

| Package Code: TIT210002 | | |
|---|--|-----------------------------------|
| Duration: 10 days / 9 nights | | |
| Cities to visit: Tehran, Ardabil, Kazaj Village, Ardabil, Tehran | | |
| City | Things to do | Overnight Stay* |
| Day 1 - Landing to Persia (Tehran) | | |
| Tehran | Welcome to Iran at IKA airport Our guide will meet you at the airport. He/She transfers you to the hotel for the rest. In the afternoon we have Tehran Sightseeing Tour. | 4* hotel/traditional house |
| Day 2 - Explore Kazaj Historical Village | | |
| Tehran/Ardabil/ Kazaj | Transfer to Mehrabad airport for an hour domestic flight to Ardabil , then we move Kazaj Village to stay there for 4 days. After arriving to Kazaj, while exploring the Historical village of Kazaj, we have local food for lunch. Then we stroll through the garden to arrive to the river. Then we have our evening Yoga . | Traditional house |
| Day 3 - A Day with Mountain Village Dwellers | | |
| Kazaj | We start our day by having an early morning Yoga , then after Yoga, we'll have breakfast. Today we have our cooking class with a local chef and taste the dishes you will be making. Our chefs show you how to make Iranian food while you enjoy the cool breeze and peaceful setting. In the evening we will have our evening yoga and after that, we have a lecture regarding Yoga. | Traditional house |
| Day 4 - Yoga Retreat around the Lake | | |
| Kazaj | On day 4, we will have our early morning Yoga , and then breakfast. The first place to visit is the Pir Taghi Suspension Bridge . Then we drive to Ne'or Lake where it has an amazingly spectacular nature. We do our daily meditation and yoga around the lake. After Yoga, we drive back to Kazaj for dinner. | Traditional house |
| Day 5 – Sightseeing in Ardabil | | |
| Kazaj/Ardabil | oday after our early morning Yoga and having breakfast, we leave Kazaj to visit Ardabil. In Ardabil, we visit a World Heritage Site, Sheikh Safi al-din Khānegāh and Shrine Ensemble , and Old Bazaar . Then in the evening, we move to Durna Eco-camp to stay there for a few days. | Durna Eco-camp |
| Day 6 - Hydrotherapy and Relaxation | | |
| Ardabil | Today after early morning yoga and breakfast, we explore the camp. We use a mineral spa for Hydrotherapy and Relaxation. Then in the evening, we have our evening yoga . And after having dinner, set in the darkest skies on the slopes of the Sabalan Mountains for stargazing. | Durna Eco-camp |
| Day 7 - Relaxing in Nature | | |
| Ardabil | Today, an early wake-up gives us the chance to see and experience rising of the sun. After experiencing that, we have breakfast and then explore the foothills of Sabalan Mountain . Being in the mountains, give us a great chance to try local dairy products tasting and try the different taste of honey. You'll be amazed by the difference. | Durna Eco-camp |
| Day 8 – Be Free | | |
| Ardabil | Today after early morning yoga and breakfast, we will go to visit Shahr-e Yeri which belongs to the historical eras of the middle Paleolithic, Bronze, and Iron ages. This area has many historic places such as a large stone ancient cemetery with about 300 graves, temples, and castles. Then we go to Khiav River and Forest Park and the suspended bridge for walking and relaxing. | Durna Eco-camp |

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| Day 9 – Ardabil to Tehran | | |
|---------------------------|---|-----------------------------------|
| Ardabil/Tehran | Today is our last day of having the early morning Yoga . After doing it and experiencing this peaceful activity, we have breakfast. Then we leave the eco-camp for Ardabil airport for the departure flight to Tehran. After arriving in Tehran and checking into the hotel, we will visit places like Nature Bridge and if we have time, Sa'dabad Complex . | 4* hotel/traditional house |
| Day 10 - Missing Persia | | |
| Tehran | We will provide a group transfer to IKA airport for departure flight. | - |

Included services:

- 9 nights in 4* hotel/traditional house/Ecolodge
- 9 Breakfasts
- All transportations in private vehicle
- All airport transfers
- 2 domestic flights
- International yoga instructor
- Daily yoga session (Vinyasa Flow)
- Daily pranamaya session
- Cooking class
- Meals: Full-board
- Professional licensed English-speaking tour guide/driver
- Daily refreshment (2 bottles of water/ fruits/ snacks)
- Visa authorization code fee
- Travel insurance
- SIM card

Excluded services:

- International Flights
- Visa Stamp Fee
- Personal Expenses
- Entrance Fees
- Tips for the tour guide/driver

Please note:

- ✓ Hotels are usually 4* or Traditional resorts with the same quality.
- ✓ Hotel check-in time generally is at 2:00 PM. So, according to your arrival time, if you need early check-in you must book an extra day.
- ✓ Private or single rooms are not available in some traditional local houses. No Bed, but sleeping equipment is traditional comfortable Mattresses and Blankets.
- ✓ Use Minibus / Van / Private car depending on your group size
- ✓ Vegetarian dishes are also possible upon request.
- ✓ The priority in sightseeing may be changed. It is due to the time of your arrival, your guide's discretion, and official and unofficial holidays of some museums. Also, some activities in the itinerary may be changed depending on the weather conditions.

Thanks for choosing us!

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