

Tehran *urban guide*

Dining

Ali Ghapoo Restaurant

Ali Ghapoo is one of the most happening places in Tehran. It is a traditional restaurant that offers the whole ritualistic package. You eat good food, amongst good people, and entertaining local music. It's an excellent place to go to with friends and family. The atmosphere at night is amazing. The interior of the place contributes to its general ambiance. It is rich in textures and earth colours, giving a very intimate feel to a varied crowd. Ali Ghapoo has a diverse menu of indigenous dishes, and we have tried most of them so you cannot go wrong with any dish.

South Gandhi Ave., Near Jahan, Tehran, Iran
Tel: (+98 21) 8777803

Hotel

The Sepehr Hotel

The Sepehr Apartment Hotel is another smart way of lodging in Tehran. It is one of the most contemporary interior designed hotels with a variety of accommodation offers. There are five types of rooms in the hotel: One is the room, which is without a kitchen, the other is the studio, including a double bed, and an American Style wooden bar kitchenette. There is the suite type, which includes a double bed, a kitchen and a washing machine.

No. 10, Salour, Hesabi Cross Road,
(+98 21) 2224 5050-9

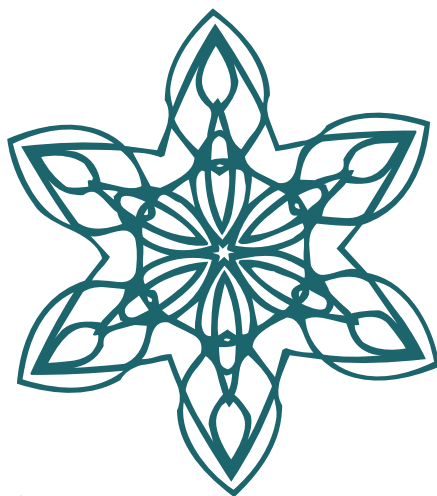
Tehran is one of the world's most understated cosmopolitan cities. With stereotypes of the post-revolution, few have published travel articles about Tehran making our expedition even more infatigating. We met with stringers based in Tehran to experience the city's true flavour. Tehran, the capital of Iran, is located in the north-central part of the country. It spans an area of 1500 sq km on the slopes of the Alborz mountain ranges. Tehran is a very cosmopolitan city, after being fled to by many Iranians from neighbouring regions in its urban boom in the 20th century. Even the name Tehran has multiple origins, each having its own meaning in the cultural superposition of its history. The language spoken is Persian.

Escape

Jamshidieh Park

The park is an established memorial dedicated to Farah Diba, Empress of Iran. The park is located in the Niavaran district at the bottom of the Kolakchal Mountain, one of Tehran's most beautiful parks. There are several restaurants, traditional teahouses (houses of culture which represent the diversity of Iran's ethnic and tribal heritage), picnic areas, and hiking trails from the lower area of the park all the way up to the top of the mountain. The restaurants are built in an interesting style of Turkmen yurts. There is also a classically designed open air amphitheatre. The park is extremely popular amongst the Tehran youths.

Jamshidieh Park, Kolakchal Mountain at the Niavaran district



Place

Imam Khomeini Square

The Imam Khomeini Square is one of the biggest of its kind in the world. Its beauty is in its vastness and its peripheral activities. It is one of those sites, where you need to reserve a day for. There is a big fountain in the centre, and mosaic covered, glossy marine coloured historic mosques on the sides. The periphery of the square is rich and very interesting, especially on a Friday evening; locals and travellers alike.

Imam Khomeini Square

Sightseeing

Tehran MOCA

Visiting the Tehran Museum for Contemporary Arts is a must do, especially if you are a fan of middle eastern architecture evolution. The design is an intelligent synthesis of traditional Persian architecture. It is one of those buildings that acknowledges its roots and moves forward steadily, not compromising the authenticity of the culture. The 5000 sqm building by Kamran Diba looks like a parade of curvy urban hybrids, that are actually sky-lights for what lies beneath, floating in sculpture gardens.

Tehran moca, North Karegar Ave
www.tehranmoca.com

Shopping

Tehran's Grand Bazaar

The Grand bazaar is an important place of commerce for Tehranis, Iranians, travelling merchants and - increasingly - tourists. However, much of the trade and finance in the city has moved to the north of the city, leaving the bazaar somewhat decreased in importance. Still, in addition to the traditional goods on sale, the market for watches and local jewelry is apparently growing, most likely for the benefits of tourists.

As is in keeping with the market spirit, tourists are encouraged to haggle. The bazaar sees the peak of its business at midday and between 5 and 7 in the evening.

Tehran Grand Bazaar

Tavazo Nuts

As the name implies, Tavazo Nuts is a nuts and dried fruits shop. It has been rumoured that they sell the freshest and the best nuts in the world. It is never empty; at any time you enter, you will see people ordering, tasting, pointing around. It is "the" place when it comes to local delicacies.

No. 1788 before Sadr Bridge Shairati St.
(+98 21) 88934814
