



.tours  
Nomad

Tours & Activities  
Middle East, IRAN



IRAN, also known as Persia

Asia, Middle East

Area: 1,648,195 km<sup>2</sup>

Population: 78,192,200

Highlights: Culture, Art, History, Nature.



Persia NomadTours is a leading inbound tour operator startup in the eco-tourism sector of Iran. Nomad tribes in Iran still live a traditional way of life, migrating with their animals and possessions in spring and autumn, travelling between cool summer pastures in the mountains and winter lowland pastures close to the Persian Gulf.

We have called for the aid of rural communities to join us in the goal of preserving nomadic culture and to minimize the negative effects on communities we're visiting. For this reason, we have built special ethical guidelines for each tour. Additionally, our tours are private and small so that we really experience how it is to live in a nomad society by actively being present instead of having them serve us.

## **Why tour with NomadTours?**

NomadTours present authentic travel experiences, expressly designed to showcase the lifestyle of the nomad tribes and to promote responsible and sustainable tourism.

Our tours provide unique opportunities to meet and trek with nomadic tribes as they migrate with their goats, sheep and mules. With the help of translators, you will be able to converse with the nomads and learn about their culture; you will sleep how they sleep, eat what they eat, and go where they go.

These are adventure tours.

Immerse yourself in the dazzling landscapes of the Zagros Mountains, their deep valleys, soaring peaks, and beautiful flora and fauna. Be prepared for the unexpected. Be ready to be flexible. We travel by the rules of the nomads; their activities decide our daily routines.

As part of your tour, our guides will also take you to fascinating off-the-beaten-track historical and cultural sites and places of exquisite natural beauty. You will have the opportunity to see and purchase beautiful and practical traditional art, handicrafts, carpets, rugs and kilims.

## **Our partners – the nomad tribes**

The tribal lifestyle is facing enormous challenges in our fast-changing world. We partner directly with the nomad communities, aiming to help preserve their lifestyle and minimize negative impacts on their culture and the environment. Our goal is to maximize the economic and social benefits of ethical tourism.

Our tours aim to kindle a sense of self-esteem in the nomads about their culture and traditions. Visitors seeking to experience the nomad way of life and take home precious memories helps the people believe their ancient lifestyle is precious and worth maintaining.

Thirty per cent of NomadTours' revenue goes directly to our host nomad tribes and a further twenty per cent is used for educational and development purposes, such as training the nomad families how to operate the tours on their own. We also encourage visitors to purchase handicrafts directly from the artists by offering a contribution of up to twenty percent from nomad tours part for each purchase.

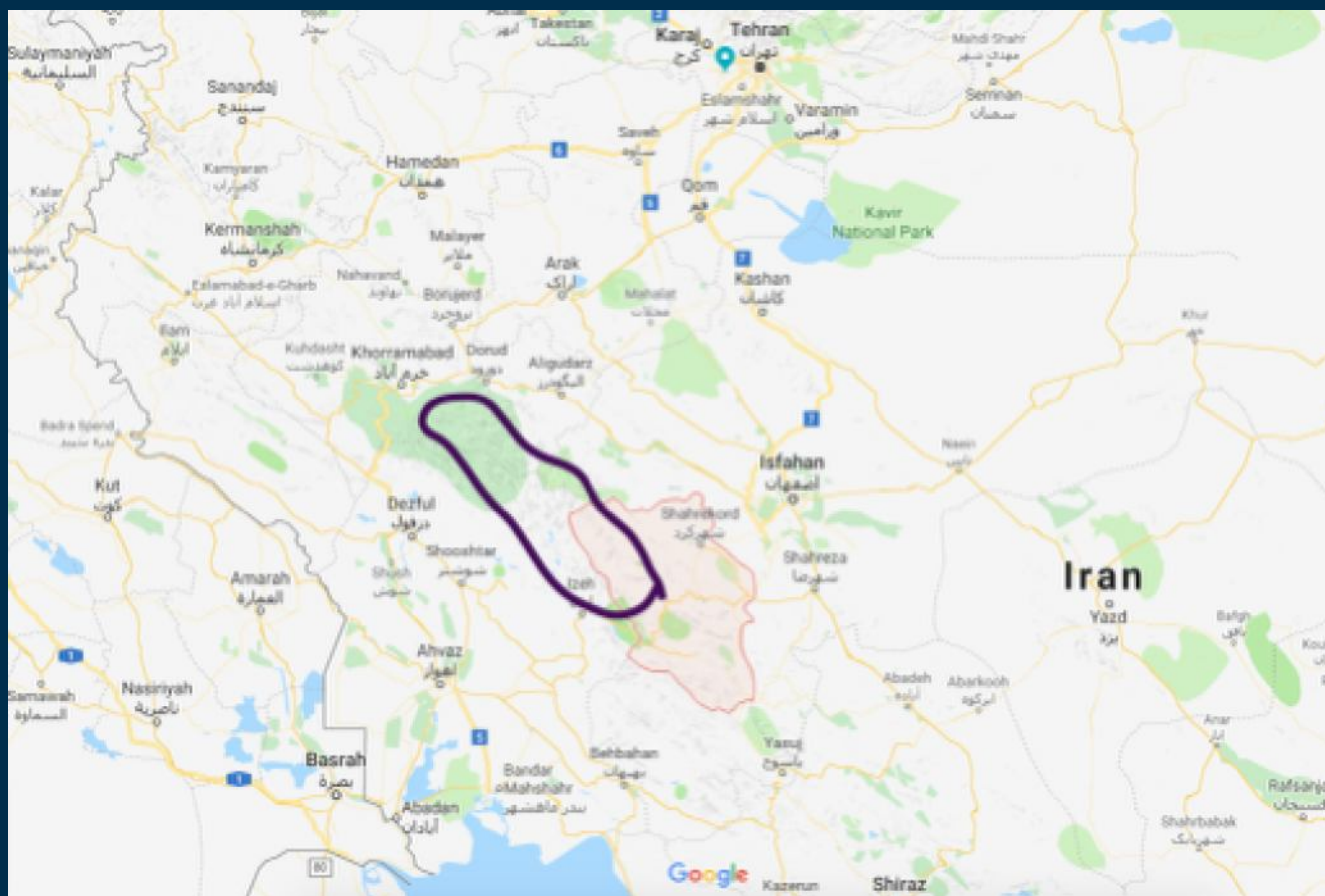


# Who are the Bakhtiari?!

Maybe you've heard of Queen Soraya, the Iranian-German empress, or Prime Minister Shahpour Bakhtiar, the last prime minister of the Pahlavi era? What about the NFL Green Bay Packers player David Bakhtiari? All of them are members or descendants of the Bakhtiari tribe.

The Bakhtiari is one of the largest and most prominent tribes of Iran. Yet, when we look beyond the grandiose splendor that surrounds their high-profile members, we discover a tribe rooted in humility and with a deep connection to nature.

Although the origins of the tribe are debated, the Bakhtiari themselves trace their lineage directly from Cyrus the Great. Others claim that they are descendants of the Iranian epic hero Fereydoon. But what is certain is that they have been roaming the lands of Persia for thousands of years and are an integral part of its history.



The Bakhtiari live between the region of Khuzestan and Chaharmahal va Bakhtiari (Yes, that's right. The province is named after them). They speak a dialect of Persian called Lori and are Shia Muslims like the majority of the country.

Today, the estimation shows that only a third of the tribe remains nomadic. Since many have settled down to become agriculturist. Some others were forced to move to cities due to economic hardship and unemployment. Yet, those that continue the nomadic lifestyle undergo one of the most challenging and fascinating migratory traditions alive.

Read the full article on: <https://nomad.tours/nomads/6466/who-are-the-bakhtiari-tribes-iran/>

- “Do you remember that Kooch we got married right after?” Jamshid asked.
- “I should remember it because...” she replied.
- “I sang all the songs loud enough for you to hear it in the mountains...”
- “Sure! I enjoyed that year pretty much...”

To get the point of this conversation, you really should know what “Kooch” is! But before we start to define Kooch, we first need to know who a nomad is.

A nomad is someone who does not live in one determined place; they wander around to find a good place to live for a while before moving to another suitable spot.

There are modern nomads who travel worldwide normally stemming from first world countries, but there are also still traditional nomads as well, who lead a very minimalist, yet fascinating life. Traditional nomads are from less developed countries roaming a part of their own country to find a seasonal spot to settle.

In the Bakhtiari dialect, this up to 500 km migration is called “Kooch” or “mal be rah” or “nomadic migration”.

The Kooch is typical among the nomads, and it happens every year on a regular basis. Each family takes the same route each year, and they have their own summer pastures in which no other family can stay. The next year again, they set up their tents in the same spot.

Those who have big flocks are the wealthy ones who have more facilities while they are migrating, and usually, they choose the longer routes. By contrast, the less fortunate ones often postpone their migration, and they choose the shorter routes.

This journey can take anywhere from one to six weeks. As there are no facilities on the journey, each family carries everything it needs for up to two months. The timing of this journey is incredibly important as the tribe must decide to leave late enough for the ice to have melted to allow a safe passage but early enough to arrive in the green plains before the plains have been overgrazed by other animals.

Read the full article on: <https://nomad.tours/nomads/7247/what-is-kooch-nomads-epic-festival-of-migration/>



What is  
Kooch?!



## Technical Details of the 7-Day Migration Tour (Kooch)

- \* 7 days and 6 nights
- \* Sightseeing and trekking tour
- \* 3-days Trekking, 4-days sightseeing nomadic area + transportation
- \* Participants better have mountaineering skills and experience
- \* Start point: Ahwaz international airport
- \* End point: Isfahan
- \* Group size: Maximum 7
- \* Age range: 16-70 year-old (Exceptions possible)
- \* Availability: 1st April-30th May
- \* Overall kilometers: 50 km



This 7-day tour is mostly dedicated to Nomadic culture. Which is not a small part of Iranian culture. Less than 100 years ago 25% of Iran were living in nomadic tribes.

One of this tribes was Bakhtiari Nomads; an ancient tribe in West of Iran, living in Zagros mountains. They migrate twice a year to provide their flocks with fresh grass. In winters, they stay at lower altitudes in plains of Khuzestan. Then in spring, when the weather is getting warm and the winter rain is over, they cross Zagros Mountains to their summer pastures. Move their sheep and goats, walking up to 50 Km and passing around 4000 meters peaks.

For thousands of years, Dynasties vanished one after another, but Bakhtiaris have remained undoubtable rulers of Zagros Mountains. as migration is the most iconic aspect of their lifestyle, we decided to design a situation so that small groups of responsible visitors accompany bakhtiaris in their migration. They will spend some nights with them, live their lives, help them with migration and earn a first-hand experience of their authentic lifestyle. it helps not only to better recognition and documentation of Bakhtiaris lifestyle, but also it would provide a supplementary income for them and they'd see how everybody is appreciative of their lifestyle.

The tour could start from Any city in Iran, and the transportation (flight, bus or train upon request) is included.

**Day 0:** Arrival to Tehran, private room in Tehran heritage hostel

**Day 1:** Arrival to Ahwaz around 8:30 in the morning. Breakfast in the airplane. We will have a short visit to Ahwaz and Karoon River. Then we drive to Haft Tappeh (excavation site, which consists of dozens of hills) and Chogha-Zanbil (a ziggurat of the Elamite domination era). Then we will go to Shushtar, visit the watermills and have lunch in traditional Mostofi museum and restaurant. Then we head to Masjed Soleyman, the cradle of the Iranian oil industry. There we will visit the nomad museum, a good place to learn about different aspects of the nomads life before joining them. We will continue our travel to Fath-abad village, near Qaleh-ye Khvjeh, to eat dinner and sleep.

**Transportation:** 4WD car



**Day 2:** After eating the breakfast at the same place, we drive toward the Negin bridge and Shimbar waterfall . The lunch will be served by a local family and in a local home in Lebd. In the evening we will join the nomad tribe near Lebd village and will eat dinner with them.

**Transportation:** 4WD car

**Day 3, 4:** Please note that although these days have an overall plan and overview, but we cannot provide you neither with the nomads phone number nor with the exact route they are taking. Because they choose their path according to the instant weather and the condition of their flocks and sheep. The meals would be mostly from the dairy products and sometimes it will include fresh meat. They are mostly simple, but we can carry more food in case you prefer any special diet. We provide camping tent beside nomad family for 3rd and 4th night.

**Transportation:**

Nomads' mules carry our lodging but they could support up to 5 kilograms for each person so we do recommend to not bring heavy backpack. Our extra stuffs which we don't need during the trekking days can be put in the car.



**Day 5:** On the last day we will get to Zerk village for the lunch there with the nomads. The stepped village of Sar agha seyed is waiting for us at night.

**Transportation:**  
4WD car



Nomadic Dance Practice  
April 2018

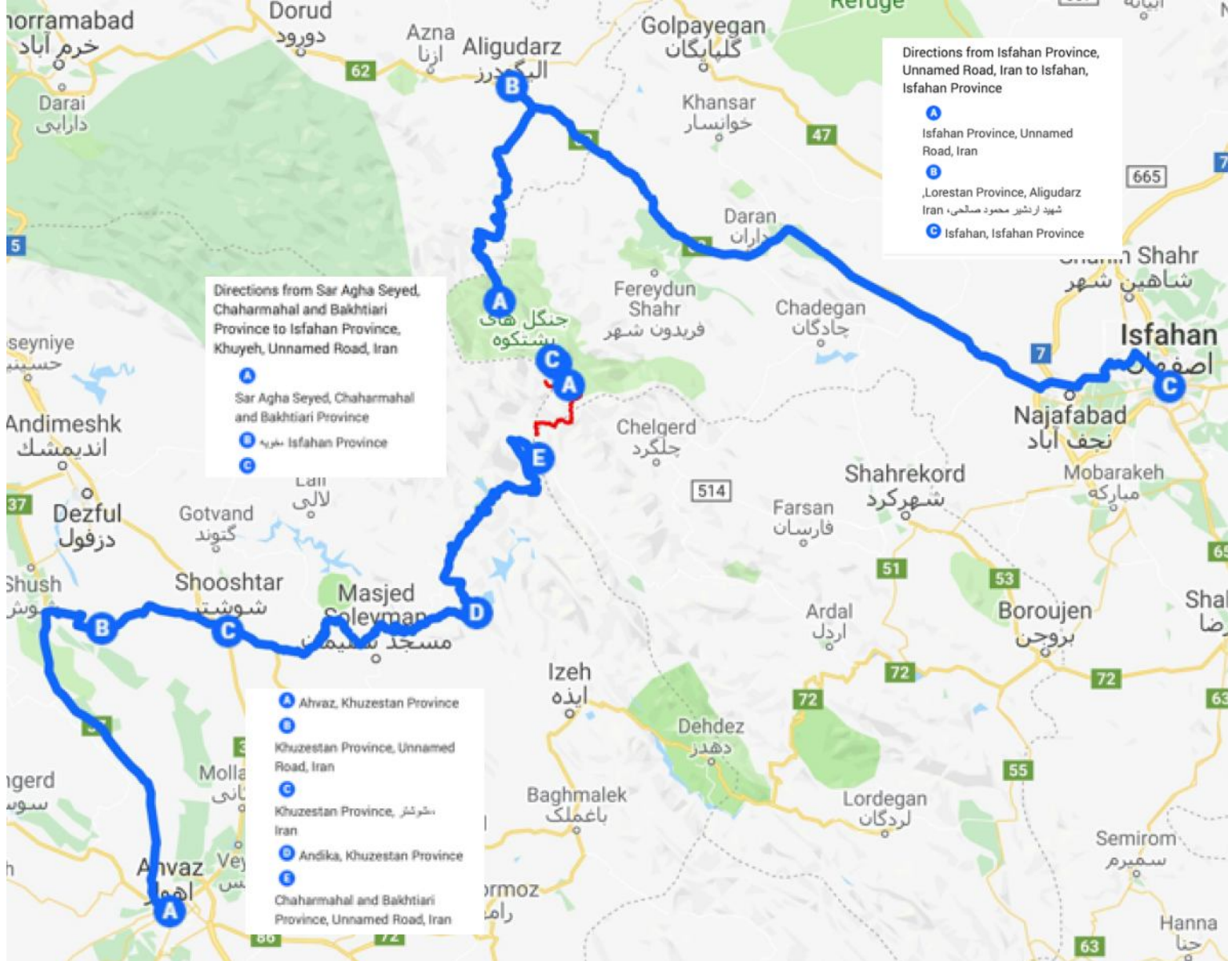


**Day 6:** Today we will visit Sar agha seyed, an ancient and emblematic village where nomads used to rest after they long migration for millennia. A salt mine nearby and will have lunch at the rural residence there. Then will ride to Baznavid village, the cemetery and stay there in a rural house for the night.

**Transportation:** 4WD car

**Day 7:** Ride from Baznavid to Absefid waterfall, Continuing the way toward Tehran, passing Aligoudarz city, arrival to Kashan puppet museum for the lunch and rest, we will visit the Kashan puppet museum, and drive for an other 3 hours to Imam Khomeini International Airport. Drop off at the airport before 8 o'clock in the evening.

**Transportation:** 4WD car



## Important Notices: **Price: €750 per person**

The plan could change due to both weather conditions, which means in the case of heavy rain, we will need to change the schedule of the migration with one of the cities. **We can organize a 5-day or a 6-day Kooch Tour**, which will omit some sightseeing parts. However, **we do not recommend it** because of two reasons; first, while we try our best to stick to the itinerary, rain is the most challenging part of Kooch. So 7 days will give us enough time to reschedule a bit. Second, the sightseeing parts are the most unknown parts of Iran where tourists would rarely have a chance to visit, so missing those parts might get disappointing to you. Moreover, tour price will not change considerably by decreasing tour days.

We have tried to provide the most authentic experience. Many of the places and villages that we go to do not have enough facilities and amenities, and the people usually do not speak that much English. Please bear in mind that the conditions could be far from the normal hotel standards. But in return, you could be assured that you are going to take a road off the beaten path and the experience with the Bakhtiari will be quite unique.



## Highlight of Our Trip to Iran

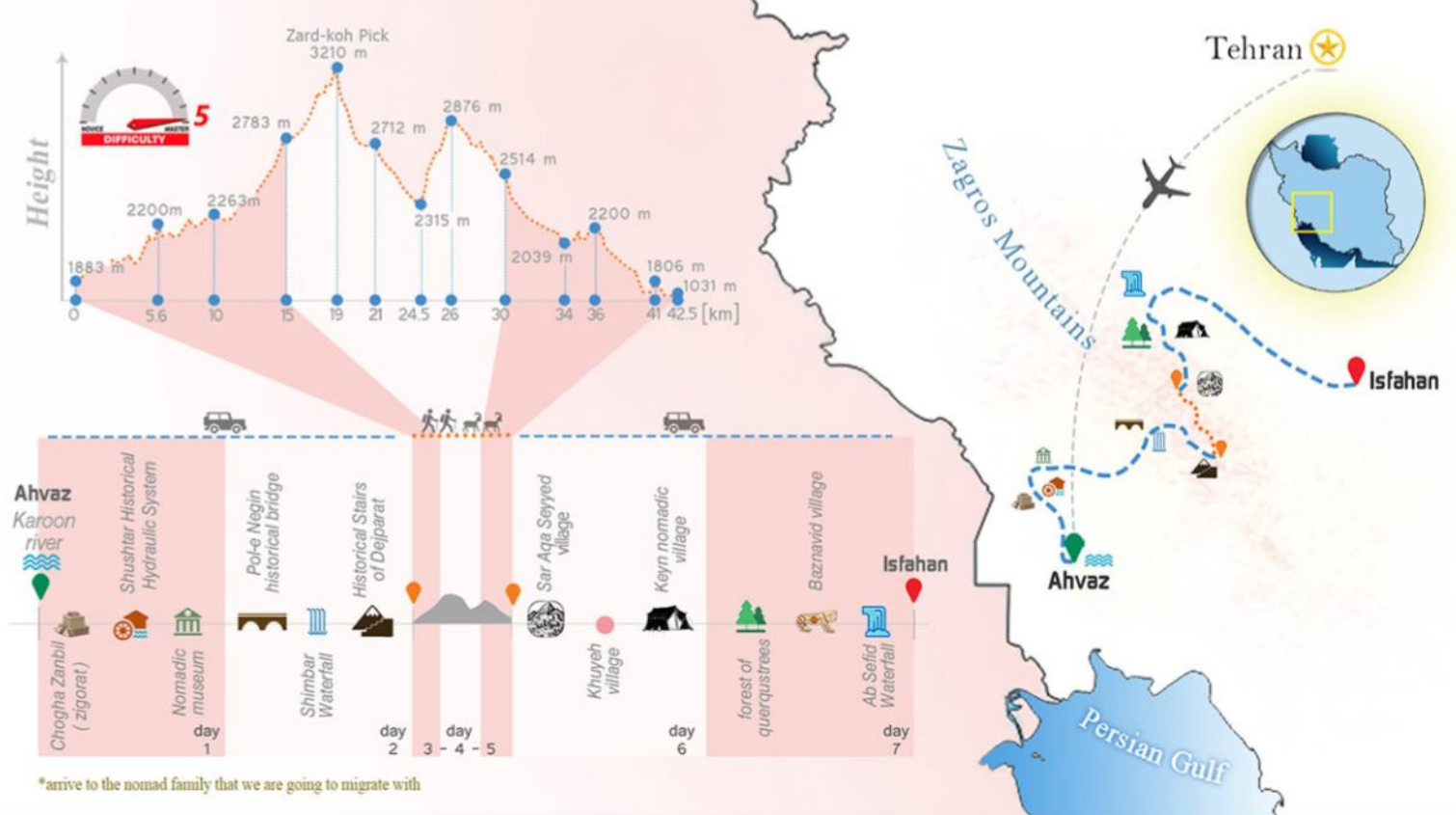


*"We travelled for three days through the Zagros Mountains, experiencing first hand the world of the Bakhtiari nomads and the stunning natural wonders of the high ranges. An extended family of nomads welcomed us to their summer camp where we talked and interacted with them as they went about their daily routines: shepherding, milking cows and goats, churning milk in skins, collecting water. We visited a salt mine, a cemetery of warriors, villages where some nomads have settled, an awe-inspiring 'spring' that was more a massive waterfall gushing directly from a cliff.*

*This is not a trip with creature comforts. It's rough dirt roads. There's no glamping. Flexibility is key. Our route and itinerary varied with opportunity. We slept on the mats under the woven goat's wool tent where we'd eaten. At times, there's no toilet, let alone a sit down. Nomads squeezed into our vehicle for a lift somewhere. Our guides translated, explained. We learnt and loved. 'Authentic' is ridiculously overused. But here, it is apt. This was a trip into landscape, culture, scenery, tradition. Be ready to be awed."*

**-Kerri-Ann, from Australia**

See more reviews on TripAdvisor: [www.tinyurl.com/nomadtour](http://www.tinyurl.com/nomadtour)



# Your Timeline & Difficulty Levels



**Difficulty Level**

For participants of 17 - 40, normally we organize this level for the physically ready tourists.



**Difficulty Level**

For participants 40+ years old, we recommend to lower the difficulty. Lowering difficulty level does not mean that the number of the Kooch (trekking part) days is going to change. It means we choose some routes that has a lower rate of heights change.



**Difficulty Level**

For participants with children we recommend to lower the difficulty level to 2/5.

A photograph of a woman in a brown headscarf and a dark jacket looking out over a landscape. An older man in a dark jacket and a blue cap is standing next to her, looking in the same direction. They appear to be in a nomadic setting, possibly near a tent or a large structure. The background shows a hazy, mountainous landscape.

## Cultural Concerns

Nomadic culture holds a library of social, cultural and natural knowledge. Although they still live in several areas of Iran; They are vulnerable to being exposed by globalization and modernization resulting in extinction of cultural diversity. We do our best to design these tours with no harm to the nature and also nomad's culture. During the tour we should pay attention that we have a duty not to harm the culture of the nomads intentionally or unintentionally. Our visit will certainly have some impacts on the culture of the nomads, but as we know more about their culture, we can reduce the harms.

Here are some points to follow:

- \* The women may not be photographed without permission.
- \* In traditional families, it is not common for girls to make contact with the stranger men. It is therefore important to keep a proper distance.
- \* We ask you not to wear too tight clothes, sleeveless ones and shorts.
- \* The objective of this tour is to accompany the nomads during their daily life, also respecting their traditional culture in all its aspects.

Another goal is to encourage the nomads in their traditional way of life. This contributes to the preservation of their culture. For example, by asking about their Traditions this goal will be achieved. What's better than a close touch of a tourist who seeks the culture of the nomads, helping them to get to know how wonderful and precious their life-style is? (If you buy any handmade stuff from these families, we will pay 20% till 40\$)

If you make any content (video, article, podcast, ...) about Nomads, this is valuable for us and we will rate this content and give you credit which you (or anybody that you introduce) could buy from our website (you can buy tour package or nomadic handmade crafts).

# To Appreciate

nomads life in all its dimensions



Website: [www.nomad.tours](http://www.nomad.tours)

E-mail: [info@nomad.tours](mailto:info@nomad.tours)

Telephone in Europe: +33 658 27 4976 (Call and WhatsApp)

Telephon in Iran: +98 913 179 8395 (Call and Telegram)

Read tour reviews on TripAdvisor: [www.tinyurl.com/nomadtour](http://www.tinyurl.com/nomadtour)

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