the advent of Islam, it was the Anahita Temple, and is accessible only to women.



Alasht  
● wikipedia.org



Hamedan  
● itto.org

## Hamedan

that can be explored by boat through its twists and turns. Among the other notable attractions of Hamedan are the Ganjnameh Inscriptions, Ganjnameh Waterfall, the beautiful aquarium of Ganjnameh Cave, and its cable car. Baba Taher Tomb, Hegmataneh Hill, Hammam Fortress, and the Avicenna Tomb and Museum are other notable sites in Hamedan.

Hamedan, the capital of Hamedan Province in western Iran, is one of the oldest cities and a center of ancient civilizations. It attracts many

tourists annually. Known as one of the cool cities in Iran, it is often a top choice for summer trips. There are numerous attractions in the

city, with the most famous one being Ali Sadr Cave. This cave is the largest and longest water cave in the world, and the only one in Iran

## Lorestan Province



Pol-e Dokhtar  
● itto.org

One of the best choices for summer trips in Iran is Lorestan Province. Cool hills, magnificent mountains, and natural waterfalls can give

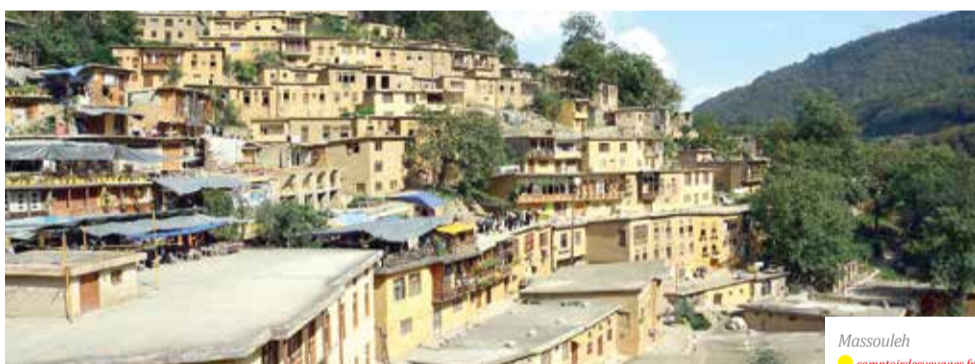
you the experience of a wonderful journey, as if it were spring instead of summer. Given that Lorestan has 12 percent of the whole country's wa-

ter, it can be one of the main reasons that this city is amazingly cool. If you choose Lorestan Province for traveling, you can find accommo-

dations in Borujerd, Pol-e Dokhtar, Dorud, Nurabad, Delfan or Khorram Abad.

Not only does Lorestan have a unique nature, but it is also a city with 4,000 years of antiquity. The discovery of many ceramics and carvings from the pre-Median period testifies to its antiquity.

So keep in mind to visit the historical sites in Lorestan Province. Visiting the historical monuments of ancient times would make your trip perfect.



Massouleh  
● comptoirdesvoyages.fr

## Massouleh

Massouleh is undoubtedly one of the most charming cool cities in Iran and a popular destination in the summer. This city is suitable for travel

in all seasons, but its pleasant coolness in the summer is an extraordinary experience. Located in the mountains of Gilan Province, Massouleh is often covered in fog and has a cool and refreshing climate. The unique architecture of its

houses, along with its placement on the slopes of the Alborz Mountains and its proximity to the dense forests of the north, creates a delightful experience that makes a summer trip to Massouleh unforgettable.



Ardebil  
● sepanja.com

## Ardebil

Ardebil is one of the cities that you must visit at least once in your lifetime. It is one of the coldest regions in Iran. The extraordinary nature of

this city, along with its other tourist attractions, ensures a memorable trip for you.

Shorabil Lake is one of the most beautiful natural attractions in the city, and there are various recreational activities available in and around

the lake, such as boating and picnicking. Other attractions include the Mausoleum of Sheikh Safi al-Din Ardabili, a UNESCO World Heritage Site, and the Sabalan Mountain where you can enjoy hiking and trekking.

Rasht, the capital of Gilan Province, is known for its mild and pleasant climate throughout the year. It is a great city to escape the summer heat. Rasht is famous for its delicious local cuisine and vibrant cultural scene, making it a fascinating destination for food enthusiasts and art lovers. When in Rasht, don't miss visiting the Gilan Rural Heritage Museum, which offers insights into the traditional architecture and lifestyle of the region. You can also explore the historical Tabarsi House, Sheikh Zahed Gilani Tomb, and the picturesque Anzali Lagoon nearby.



Rasht  
● soghatsaragilan.ir

## Rasht

Kurdestan Province is located at the foot of Zagros Mountains. The mountainous area includes numerous attractions in the summer. From Sanandaj to Marivan, Uramanat to Paveh, all have cool climates and a rare nature. The best season to travel to Kurdestan Province is spring, but that doesn't mean you won't enjoy the cool weather in the summer. Kurdestan Province has a rich cultural history as well. If you choose this land for your summer trips,

## Kurdestan Province



Sanandaj  
● IRNA

remember to visit its historical places. Don't miss chatting and hanging out with people of Kurdestan, as they are friendly and hospitable.

These cool regions in Iran offer a refreshing escape from the summer heat and provide a unique and enjoyable travel experience. Whether

you are seeking natural beauty, historical sites, or cultural exploration, these destinations have something to offer for everyone.