

Mount Damavand Ski Tour

Duration	10 days
Difficulty	4/5 · Demanding
Participants	6 people minimum · up to 12 people
Season	March–April

Current status: TAF Travel is currently unable to operate Mount Damavand tours because of the current political situation in Iran. Departure dates have been removed, and we are not accepting reservations for these programs at this time.

Day-by-day program

Day 1 – Arrival in Tehran

Arrive at Imam Khomeini International Airport and transfer to the hotel. Meals: breakfast, lunch, and dinner as arranged.

Day 2 – Journey to Polur or Reyneh

Drive along the Haraz Road to Polur or Reyneh. If conditions allow, take an optional village walk. Meals: breakfast, lunch, and dinner.

Day 3 – Changizchal acclimatization

Drive to Lasem, ascend Changizchal at about 4,050 metres for acclimatization, ski down, and return to Polur or Reyneh. Meals: breakfast, lunch, and dinner.

Day 4 – Doberar acclimatization

Ascend Doberar at about 4,100 metres, ski down, and return to Polur or Reyneh. Meals: breakfast, lunch, and dinner.

Day 5 – Local summits and ski touring

Ascend Gol-e Zard or another suitable local summit according to weather and conditions, then ski down and rest in Polur or Reyneh. Meals: breakfast, lunch, and dinner.

Day 6 – Ascent to Bargah Sevom Shelter

Drive to Goosfand Sara, the South Damavand Base Camp, and ascend to the Bargah Sevom Shelter at about 4,250 metres. Meals: breakfast, lunch, and dinner.

Day 7 – Mount Damavand summit

Attempt the 5,671-metre summit of Mount Damavand, ski down to Bargah Sevom and continue to base camp, then return to Polur or Reyneh. Meals: breakfast, lunch, and dinner.

Day 8 – Return to Tehran

Drive back to Tehran and spend the day at leisure after the mountain section. Meals: breakfast and dinner.

Day 9 – Tehran city tour

Visit Golestan Palace, the National Museum of Iran, the National Jewelry Museum when open, and the Grand Bazaar. Meals: breakfast and dinner.

Day 10 – Departure

Transfer to Imam Khomeini International Airport for your onward flight. Meal: breakfast.

Program Changes

Although every tour is carefully planned, unforeseen circumstances may require changes to the itinerary. These may include weather conditions, changes in local regulations, political decisions, access restrictions, or participants' health and safety needs.

Whenever possible, TAF Travel will adapt the itinerary while preserving the main character of the trip. If the original program cannot reasonably be carried out, we will make every effort to arrange a suitable alternative of comparable quality, subject to local conditions and availability.

Participants' safety remains our priority. Any necessary changes will be communicated as clearly and promptly as possible.

On our ski tours, campsite locations and elevations may vary depending on snow depth, snow cover, and access conditions. The mountain guide will determine suitable camping areas based on the conditions at the time, prioritizing the group's safety. These adjustments may also affect daily routes, distances, and ascent or descent times.

Included services

- Visa-process assistance
- Daily meals and snacks according to the program
- English-speaking ski mountain guide and local assistant guide for each four-person group
- English-speaking guide for the city tour
- Cook and experienced support staff
- Domestic transportation
- Mount Damavand permit fee, VAT, and other listed taxes
- Porter or mule support when possible, with a maximum 15 kg pack per person

Excluded services

- Visa fee
- International flights and airport taxes
- Insurance
- Accommodation beyond the itinerary
- Personal climbing or ski gear, including sleeping bag and mattress
- Personal expenses, beverages, and tips
- Unexpected events, weather-related costs, or evacuation costs

Terms and conditions

- A non-refundable deposit is due at booking: 25% of the tour price without a flight ticket, 50% with a flight ticket.
- For a cancellation 15 days or less before the tour starts, 75% of the total tour price on the invoice is payable.
- For flights, the airline's conditions apply. Paid flights are not reimbursed by TAF Travel.
- Price changes can follow currency fluctuations. No price increase applies within 20 days of departure; if a price rises by more than 5%, you may withdraw free of charge.
- If the minimum number of participants is not reached, TAF Travel may cancel up to 2 weeks before departure and refunds the tour price.

Full terms and conditions: <https://www.tafttravel.com/terms-and-conditions>

Possible itinerary changes

Mountain and travel programs depend on conditions that cannot be fixed in advance. The guide or TAF Travel may change the order of days, camps, overnight stays or the route, or cancel parts of the program, for these reasons:

- Weather, snow, wind or avalanche conditions

- Safety assessment by the guide on the day
- Health and acclimatization of participants
- Permits, national park, border or government regulations
- Road access, transport, flight schedules and local conditions
- Unforeseeable events beyond TAF Travel's control

The confirmed program and the guide's instructions apply. Saved expenses are reimbursed when parts of the program are cancelled for safety reasons.

Equipment list

Essential personal equipment

- Passport and a copy stored separately
- Travel insurance that covers the route, rescue and evacuation where relevant
- Personal medication and any prescription details
- Comfortable daypack for water, layers and personal essentials
- Water bottles or hydration system sized for the day
- Headlamp with spare batteries
- Sun hat, high-SPF sunscreen and lip protection
- Glacier glasses or ski goggles with reliable UV protection
- Waterproof jacket and overtrousers
- Layered clothing with a warm mid-layer and insulated jacket
- Warm hat, neck protection and gloves with a spare pair
- Mountaineering boots compatible with the confirmed crampons
- Touring skis, skins, ski-touring boots and poles suited to the route
- Ski goggles plus glacier glasses for changing light
- Windproof and waterproof ski or alpine layers for the exposed sections

Recommended or optional

- Avalanche transceiver, shovel and probe only if required by the current plan
- Ski straps and wax suited to the snow conditions
- Thermos for early starts and cold camps
- Cold-rated sleeping bag for high camps; confirm the comfort rating with the team
- Dry bags or waterproof protection for clothing and electronics
- Personal energy snacks for long walking or summit days

TAF Travel provides or arranges

- No current support package is active; any future gear and logistics must be reconfirmed

Rent or confirm with the team

- Personal Damavand mountaineering equipment and technical items, only as confirmed for the route

TAF Travel contact

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