

Damavand

Mountain Eco Camp (North Face)



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“DAMAVAND” the highest mountain in Middle East!

“Damavand” is a name which for sure you’ve heard it if you have heard the name of Iran.

The highest mountain in Iran with the height of 5619 meter over sea level and the breathtaking landscapes. The nice semi-active volcano which you don’t have to be a professional and technical climber to get to the top and the only secret is acclimatization.

There are a lot of ancient stories behind Damavand in Iranian myths; This mountain is said to hold magical powers in the “Shahname”. A place that Zahhak is chained there to remain until the end of the world.

It could be called as a symbol in Iran which one by one of people are proud of it.

NorthEast Ridge of Mt. Damavand Advantages

■ A safe and not crowded route which is so far from environmental pollutions.

■ The ridge has lower slope than the other ridges that makes an easier climbing.

■ It is the most waterlogged route because plenty of water resources and glaciers on this ridge remain until summer.

■ The high chance of encountering local wild life while climbing.

■ It has the most beautiful landscape with the glorious Yakhar valley in the South and the famous plain Nandal in the North and in northern far the Caspian Sea.

Damavand Eco Camp

Damavand Eco Camp is the only professional mountaineering complex in Iran, which offers several special services to ascend Mt. Damavand peak from northeast ridge. This complex consists of two camping lodges, Base Camp and Advanced Camp in the North face of Mt. Damavand. Base Camp is located in Nandal village at 2300m, the climbers will move through the trek with 4WD vehicles in a mountain road to reach the start point of the Northeast face at 3000 m then ascend to the Advanced Camp at 4350 m; the overnight stay will be there for acclimatization and preparation for ascending the Mt. Damavand peak.

Damavand Advanced Camp has been equipped with all the necessary amenities for a pleasant stay and offers climbers food, carrying luggage by mule and climbing tour guides.

Eco Camp tries its best to provide professional climbing services for the climbers while minimizing the human impact on the environment, to guarantee a safe, joyful and successful ascend to the beautiful Mt. Damavand peak.



Base Camp Facilities

The services offered by Eco Camp

The only eco camp with reservation possibility, climbers from all over the world can easily book a place with us, so everything will be ready for a wonderful climbing experience upon their arrival.

■ A safe and private accommodation in Damavand Base Camp at 2300m and in Advanced Camp at 4350m.

■ Warm and appropriate meals which will be especially prepared for you by our expert cook using local fresh organic ingredients.

■ Fresh and energetic snacks to serve during the ascend.

■ Transferring climbers with pickup vehicles to the start point of trekking.

■ Carrying luggage with mules from the Base Camp to the Advanced Camp.

■ Welcoming climbers with local drinks as soon as

arriving in the camps.

■ Providing warm water in the Advanced Camp for washing.

■ Hot tea, coffee and Nescafe is ready at camps all the time.

■ Group planning and leadership for ascending.

■ Guided climbing expeditions.

■ Official ascending license for climbers.

Base Camp Facilities

The camp is about 750 square meters and it is located out of Nanadal rural area with a unique view of Mt. Damavand at 2300m.

Accommodation is in tent lodges: 12 double equipped tents at 250 cm width x 180 cm length x 230 cm height.

Equipment within tents:

■ Wooden beds

■ Spare spaces for shoes and backpacks

■ 2 cushions

■ 2 mattresses

■ 4 Blankets

■ 2 pillows

■ 2 sheets

■ Clothes-hangers

■ Mirrors

■ Slippers

■ Lamps

■ Electricity outlet

■ Wall-bags for accessories such as sunglasses, cell phones, cameras, etc.

Kitchen and professional cook: To provide fresh and warm meals, there will be a permanent expert cook residing in the camp

Toilets: Four squat toilets all equipped with portable stool-type toilets

Baths: Outdoor baths with metal structure and tent cover. Bathes contains fiberglass showers, soap, shampoo, and dressing room

Dining room: With 30 persons capacity in a calm and beautiful place.

Yard: Covered with organic fruit trees within the landscape of Mt. Damavand peak

Pergola: With table and chairs to chat and have afternoon snacks and drinks

Fireplace: A place to light fire for night relaxation and gathering around a camp fire

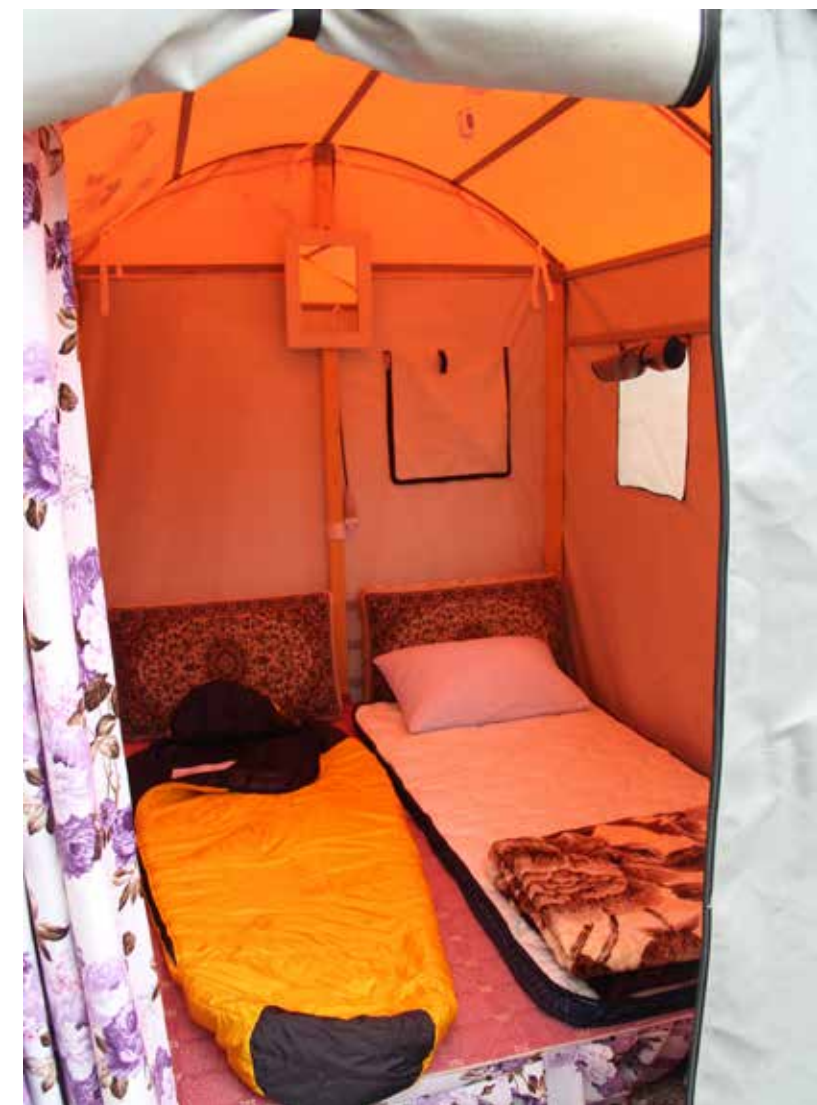
Balcony: With beds and cushions for drinking tea and taking a rest while enjoying the Mt. Damavand view

Communication equipment: Telephone, ADSL and wireless internet to communicate with climbers in the Advanced Camp and on the trekking route

Extra water reservoir: For emergencies

Pickup vehicle: To transfer climbers from dirt road to the start point of trekking

Mules: To transfer climbers luggage to the Advanced Camp





Advanced Camp Facilities

The Advanced Camp is the last residency for climbers in the NorthEast route. It is surrounded by beautiful landscapes of Damavand, valleys and plains. We aim to provide a safe and easy ascending for climbers using our services at the Advanced Camp.

Accommodation in tent lodges

12 double equipped tents with 230cm width x 160cm length x 220cm height

Equipment in double sharing tents:

- ☑ Wooden beds
- ☑ Spare spaces for shoes and backpacks
- ☑ 2 mattress
- ☑ 2 pillows
- ☑ Clothes-hangers
- ☑ Mirrors

Wall-bag for accessories such as sunglasses, cell phones, cameras, etc.

Dining Tent: 25 square meter x 260cm height with

matting, 6 tables, 24 chairs, lamps, adequate wall-plug

Kitchen tent: equipped with oven, dishes, water tank and ingredients to cook

Dry toilet: With reference to the hygiene rules, the whole sewage waste will be transferred down the mountain

Electric engine: Two main motors and one extra for lighting the tents and electricity for cell phones and cameras recharging are provided

Water Tank



Mount Damavand Climbing Tour (Northeast route)

7 days

Best time: **June to September**
Physical Rating: ●●●●○

Itinerary:

Days:

- 1- Arrival in Tehran IKA Airport, drive via Haraz road to Nandal at 2300m in NorthEastern face of Mt. Damavand (5hours drive) (-,L,D)
- 2- Transfer from Base Camp to the start point of climbing, transporting back packs by mules, trekking up to Damavand Advanced Camp (4,350 m) (B, L, D)
- 3- Acclimatization day; packing backpacks for next day (B, L, D)
- 4- Early morning climb to summit, a short stop for visiting Damavand caldera and landscapes, return to the Advanced Camp, Relaxation (B, L, D)
- 5- Trekking down with light backpacks then transfer to Damavand Base Camp, a short relaxation, after lunch drive to Tehran, evening arriving in Tehran (B, L, -)

Meals Menu during the mountaineering program:

Menu	
Snack	Herbal tea, Nescafe, Tea, Biscuits, chocolate, Candy, Pastry, Seasonal Fruit, Fruit Juice, Pistachios, Almond, Hazelnut, Peanut.
Breakfast	Tea and Nescafe, Processed Cheese, Cream, Local Butter, Honey, Sesame pudding (Halva Ardeh), Cucumber, Tomato, Scrambled Eggs, Lentil stew(Adasi), Organic Local Bread, Toast Bread, Nutella, Walnuts.
Lunch and Dinner (Main Course)	Soup, Pasta, Vegi-burger Sandwiches (KookooSabzi), Mashed Potato Sandwiches, Grilled Vegetables (Green beans, Carrots, Cauliflower), Chicken Sandwich, GhormehSabzi (Lamb Stew with beans) with Rice, Kalam Polo (Fried Cabbage with Rice), Chicken Kebab with grilled vegetables, Meatball Dish with Bread, Lamb Dish with Rice,
Lunch and Dinner (Starter and Dessert)	Seasonal Fruit, Olives, Bread, Shirazi Salad, Yogurt, Doogh (Yogurt Drink).

Meals Notes:

- 1-Snack: During climbing, you are served 3 - 4 types of Snack menu.
- 2-Breakfast: It is buffet including 4- 5 types of breakfast menu.
- 3-Lunch: One dish lunch with dessert at the base camp and picnic lunch during trek. They are chosen from lunch-dinner menu, regarding elevation and your activities as a daily fixed food by chef.
- 4-Dinner: Complete meal; soup in advanced camp, two/three dishes, salad and dessert. They are chosen from lunch-dinner menu, regarding elevation and your activities as a daily fixed food by chef.
- 5-You can have Tea, Nescafe and biscuit, unlimited and free of charge, all-day in base camp and advanced camp.

- 6- Visiting Golestan Palace (UNESCO World Heritage), National Museum of Iran and Grand Bazaar in Tehran (B,L,-)
- 7- Transfer to IKA and departure (B,-,-)

Included:

- Visa processes
- 4 nights accommodation at mountain eco camps and 2 nights at 3 star hotel
- All daily meals & snacks as program
- Dinning tent, kitchen tent & toilet tent in advanced camp
- English speaking mountain guide and assistant guide for each 4 PAX
- Cook & experienced staffs in eco camp & advanced camp
- Domestic transportation by air conditioner vehicles
- Pickup vehicle (Nissan mini truck) for transferring on the dirt mountain road
- Mules for carrying luggage (Each person 1 pack maximum 15 KG)
- Damavand climbing permit fee

- 6-When you arrive to Base camp or advance camp, you are served by welcome herbal drinks.
- 7-We provide and use spring water for drinking and cooking in advance camp, that it is taken from mountain springs.
- 8-Any cold drinks as bottle water, Coke, beer, juice & ... should be bought from base camp or advance camp shop separately.

Price:
Starts from
690€

Hiking in Lar National Park to Nandal

9 days

Best time: **June to September**
Physical Rating: ●●●●○

Itinerary

Days:

- 1- Arrival in Tehran IKA, transfer to hotel (B,-,-)
- 2- Transfer from Tehran to Garmabdar(1 Hour), hiking toward Lar valley through the KhatunBargah pass (approx. 11 km) (B, L, D)
- 3- Hiking toward the valley and alongside Lar River to Kamardasht plain (B, L, D)
- 4- Continue the trail to Divasiab springs through minor valleys and camping (B, L, D)
- 5- After visiting the springs, trek down to Vararu Plain, recovery time for rest of the day (B, L, D)
- 6- Hiking the last part of trail on Western slopes of Damavand to North on high altitude up to 3650 m then down to the Nandal plain (B,L,D)
- 7- After Lunch Drive back to Tehran through Haraz road (3-4 hrs.), transfer to hotel (B,L,-)
- 8- Tehran city tour, visiting Golestan Palace (UNESCO World Heritage), National Museum of Iran and Grand Bazaar.(B,L,-)
- 9- Transfer to the IKA airport and departure flight (B,-,-)

Included:

- 4 nights accommodation at camp, 1night at Damavand eco camp and 3 nights at 3star hotel
- Luggage transport during the hiking days
- All daily meals & snacks as program
- English speaking guide and assistant guides
- Domestic transportation by air conditioner vehicles
- Support vehicles

Price:
Starts from
750€

Ring of Damavand Trekking

7 days

Duration: **7 Days**
Best time: **June to October**
Physical Rating: ●●●●○

Itinerary

Days:

- 1- Arrival in Tehran IKA, transfer to hotel (B,-,-)
- 2- Transfer from Tehran to Polur (3 hours drive), starting the trek from South face at altitude of 2500 meters toward the West (B,L,D)
- 3- Trekking on Western slopes toward North up to 3300 m then continue the trail to Vararu plain (B,L,D)
- 4- Trekking on steep trail up to Dagh plain in North-West face of Damavand at altitude 3650 then trekking down to the Nandal plain in North face, reaching Damavand Base Camp in Nandal village (B,L,D)
- 5- After Lunch Drive back to Tehran via Haraz road (3-4 hrs.), transfer to hotel (B,L,-)
- 6- Visiting Golestan Palace (UNESCO World Heritage), National Museum of Iran and Grand Bazaar in Tehran (B,L,-)
- 7- Transfer to the IKA airport and departure flight (B,-,-)

Included:

- 2 nights accommodation at camp,1 night at Damavand eco camp and 3 night in 3star hotel
- All daily meals & snacks as program
- Luggage transport during the trek
- English speaking guide and one assistant guide for each 5 PAX
- Domestic transportation by air conditioner vehicles
- Support vehicles

Price:
Starts from
610€



Environmental notes in Eco Camp

Eco camp cares about the environment and we try our best in this way. The advanced camp is a mobile one, and its construction is not permanent, each year after the ascending season, the advanced camp will be removed without leaving traces in the nature. Wiping trashes and wastes from the camping area, saving water and energy, taking care of the mountain's calmness and wildlife as well, we provide information for the climbers about the vulnerability of the local fauna and flora of the region.

✓ **No permanent structure**

✓ **Energy saving lamps**

Using LED and energy saving lamps in eco camp and advanced camp.

✓ **Dry toilet septic system**

Making dry toilet septic system for segregation and transferring wastes down to the mountain for environmental conservation and to prevent water pollution .

✓ **Waste segregation**

Separate and transfer all the waste down the mountain. Because there is no recycling system in the village, eco camp tries to separate garbage and transfer them to big cities for proper recycling.

✓ **Water saving**

Using decompression for water saving.

✓ **Training locals about environment**

Muleteers carry the stuffs and luggage from the village to 4350 height, en-route they make fire with Locoweed to make you warm and make tea. According to environmental purposes, eco camp tries to give them firewood from gardens not to harm the flora of the region, nor to use jungle wood. To prevent any negative impact on the local forests, eco camp tries to provide firewood from local gardens.

Professionally guided climbing tours, in which we care about the environment, and try to train climbers for environmental conservation.

What Our Clients Say!



“Alamkuh & Damavand Tour Iran”

From 09.08.2016 To 20.08.2016

We were 17 people (6 women - 11 men).

Both tours were very well organized. From transfer to accommodation at the cabin in Vandarbon (2400 m) and at the tent pitches. The tour guides were very attentive and helpful. The kitchen was good. Food and drinks were plentiful.

The company has a lot of love for nature and environment. This can be seen immediately at facilities in the Base Eco Camp Nandal (2350 m) or in the Damavand Advanced Camp (4200 m), and not just in waste separation. What I found very interesting, was, for example, the way in which the toilet near the tents in the Hesarchal (3800 m) was immediately set up and even more interesting after 4 days the large toilet contained with mules and then with the Car transported to the city and delivered to the intended facility. To be honest, that's what I experienced for the first time in the mountains. Such a toilet facility was also in Damavand Advanced Eco Camp (4200 m).

I was also impressed that one of the tour guides had always collected the garbage on the way with a large plastic bag in the hand and brought it down to the tent site. Hats off!

I was very satisfied with the two tours and I can only recommend.

Bahram Shokray
Germany

“Mt Damavand trek and Iran sightseeing”

It is hard to overstate the level of service and hospitality from this crew. Yes, you still have to get up this mountain on your own steam but the Mt. Damavand Eco Camp sure does make it nice along the way, the food and the accommodations were superior. The mule support and the mountain camp staff were very friendly and exceptionally hard workers. A word about the security—we also visited the village here-Nandal as well as Tehran, Isfahan and Shiraz, at no time did anyone even look at us sternly. Iranians are abundantly aware of the rap they get from the western press and as Americans everyone seemed to more than appreciate our presence and went out of their way to tell us so. There was no script other than the itinerary that was required to be filed, so plenty of opportunity to talk with local people most of whom wanted to practice their English on us. I highly recommend this trip to anyone.

August 2016
Allen W, USA



“Warm welcome on the way to the Damavand ascent”

The fixed tents are practically furnished, There are showers, delicious food and a charming garden in Nandal. The Eco Camp is a bit more simple, but perfect as a starting point for the summit storm. Great, I think that is really respected for environmental protection. Keep it up!

Martina O
Germany

Find Us On





Main Office:

Unit 102, No.1166, North Kargar
St. Enqelab Sq.

Tehran, Iran

Postal Code: 1418864596

Tel: +98 21 66 90 2680

Damavand
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Damavand Eco Camp:

Nandal village, 23 km Delarestaq
road, 45 km Haraz road Amol to
Tehran.

Amol, Iran

www.damavandcamp.com

