



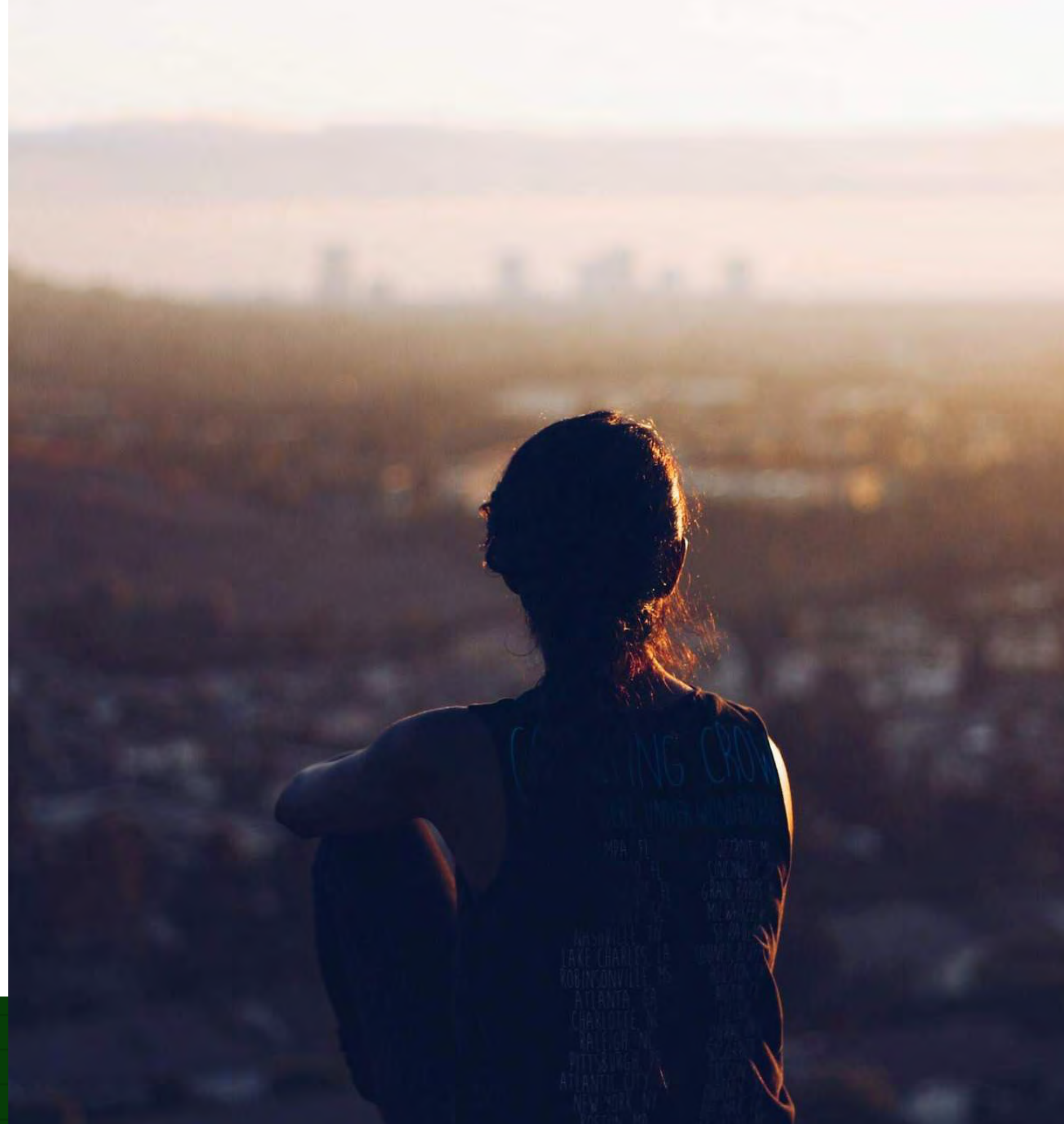
SUMMER 2019

# UIAA YOUTH CAMP

20 July - 1 August

# WHY THIS TRIP IS UNIQUE?

**The UIAA Youth Camp is a perfect chance for young mountaineers from all around the world to come together and not only experience ascending Damavand (5610m) as the highest mountain of Iran and the highest volcanic mountain of west Asia, but also to get to know other cultures and make new friends. From 2015, we have been hosting this event and had participants from all over Europe including France, Italy, Germany, Belgium, Denmark, Poland as well as Afghanistan, Malaysia, India, Azerbaijan and Sri Lanka. We also had the chance of hosting experienced mountaineers like Krzysztof Wielicki.**



# THE COUNTRY OF IRAN

Iran is a country in Middle East known for its ancient history and beautiful nature. Iran's registered heritage sites by UNESCO has more than 2500 years of recorded history and was home to many different civilizations that their remnants are now seen in Nooshijan, Sistan, Khuzestan, Kerman, Kashan and Shiraz. Nature wise, being surrounded by mountain created the central deserts of Iran, and at the same time gave it diversity. Iran is a four season country and with many jungles, mountains, sea/ocean, and desert can appeal to travelers with variety of interest.





International Youth Expedition  
Alamkuh - 4848m  
Third Iran Summer Camp Festival  
July 2017 7-19 IRAN



IMSCF  
IRANIAN MOUNTAINEERING & SPORT CLIMBING FEDERATION



# ITINERARY IN A NUTSHELL

**1**

**Airport pick up, transfer to hotel, overnight in hotel in Tehran (1189m).**

Details on pg.12

**2**

**Transfer to Kelardasht (1107m) and Vandarbon (2250m ) overnight in IMSCF Lodge.**

Details on pg.13

**3**

**Transfer to the trailhead in Hesar-Chal (3750m ), overnight in tent.**

Details on pg.14

**4**

**Trekking Lashgarak mountain (4256m) for acclimatization, overnight in tent.**

Details on pg.15

**5**

**Ascending Alamkoooh summit (4848m) , descend to camp and rest.**

Details on pg.16

**6**

**Descending to Vandarbon (2250m) and then drive to a city on shore of Caspian Sea.**

Details on pg.17

**7**

**After breakfast transfer to Polour, overnight in IMSCF Lodge (2200m).**

Details on pg.18

**8**

**Transfer to Goosfandsara (3000m), overnight in Atour base camp/tent (4200m)**

Details on pg.19

**9**

**Summit Damavand (5610m), descend to Atour camp (4200m), overnight in tent.**

Details on pg.20

**10**

**Descend to Goosfandsara (3000m), transfer to Polour (2350m), drive to Tehran (1189m)**

Details on pg.21

**11**

**Tehran sightseeing, overnight in hotel**

Details on pg.22

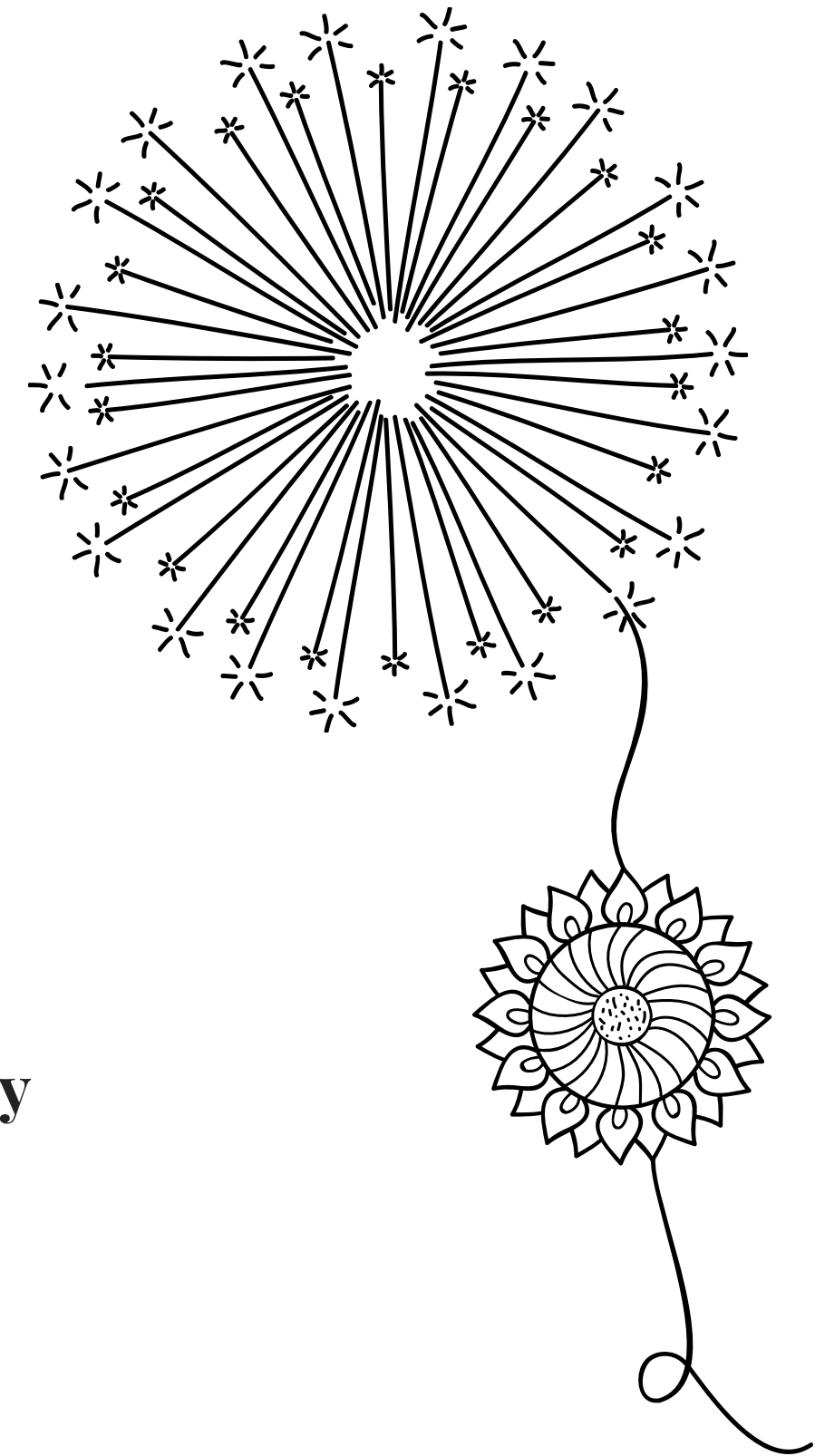
**12**

**Departure.**

Details on pg.23

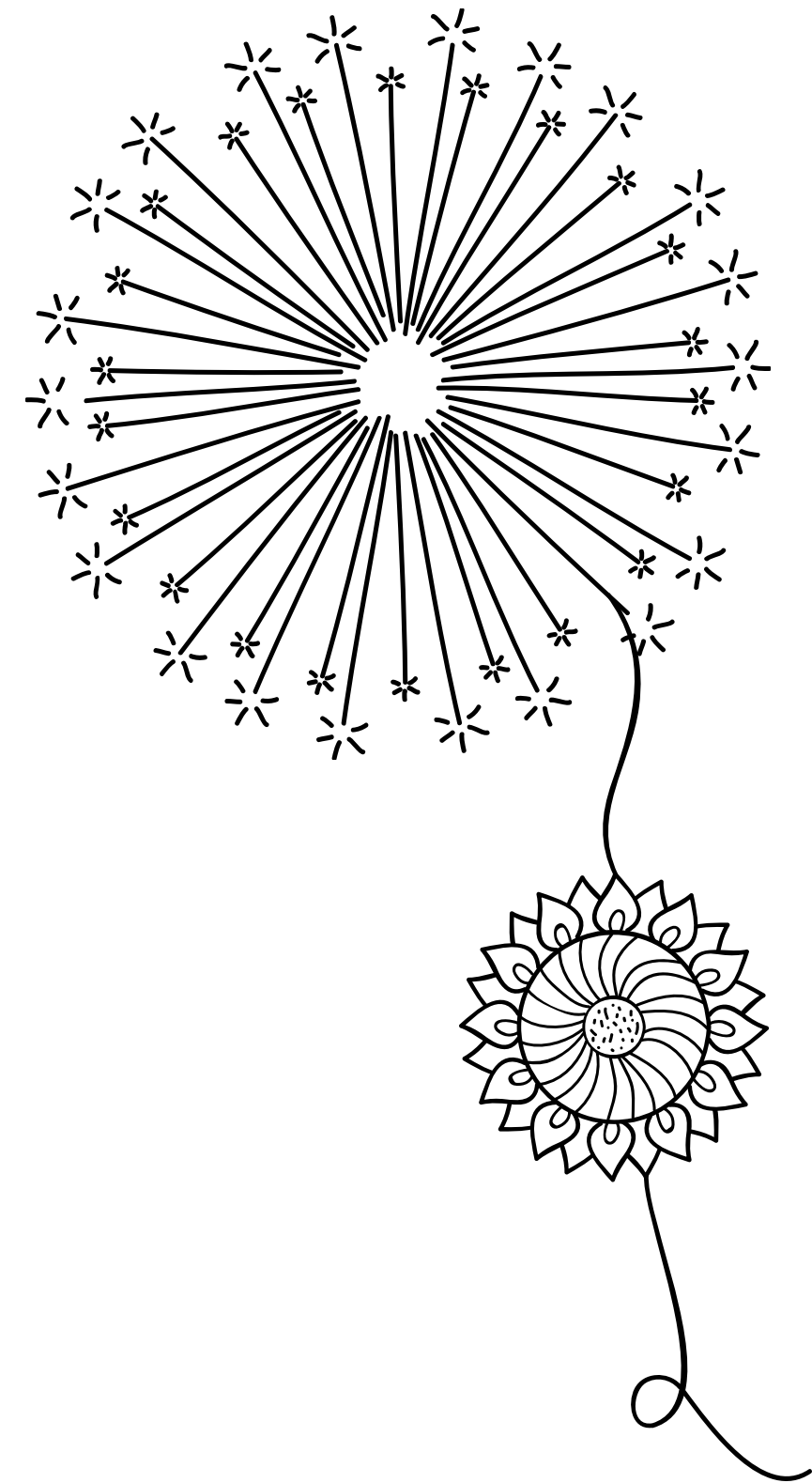
# EVENT INCLUDES

- **Two nights in hotel in Tehran**
- **One night in IMSCF lodge in Polour**
- **One night in IMSCF Lodge in Vandarbon**
- **Three nights in tent in Alamkoooh**
- **One night in villa near Caspian sea**
- **2 nights in tent in Atour Adventure Mountain Camp in Damavand**
- **Certified professional mountain guide**
- **Certified professional cultural guide for city tours**
- **All the transfers including airport pickup/drop off**
- **All the required climbing permits**
- **Freshly cooked meals (No dehydrated foods) during the climbing period and city**
- **Beverages with meals (Excluded coffee house services)**
- **Entrance fee to all historical sites**
- **Rescue**



# EVENT EXCLUDES

- **Hotel reservation extra to the one mentioned in the 12-day Itinerary**
- **Single room supplement**
- **Visa fee**
- **Personal travel insurance**
- **Any extra request that is not mentioned in the 12-day itinerary**
- **Coffee house services**
- **Trekking equipment**
- **Insurance for trekking period**







# **DAMAVAND MOUNTAIN**

**With an altitude of 5610m, Damavand is the highest peak of Iran, and the highest volcanic mountain of Asia.**

**Damavand is more than a mountain for Iranian. It is a place where the legendary epic hero, Arash, stood and defined the borders of Iran by shooting his arrow. It is the place that is described as the roof of the world in Iranian poetry.**

**Damavand is as culturally significant as it is naturally important and ascending Damavand is like getting familiar with both the Iranian culture and nature.**

# ALAMKOOH MOUNTAIN

**Alamkooh is the second highest peak of Iran in the Alborz mountain range, that is equally beautiful and challenging. It is famous for its technical routes and its climbing walls. It is one of the main outdoor climbing destinations for professional climbers to challenge their skills on these technical climbs. The summit could be reached through trekking from south face, or through more challenging routes with climbing and technical scrambling.**





# **ATOUR ECO-CAMP**

**Each Summer, Atour Adventure Group establishes an Eco-Camp in the southern face of Damavand, and in Hesar Chal area of Alamkooch. In addition to providing comfortable and equipped accommodation for mountaineers, Atour makes sure to keep the ecosystem sustainable. The services of Eco-Camp includes tent with mattress, meals, lunch box for ascend, electricity for battery recharges and lights, beverages (hot and cold).**





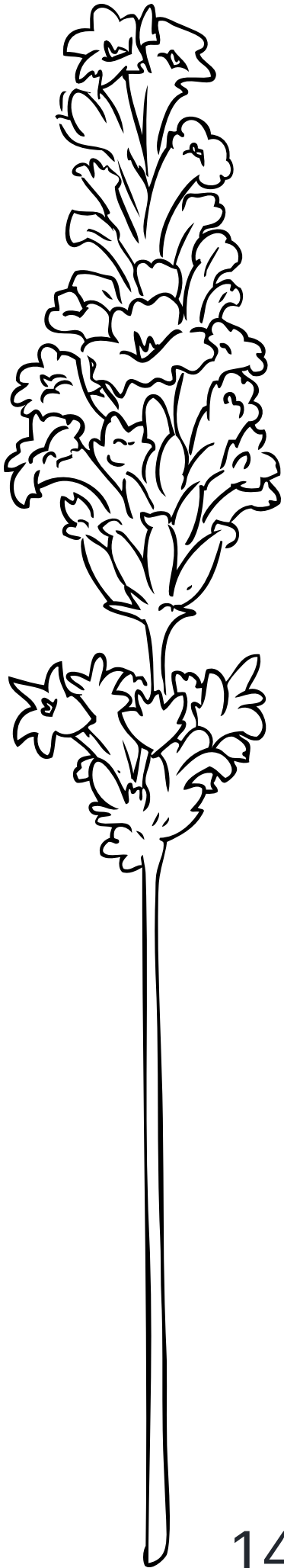
**Transfer from IKA airport, 35 km outside of Tehran, to Hotel. The arrangement of this day depends greatly on the arrival time. We stay at hotel for the night.**



2

**After breakfast we drive to Kelardasht through Chaloos road (~up to 5 hours). Part of the road after Roodbarak to Vandarbon is a dirt road. We will stay at IMSCF (Iran Federation of Mountaineering and Sport Climbing) Lodge . The kitchen and the dining room is shared by the mountaineers and the bunk beds are located on the upper level.**

3



Around 9 a.m., after eating breakfast, we will get to the trailhead in Tangeh Galoo by riding a 4x4. Depending on the road condition, it may take up to one hour. Then, we hike for three hours to get to Atour Eco-Camp at Hesar Chal base camp. Duffel bags are carried by mules and we spend the night in tents.

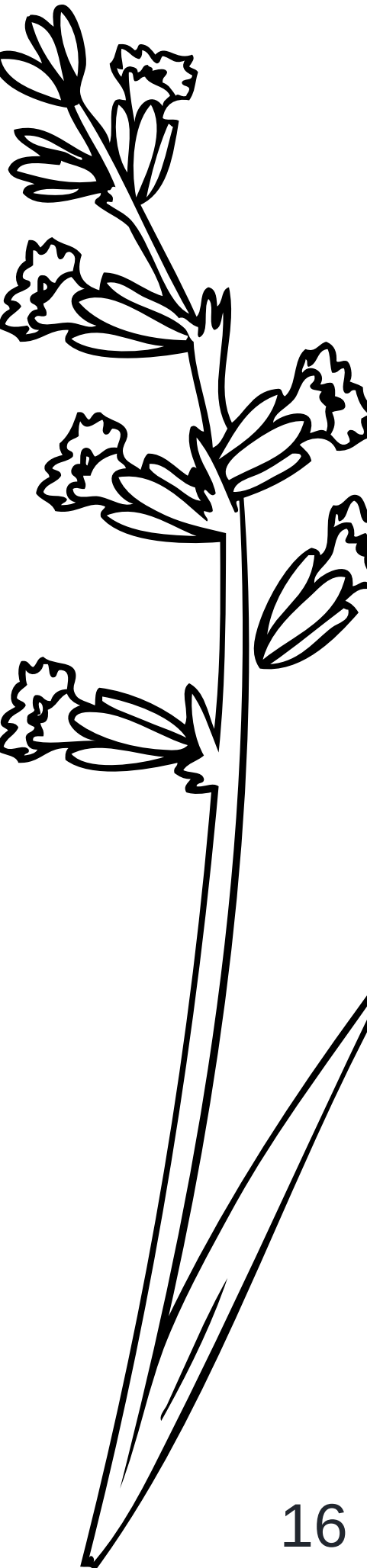


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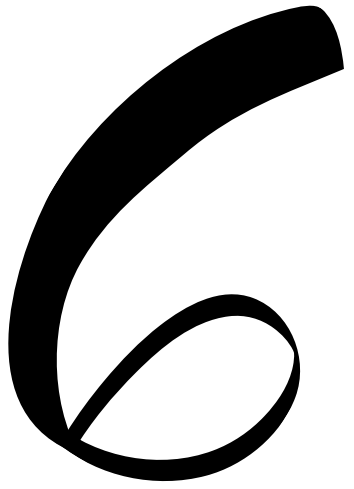
**Around 9 a.m., and after eating breakfast, we start our trekking to Lashgarak that will take around 3 hours, then we descend and enjoy lunch at our camp. The rest of the day is specified to getting to know each other and resting for a challenging ascend that will happen next day.**



5



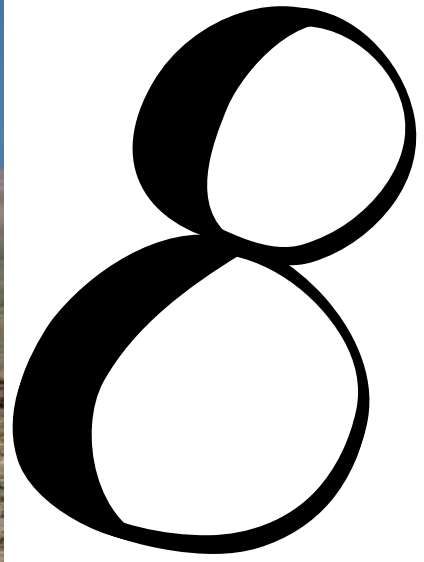
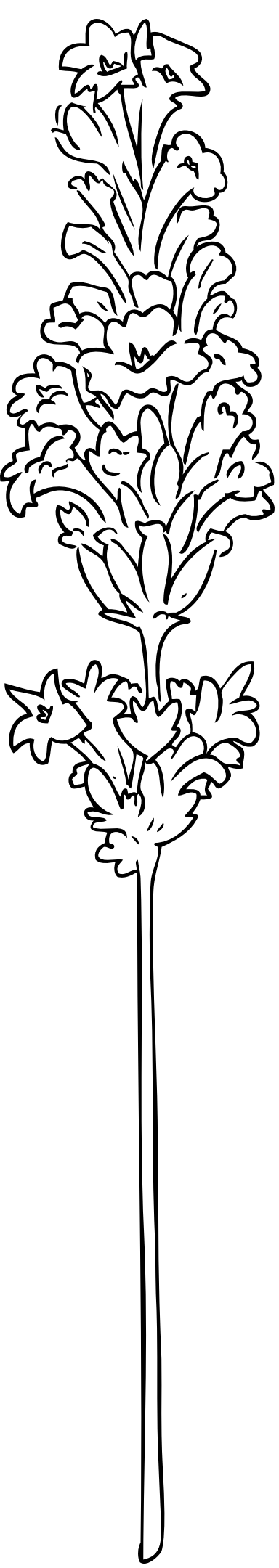
Early in the morning, around 5 a.m., we will ascend Alamkooch. It will take us 5-6 hours to reach the summit and around 3 hours to come back. This acclimatization prepares us for Damavand summit.



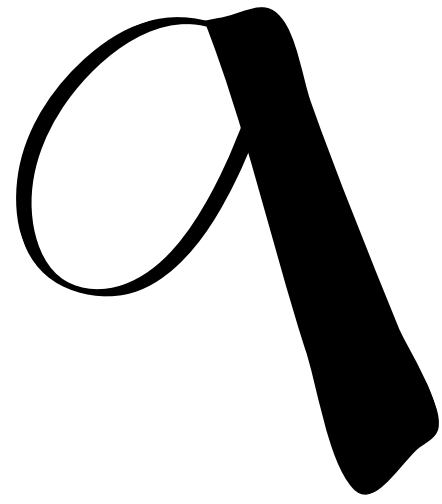
**After breakfast, around 9 a.m. in the morning, we will descend to Tangeh Galoo which would be a 2-hour trekking and then we have a half to one hour drive to get back to Vandarbon. From here we go straight to one of the cities on the shore of Caspian sea, the largest enclosed water on earth.**



On the next day, around 9 a.m. in the morning, after breakfast, we head toward Polour that is known as the closest city to Damavand. We spend the night at IMSCF lodge. The dining area and the kitchen are shared, and its rooms are filled with bunk beds.



**After breakfast, around 9 a.m., we head to Gosfandsara that is also known as Masjid or Hosseinieh with 4x4. It takes about an hour to get to the trail head. We have 4 hours trekking to reach Atour Camp on the southern face of mount Damavand. Duffle bags are carried by mules.**

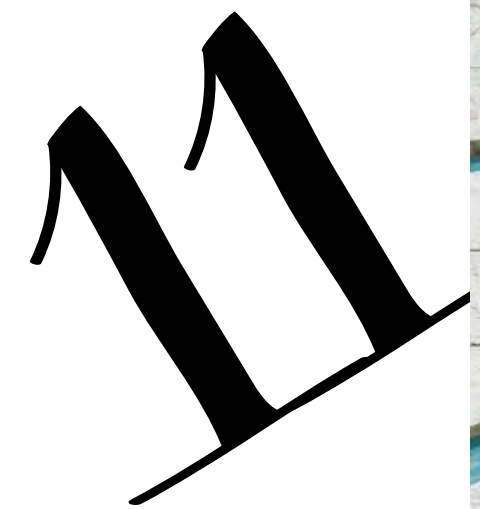


**Early in the morning, around 5 a.m., we start summiting mount Damavand. It takes about 6 hours to get to the highest point of Iran. With a short rest there, we would descend to Atour Camp which would take 4 hours.**

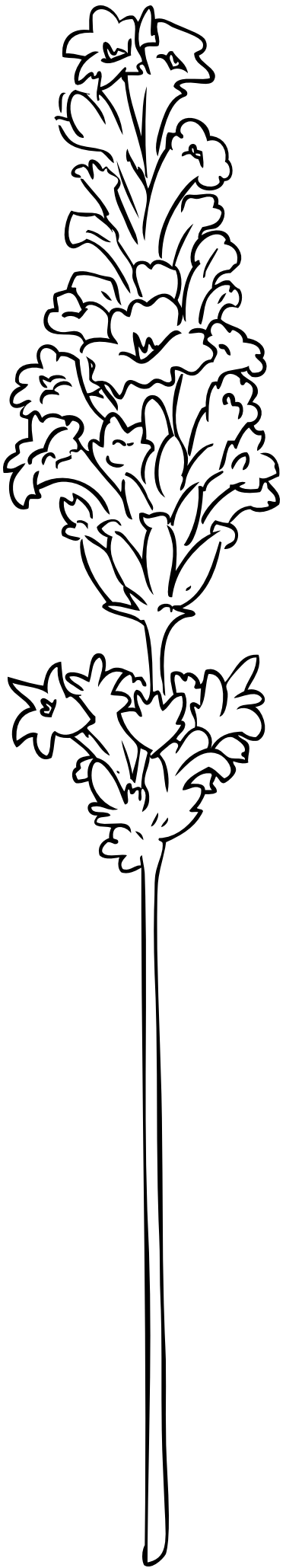


10

**The summiting is over, we have a 3 hours trekking back to Gosfandsara and then an hour drive back to Polour and a 2-hour drive straight to Tehran. You will spend the night at hotel. However, the trip is not over yet. Tomorrow, Tehran is yours to explore.**



**After breakfast, the city tour begins. You will visit some of the most well-known places of Tehran such as Grand Bazar, Tajrish Bazar, Golestan Palace, Sa'd Abbad Palace, National Museum, and Abgineh Museum.**



**Based on your departure flight, transfer will be arranged to take you to IKA airport. Atour Adventure wishes you a safe trip and hope you would enjoy your trip.**





# ALTITUDES OF THE VISITED PLACES



**Tehran - 1189m**

**Kelardasht - 1107m**

**Vandarbon - 2250m**

**hesarchal - 3750m**

**Lashgarak - 4000m**

**Alamkoooh - 4848m**

**North of Iran - (-12m)**

**Polour - 2350m**

**Goosfandara - 3000m**

**Damavand - 5610m**



# PRICES

Early Bird Registration  
(Before June 10th , 2019)

**Damavand Package - 330 Euro**

**Alamkoooh Package - 350 Euro**

**Full Package - 670 Euro**

Registration after June 10th , 2019

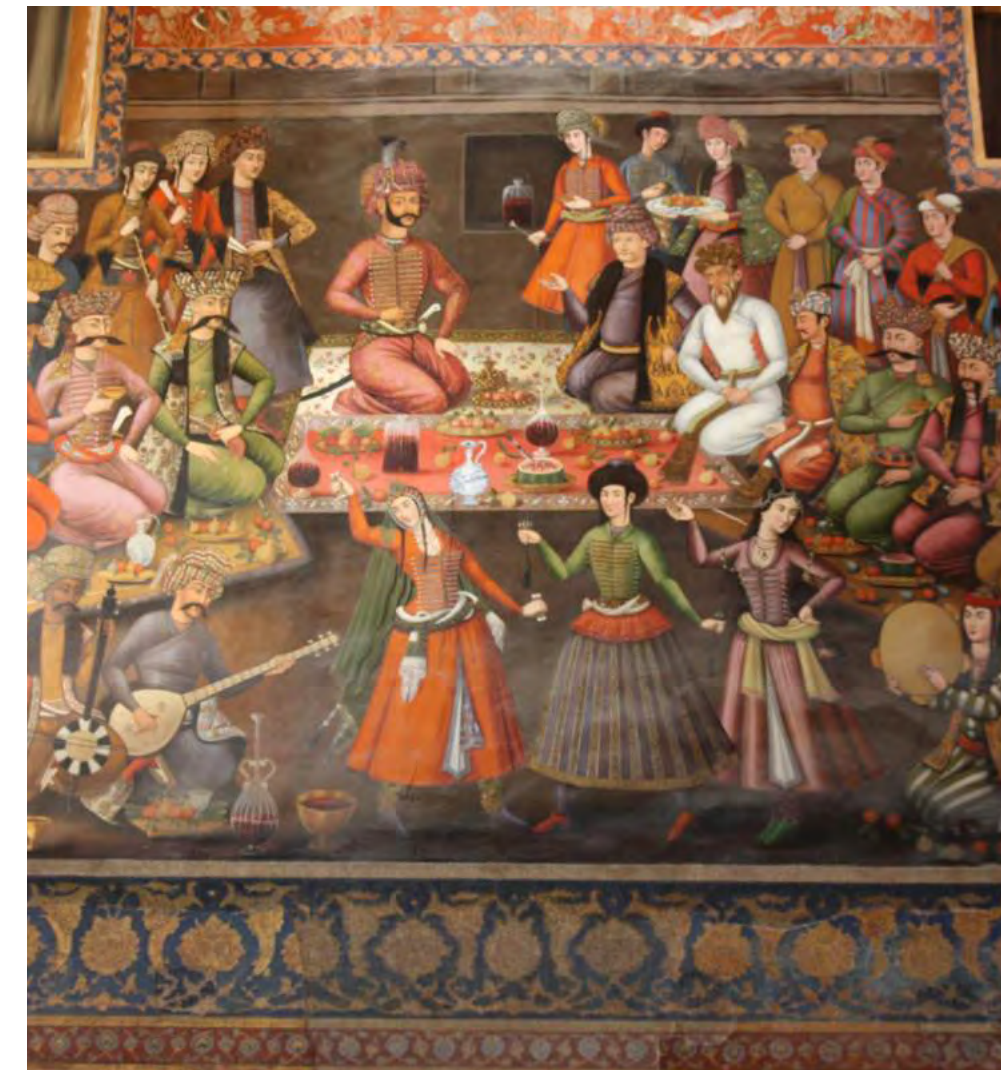
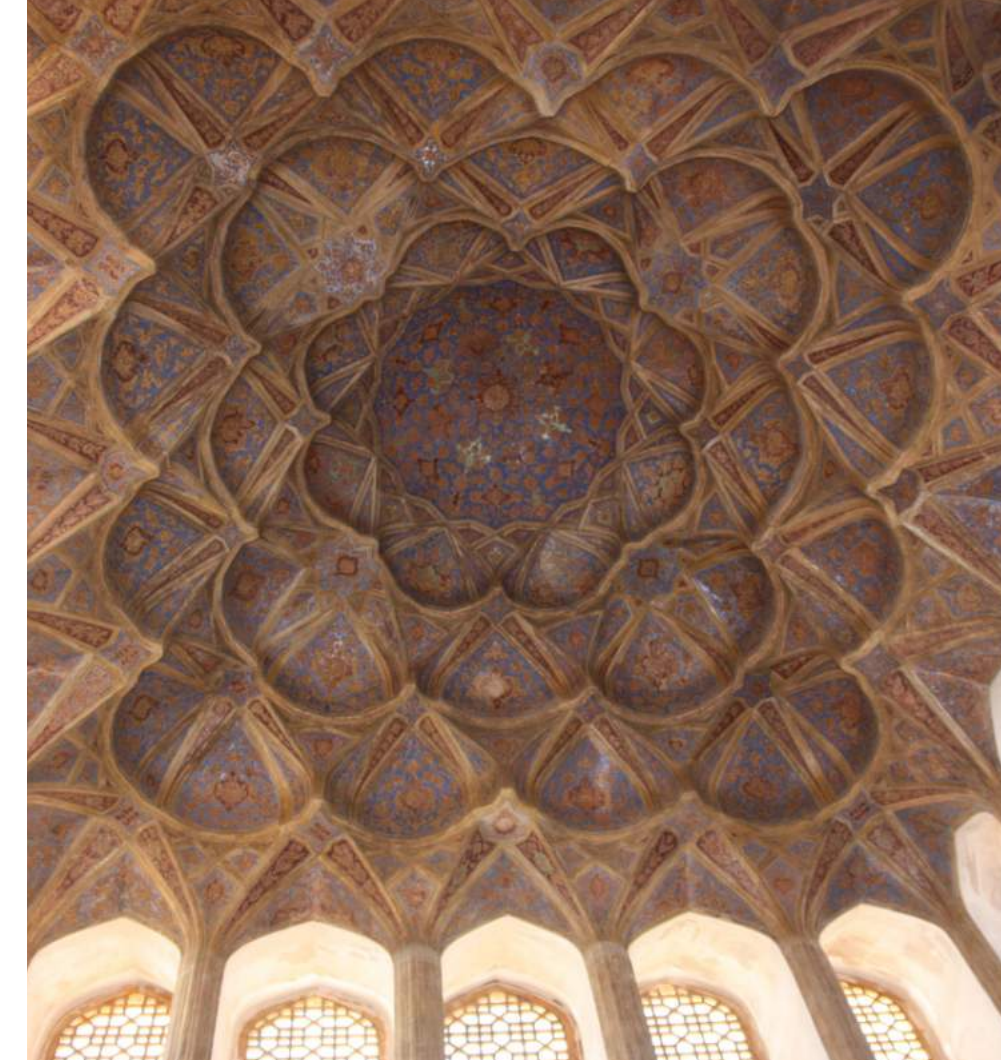
**Damavand Package - 350 Euro**

**Alamkoooh Package - 380 Euro**

**Full Package - 720 Euro**

# CULTURAL EXTENSIONS

Iran has 23 registered UNESCO world heritage sites and we understand adding cultural visit to this historical monuments would enhance your great experience of traveling to Iran. Based on your request we can extend your trip beyond the mentioned itinerary. Please contact our team of expert at Atour Adventure if you are interested in this option.





**[www.AtourAdventure.com](http://www.AtourAdventure.com)**

**Email:**

**[atouradventure@gmail.com](mailto:atouradventure@gmail.com)**



**+982186045372**



**+98 912 358 9861**

**+98 912 523 8984**

**AtourAdventure**

