

# Trek through Damavand’s legendary landscapes



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## Iranica Desk

With its majestic peak, mountainous terrain, and wealth of historical and natural attractions, the city of Damavand in Tehran Province is considered one of Iran’s premier tourist destinations. As one of the most historic cities located on the slopes of the Alborz Mountains, its name is inextricably linked to Iran’s highest summit. The region, famed for its cool climate, stunning mountain scenery, and breathtaking vistas, is a popular destination for nature enthusiasts and mountaineers alike. This scenic city in Tehran Province has been designated a model tourism area, according to kojaro.com.

**Lar Protected Area:** It is a major tourist attraction bordering the mountains of Noor (Mazandaran Province) to the north, Mount Damavand to the east and northeast,

and Afjeh and Lavasan-e Bozorg to the south. Spanning approximately 73,500 hectares, it was designated a protected area in 1982.

**Barf Waterfall:** Located in the Lar Gorge east of Lar, this beautiful waterfall, is one of the area’s pristine spots for leisure and recreation.

**Slopes of Mount Damavand:** Accessed via the Haraz Road, this area is one of Damavand’s most popular destinations. After passing the Polur route entrance, travelers traverse the Lar Plain before being greeted by the magnificent view of the mighty Mount Damavand, a national symbol of resilience. The area’s natural beauty and pleasant climate make it a top choice for weekend getaways.

**Jangalak Waterfall:** Located seven kilometers east of Damavand, this 35-meter-high waterfall sits at an elevation of 2,320 meters.

Accessed via Roodbar Gorge east of the city, the surrounding area is known for its pleasant climate, enhanced by the presence of juniper and walnut trees.

**Mosha Plain:** Mosha is a village in the central district of Damavand with excellent weather, located six kilometers northwest of Damavand near Haraz Road. The Mosha Plain lies in the Mosha valley at an elevation of 2,250 meters, close to the Ab’ali Ski Resort.

**Siah Sang Spring:** Located in Mosha village, the area surrounding Siah Sang Spring is rich in medicinal plants such as barberry, wild rose, poppy, yarrow, and borage. Unfortunately, the construction of the Mosha Tunnel and the diversion of water flows have recently muddied the spring and diminished the area’s natural beauty.

**A’la Spring:** Situated in the northwestern heights of Damavand among east-west drainage valleys, it is one of the region’s vital and significant springs. A’la Spring is known for its abundant, sweet water, which adds a unique charm to the surrounding landscape.

**Tizab Spring:** Located five kilometers north of Damavand in Dasht-e Mazar, this spring’s water is brisk and astringent and is believed to have many therapeutic properties. Locally, it is used to treat skin and digestive ailments. Its name, meaning “Sharp Water,” derives from its sharp and sour taste. Access requires proper mountaineering equipment, as visiting the site without appropriate gear can be dangerous.

**Tar Lake:** A freshwater lake located 30 kilometers east of Damavand at an elevation of 2,900 meters, Tar Lake has a maximum length of 3.1 kilometers and an average width of 400 meters.

Its water level varies seasonally. Once surrounded by thyme vegetation, the area now has sparse plant cover due to recent climatic issues. The lake is suitable for swimming, boating, and fishing.

**Havir Lake:** Considered a scenic spot in Damavand, this lake is located 500 meters from Tar Lake. It measures approximately 900 meters in length and about 150 meters in width, depending on the season. Both lakes are fed by springs originating from the Qarah Dag, Siah Chal, and Shahnesht mountains to the north.

**Rood Afshan Cave:** A unique tourist attraction located at an elevation of 1,945 meters, the cave features a 20-meter-wide entrance and extends 29 meters in length. Its corridors are adorned with impressive stalactites and stalagmites. Formed during the Cretaceous period, the

cave holds significant geological value. The 800-meter trek to the cave entrance is challenging and requires mountaineering equipment, while exploration inside necessitates proper lighting. It is recommended for experienced hikers seeking adventurous trips.

**Burnik Cave:** This distinctive cave and landmark is located on the Damavand–Firuzkuh Road in Harandeh village. Reaching the cave requires a two-hour hike from the village. Burnik Cave maintains a consistently cool and pleasant temperature, making it a favored destination for professional cavers during the summer months.

**Gerozar Waterfall:** Located in the Ruhafza district of Damavand, this waterfall stands at a height of 20 meters. The surrounding area boasts diverse plant life, contributing to its pleasant and cool climate.

## Jask offers rare glimpse into Iran’s coastal heritage

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Jask, located in eastern Hormozgan Province along the strategic Makoran coastline, is a place where the sea is not only a source of livelihood but an integral part of the people’s identity. From traditional fishing boats to the flight of fish-eating birds above the shoreline, this port presents a vivid image of the bond between humans and nature.

The beaches of Jask in eastern Hormozgan are considered among the most pristine and least-known tourist attractions in southern Iran — an area where traditional fishing, marine nature, and indigenous culture are closely intertwined, according to IRNA.

Jask’s fishermen, men and women who have lived with the sea for generations, head out every morning in wooden boats and fishing vessels toward the turquoise waters of the sea. These boats, symbols of indigenous maritime knowledge, continue to play an important role in the local economy.

Alongside fishing activities, the coastline of Jask is home to a wide variety of seabirds and fish-eating birds that, with their spectacular dives to catch fish, add a unique charm to the region’s natural landscape. The presence of these birds has created significant potential for the development of nature-based tourism and birdwatching in eastern Hormozgan.

Sandy beaches, clear waters,



● IRNA



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coastal rock formations, and the region’s distinctive tranquility have turned Jask into a promising destination for tourists.

Jask is located in southern Iran on the shores of the Sea of Oman, and this geographical position has a major impact on its climatic conditions. The region has a hot and humid climate and is influenced by desert and semi-desert air currents. During summer, air temperatures rise above 41 degrees Celsius, and combined with high humidity, create heavy and oppressive conditions that make visiting the attractions of Jask difficult. In winter, however, conditions become somewhat milder, with temperatures dropping to around 14 degrees Celsius.

Given the coastal location of the port, sea breezes on some days reduce the intensity of heat and humidity. Nevertheless, extremely hot days and high humidity remain the dominant



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characteristics of Jask’s climate. Jask is one of the six port counties of Hormozgan Province and, due to its position along the geographical curvature and its proximity to the Makoran Sea and the Strait of Hormuz, has always held strategic importance. It is located approximately 300 kilometers east of Bandar Abbas.

Jask is known as the “Pearl of the Sea of Oman” and a symbol of unity and brotherhood.

Government authorities have emphasized that this port region and the Makoran coast can develop into an economic and commercial hub and a center for trade and production — not only for Hormozgan and Sistan and Baluchestan provinces, but for the entire country.

With its unique position along the Sea of Oman, Jask encompasses a wide range of natural, historical, and cultural attractions. From beautiful and un-

touched beaches to historical sites and distinctive natural features, the attractions of Jask cater to a variety of tastes.

The region is home to several active mud volcanoes, which present a striking and unique display of geological activity and are among the most attractive natural sights of Jask. The largest mud volcano in the area forms a cone rising 73 meters above the surrounding land and is considered one of the tallest mud volcanoes in Iran.

Many visitors travel to the region to experience a different side of nature, witness this remarkable phenomenon, and even benefit from the therapeutic properties of the mud. Around the world, mud volcanoes are recognized as natural centers for mud therapy, as the minerals found in their mud are believed to help alleviate muscle pain, skin conditions, and joint disorders.

Another natural highlight and

attraction of Jask is the remarkable sandy rock formations located along the Minab–Jask route. This area creates a unique landscape that closely resembles the central deserts of Iran.

Saderman Cave, situated among the high and low Saderman mountain range at an elevation of approximately 2,000 meters above sea level, dates back to the Sassanid era and the early Islamic period. In the past, the site included five large caves and three smaller ones, but due to natural erosion and human impact, only one large cave with several columns remains today.

The Gabric Protected Area is one of the natural treasures of Hormozgan Province, located in a village with the same name. Covering an area of 34,596 hectares, this region is considered one of Iran’s most important marine habitats and has been listed as a protected area since 2001.

If you plan to visit this coastal city at the best time of year, mid-autumn to late winter is considered the most suitable period for traveling to Jask. During this time, temperatures are cool, ocean breezes are pleasant, and conditions are ideal for exploring the region’s untouched nature.

However, due to the influence of monsoon weather systems, occasional scattered and heavy rainfall may occur during winter. Summers in Jask, because of extreme heat and high humidity, are generally not suitable for travel.