

Ab Sefid Waterfall, a natural marvel in Lorestan Province



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Iran, with its rich history and diverse landscapes, boasts many natural wonders, among which the Ab Sefid Waterfall stands out. Known also as the "White Waterfall," Ab Sefid is a stunning cascade located in Lorestan Province, captivating visitors with its breathtaking beauty, cultural significance, and lush surroundings. This enchanting destination is a must-visit for nature lovers and adventurers alike.

Captivating scenery

Ab Sefid Waterfall mesmerizes with its powerful flow and the white mist that rises as water crashes onto the rocks below. The surrounding landscape, characterized by verdant forests and rocky cliffs, enhances the waterfall's allure, creating a picturesque spot for photographers and nature enthusiasts.

Location and accessibility

Situated approximately 50 kilometers southeast of Aligudarz in Lorestan Province, Ab Sefid Waterfall is nestled in the rugged Zagros Mountains. Accessing the waterfall involves navigating winding mountain roads and

embarking on a moderate hike, but the effort is rewarded with stunning views and the soothing sounds of cascading water.

Geological formation

The waterfall's formation is a result of the unique geological features of the Zagros Mountains. The region's limestone cliffs and karst topography contribute to its dramatic drop. Over millennia, melting snow and rain have carved a path, creating this natural spectacle. The pristine, mineral-rich water flows with striking clarity, enhancing the visual appeal of Ab Sefid.

Natural beauty and biodiversity

The area surrounding Ab Sefid Waterfall is a biodiversity hotspot. Lush forests are home to various plant species — from towering oaks and junipers to delicate wildflowers that carpet the forest floor in spring. This diverse vegetation supports numerous wildlife species, including birds, mammals, and insects.

Seasonal variations

With each season comes a dif-

ferent experience at Ab Sefid Waterfall. In spring, the waterfall is at its fullest, fueled by melting snow, while the surrounding area bursts into colorful bloom. Summer offers a refreshing escape from the heat with the cool mist from the falls. Autumn paints the landscape in golden hues, and winter transforms the waterfall into a frozen wonderland adorned with icicles.

Cultural and historical significance

Local communities have woven numerous legends around Ab Sefid Waterfall. One popular tale speaks of a hidden treasure beneath the waterfall, guarded by ancient spirits, while another recounts the story of lovers who met at the falls, believed to bless visitors with good fortune. These stories enrich the cultural tapestry of the region, adding an element of mystique to the waterfall.

Historical insights

Lorestan Province is steeped in history, with evidence of human settlement spanning thousands

of years. The area surrounding Ab Sefid has witnessed the rise and fall of various civilizations, leaving their marks on the landscape. Archaeological findings such as ancient pottery and tools provide glimpses into the lives of past inhabitants. The waterfall itself might have served as a sacred site for countless generations.

Activities and attractions

For adventurers, the journey to Ab Sefid is as rewarding as the destination. Numerous hiking trails, with varying difficulty levels, weave through the area. The most popular route begins at Cheshmeh Ail village, which leads hikers through scenic landscapes and dense forests before revealing the majestic waterfall. Along the way, hikers can savor panoramic views of the Zagros Mountains and the valley below.

Picnicking and relaxation

The serene environment around Ab Sefid makes it an ideal spot for picnicking and relaxation. Visitors can find picturesque spots to spread a blanket and

enjoy a meal surrounded by nature. The soothing sound of the waterfall and the fresh mountain air create a perfect setting to unwind and reconnect with the outdoors.

Wildlife watching

Nature enthusiasts will discover abundant opportunities for wildlife observation around Ab Sefid. Birdwatchers may spot eagles, falcons, and a variety of colorful songbirds. The forests also host mammals such as deer, foxes, and occasionally bears. Guided tours with local experts can enrich the experience, providing insights into the region's rich biodiversity.

Photography paradise

The stunning scenery at Ab Sefid Waterfall offers a photographer's dream. The interplay of light and shadow, vibrant flora, and the dramatic waterfall provide endless opportunities for capturing breathtaking images. Whether you're a professional photographer or an amateur with a smartphone, Ab Sefid is sure to inspire.

Environmental challenges

Like many natural sites, Ab Sefid Waterfall faces environmental challenges. Climate change, deforestation, and human activity threaten the delicate ecosystem. Protecting the waterfall and its surroundings is crucial for preserving its natural beauty and biodiversity. Local authorities and environmental organizations are collaborating on conservation initiatives, including reforestation projects and sustainable tourism practices.

Visitors are encouraged to follow "Leave No Trace" principles to minimize their environmental impact.

Community involvement

Local community involvement is vital for the success of these conservation efforts. By promoting eco-tourism and sustainable practices, locals can benefit economically while preserving their natural heritage. Community-led initiatives such as guided tours and cultural workshops offer visitors authentic experiences while supporting local livelihoods.

Chehel tekeh-duzi, mastering the craft of traditional quilt making

Chehel tekeh-duzi, also known as scrap quilting, is a traditional embroidery technique from Iran. It is referred to by various names, including *khatami-duzi*, *landreh-duzi*, and simply *tekeh-duzi*.

This craft involves sewing together pieces of fabric in various patterns, such as floral, striped, or polka dot designs. The term *chehel tekeh*, which means "made of forty pieces," highlights the use of numerous fabric pieces in this handicraft. Fabrics are cut into shapes such as squares, triangles, rectangles, and diamonds, which are then attached to each other on the back using simple stitches. The artistry in these quilts lies in the composition of colors and the arrangement of fabric sizes, resulting in visually striking patterns. When the pieces are uniform in size — especially squares, rectangles, and triangles — the



final product resembles *khatam*, an ancient form of Iranian inlaying, which is why these quilts are sometimes referred to as *katam-duzi*. To enhance their beau-

ty, silk stitch work is occasionally applied, particularly on seams, although this practice is more commonly found in older samples. The methods of *chehel tekeh-duzi*



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can be categorized into five general groups:

Simple method: Characterized by geometric shapes and commonly uses floral fabrics.

Mo'araq (marquetry) method: Here, the creator first draws a design on the background fabric. Specific pieces are then cut out and replaced with similar-

ly-sized pieces from other fabrics, emphasizing color harmony and decorative stitching along the seams.

Zakhim-duzi and boresh method: This method involves five to six layers of fabric, reflecting its name — which means "thick" in Persian. The design is drawn on the background fabric, and pieces are cut away from the upper layers to reveal the colors of the lower layers.

Namadi method: Utilizes felt fabrics that do not fray or tear easily, eliminating the need to fold the edges.

Morasa'e (inlay) method: In this technique, the artist embellishes the quilts with gemstones, pearls, glass beads, and *sormeh* and sequins.

Tekeh-duzi is especially popular in various cities across Iran, particularly in Chaharmahal and Bakhtiari Province.