

Iran's majestic mountains

Visiting Iran is not just diving into its centuries-old history and culture, it's also encountering an incredible variety of natural landscapes, from vast deserts to lush forests and high mountains. If you're into mountaineering and trekking, Iran will offer many opportunities to wander into nature and discover breathtaking sceneries.

Iran has two major mountain ranges, which is why it offers possibilities to professional and amateur climbers to experience challenges and setbacks. They are the Alborz and Zagros mountains, both of which host a great variety of fauna and flora, surfiran.com wrote.



Zard Kuh
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Sialan
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Dena
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Zagros Mountains

Zagros Mountains stretch from northwestern Iran all the way down to the Persian Gulf and Sistan and Baluchestan Province, in the southeast.

Dena

Dena Mountain stands at about 4,400 meters above sea level and boasts the highest peak in the Zagros Mountains. The mountain range has more than forty peaks over 4,000 meters in elevation.

Dena Mountain is situated on the boundary of the Isfahan, Kohgiluyeh and Boyer-Ahmad and Chaharmahal and Bakhtiari provinces. In some parts, the landscape is covered with oak trees, rivers and streams that have made the mountain range gorgeous.

Zard Kuh

As a part of central Zagros Mountains, Zard Kuh is a mountain range in southwestern Iran. The mountain features an abundance of water and a special nature with a variety of plants, like medicinal herbs and wild mushrooms. Zard Kuh is also popular

for being the summer home of Bakhtiari nomads.

Zard Kuh's peak, Kolonchin (4,200m), is the second highest peak of Zagros, after Dena. This mountain range has other significant peaks like Haft Tanan, Shah-e Shahidan, Sardan and Zardeh.

West of Zard Kuh, you can find deep valleys and challenging walls that make winter ascents more difficult for mountaineers. It is located in Chaharmahal and Bakhtiari Province, where many nomadic tribes still migrate in the summer. Karun and Zayandehrud are the two major rivers of the country originating from Zard Kuh. The mountain is known for its stunning natural beauty, diverse wildlife, and popular hiking trails.

The best time to climb Zard Kuh is during the months of June and September, when the weather is mild and suitable for climbing. However, it's important to note that weather conditions can change quickly in mountainous regions, so it's advisable to check local forecasts and conditions before planning your climb. Moreover, it's recommended to

climb early in the day to avoid extreme temperatures and afternoon thunderstorms common in mountainous areas.

Alborz Mountains

Narrower than the Zagros Mountains, the Alborz Mountains cover northern Iran, from the southern part of the Caspian Sea to Khorasan provinces.

Damavand

Mount Damavand is the most iconic Iranian mountain to climb. As the highest mountain in Iran, it is in the middle of the Alborz Mountains, in Mazandaran Province, a few hours away from Tehran.

Standing at an impressive height of 5,610 meters, it is a popular destination for mountaineers and hikers. It holds significant cultural and historical importance in Persian mythology and is popular for its stunning beauty.

Mount Damavand, with wild and stunning nature surrounding it, has a conic shape that can be seen from Tehran in clear weather. It has been a symbol of greatness and endurance, often re-

ferred to in Persian culture and poetry, in particular. It is sometimes called "the Roof of Iran".

The best time to climb Mount Damavand is during the months of June, July, and August.

Alam Kuh

Alam Kuh is another desirable destination of mountain lovers in Iran. Located in the central Alborz Mountains and Takht-e Soleiman region, Alam Kuh is the second highest mountain in Iran.

Alam Kuh is often called the paradise of mountaineers due to its steep foothills, beautiful glaciers, snowfields and challenging routes. Although Mount Damavand, being the most prominent peak in Iran, has overshadowed Alam Kuh, this amazing summit has a lot to offer to those who are enthusiastic about mountains and trekking. Alam Kuh has a rather humid climate due to its closeness to the Caspian Sea; thus, it is very often rainy. The best time for climbing Alam Kuh is during the months of July and August due to the stable weather; however, climbing this magnificent mountain in

June gives mountaineers the opportunity to see snowfields and enjoy the green valleys. Between mid-September to mid-October the climate is rather dry, without rain and snowfall. As winter approaches, the weather in Mount Alam gets colder and heavy snowfall begins. Thus, no trekking tours are held after October.

Sabalán

Mount Sabalan, located in Ardebil Province, with an altitude of 4,811 meters, is the country's third-highest peak, after Damavand and Mount Alam. Sabalan Lake, located on Sultan Peak, makes it one of the unique mountains in Iran. Alongside the beautiful peaks and natural glaciers of the mountain, this lake attracts many mountaineers every year.

It is a popular destination for adventurers and offers stunning views of the surrounding landscape.

The best time to climb Mount Sabalan is during the months of June, July, and August, when the weather is mild and predictable. It is important to note that the weather conditions can be chal-

lenging and can change rapidly, so climbers should be well-prepared and have appropriate equipment.

Sialan

Located in the Alborz Mountains, Sialan Mountain is one of the highest and most important peaks in the region. It stretches from the breathtaking Daryasar Plain in the north, to the mysterious castles of Alamut in the south.

Sialan peak, with an elevation of 4,175 meters, overlooks the south of the Roodbar Alamut area of Qazvin Province, and north of the Dohezar valley of Tonekabon in Mazandaran Province.

Sialan Mountain is also home to lovely valleys and springs. The time to climb Sialan Mountain would depend on various factors such as weather conditions, accessibility, and personal preferences. However, generally, the best time would be during the dry season, which typically falls between the months of April to October.

In general, the Sialan peak can be traversed from the northern, southern, and ridge directions.

Alam Kuh
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