



**BALKAN MOUNTAINEERING UNION 2013  
MOUNT DAMAVAND EXPEDITION  
01 – 13 August 2013**

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**Background**

Balkan Mountaineering Union organized first expedition peak Lenin (7134 m) in Kyrgyzstan 2011 year. This expedition was completed successfully by the Balkan mountaineers. BMU decided continue expeditions in Montenegro meeting 2011 year. Last year was successfully realized BMU expedition Kazbek (5050m) 2012 in Georgia. This year planed expedition to Mount Damavand, 5671m in Iran, from 01 to 15 August 2013. Each member of the BMU can participate with 5 members.

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The organizers of this expedition are **MACEDONIAN MOUNTAIN SPORT FEDERATION (FPSM)** and **MOUNTAINEERING ASSOCIATION OF SERBIA (PSS)**.



## Introduction

# Mount Damavand

### Damāvand



Damāvand in winter

**Elevation** 5,671 m (18,406 ft)<sup>[1][2]</sup>

**Prominence** 4,667 m (15,312 ft)<sup>[3]</sup>  
[Ranked 12th](#)

**Listing** [Volcanic Seven Summits](#)  
[Country high point](#)  
[Ultra](#)

### Location



Damāvand

Location in Iran

**Location** [Amol, Māzandarān, Iran](#)

<b>Range</b>	<a href="#">Alborz</a>
<b>Coordinates</b>	<span><span><span><span><span>35°57′20″N</span> <span>52°06′36″E</span></span></span><span><span>﻿</span> / <span>﻿</span></span><span><span>Coordinates: <span><span><span><span>35°57′20″N</span> <span>52°06′36″E</span></span></span><sup>[d]</sup></span></span></span></span></span>
<b>Geology</b>	
<b>Type</b>	<a href="#">Stratovolcano</a>
<b>Last eruption</b>	Unknown
<b>Climbing</b>	
<b>First ascent</b>	905 by Abu Dolaf Kazraji <sup>[s]</sup>
<b>Easiest route</b>	<a href="#">Hike</a>

**Mount Damāvand** (Pronounced /dæmävænd/) (Persian: دماوند), a [potentially active volcano](#) and the highest peak in [Iran](#), has a special place in [Persian mythology](#) and folklore. It is located in the middle [Alborz](#) Range, adjacent to [Varārū](#), [Sesang](#), [Gol-e Zard](#)<sup>[disambiguation needed]</sup> and [Mīānrūd](#) and is the highest [volcano](#) in all of [Asia](#). It is a potentially active volcano,<sup>[6]</sup> since there are [fumaroles](#) near the [summit crater](#) emitting [sulfur](#), which were known to be active on July 6, 2007.<sup>[7]</sup>

The [mountain](#) is located near the southern coast of the [Caspian Sea](#), in [Āmol](#) county, [Māzandarān](#), 66 kilometres (41 miles) northeast of [Tehran](#).

## Symbolism and mythology

Damavand is a significant mountain in Persian mythology. It is the symbol of Iranian resistance against despotism and foreign rule in Persian poetry and literature. In [Zoroastrian](#) texts and mythology, the three-headed dragon [Aži Dahāka](#) was chained within Mount Damāvand, there to remain until the end of the world. In a later version of the same legend, the tyrant [Zahhāk](#) was also chained in a cave somewhere in Mount Damāvand after being defeated by [Kāveh](#) and [Fereydūn](#). Persian poet [Ferdowsi](#) depicts this event in his masterpiece, the *[Shahnameh](#)*:

زوند چون را ضحاک بیاورد  
ببندد کردش دماوند کوه به

*He brings Zahhak, himself a mountain  
to the peak of Damavand and binds his neck.*

The mountain is said to hold magical powers in the *Shahnameh*. Damāvand has also been named in the Iranian legend of [Arash](#) as the location he fired his arrow to mark the [Iran](#) border. The famous poem Damāvand by [Mohammad Taqī Bahār](#) is also one fine example of the mountain's significance in Persian literature. The first verse of this poem reads:

بند در پای سپید دی وای  
Ay dīve sepīde pāi dar band,  
*Oh white giant with feet in chains*

دماوند ای گیتی، گنبد ای

Ay gonbade gītī, ay Damāvand

*Oh dome of the world, Oh Mount Damāvand*

Mount Damavand is depicted on the [reverse](#) of the Iranian 10,000 [rials](#) banknote.<sup>[8]</sup>

## [\[edit\]](#) Thermal springs



A [fumarole](#) near the summit of Damavand, emitting [sulfur](#)

Mt Damavand has some thermal springs (*Abe Garm Larijan*)<sup>[9]</sup> with therapeutic qualities. These mineral hot springs are mainly located on the volcano's flanks and at the base, giving evidence of volcanic heat comparatively near the surface of the earth. While no historic eruptions have been recorded, [hot springs](#) at the base and on the flanks, and [fumaroles](#) and [solfatara](#) near the summit, indicate a hot or cooling magma body still present beneath the volcano, so that Damavand is a [potentially active volcano](#).

The most important of these hot springs are located in *Abe Garm Larijan* in a village by the name Larijan in the district of Larijan in Lar Valley . The water from this spring is useful in the treatment of chronic wounds and skin diseases. Near these springs there are public baths with small pools for public use.

## [\[edit\]](#) Routes to the summit



Damavand [volcanic crater](#) in August

The best major settlement for [mountain climbers](#) is the new [Iranian Mountain Federation Camp](#) in [Polour village](#), located on the south of the mountain.

There are at least 16 known routes<sup>[10]</sup> to the summit which have different difficulties. Some of them are very dangerous and require rock climbing. The most popular route is the Southern Route which has step stamps and also a camp midway called Bargah Sevom Camp/Shelter<sup>[11]</sup> at 4220 m (about 13,845 ft). The longest route is the Northeastern and it takes two whole days to reach the summit starting from downhill village of Nāndal and a night stay at Takht-e Fereydoun (elevation 4300 m - about 13,000 ft), a two-story shelter. The western route is famous for its sunset view. Sīmorgh shelter in this route at 4100 m (about 13,500 ft) is a newly constructed shelter with two stories. There is a frozen waterfall/Icefall<sup>[12]</sup> (Persian name Ābshār Yakhī) about 12 m tall and the elevation of 5100 m is the highest fall in Iran and Middle East.

### What is the best time to climb Mount Damavand?

Mid June to mid September is the best climbing season for Damavand. During this period the footpaths are usually free of snow and the weather is relatively mild.

### How difficult is to climbing Damavand?

The difficulty of Mt Damavand in summer season is almost the same as Mt Kilimanjaro in Tanzania and Mt Everest Base Camp in the Himalayans range. But in winter it is very difficult and it should be compared to 7000 meters peaks or more.

### What is the best route to ascend Mt Damavand?

The south route is the most popular side of the Damavand with excellent mountain resort. Most mountaineers prefer to climb from the classic South route.

### Equipment list

- Trekking shoes
- Sleeping bag, mattress, tent
- Jacket and pants (Gore –tex,rain/snow/wind
- Main backpack plus small attacking backpack
- Trekking sticks
- Gloves (polar or wool)
- Hat, warm pile/wool hat
- Glacier/sun glasses with side covers 100%UV,IR
- Sunscreen cream SPF 40 or better
- Small personal first-aid kit
- Water bottles
- Head lamp
- Knife
- Travel clothes

### Not Necessary in Summer

- Crampon

- Ice axe
- Harness
- Rope



## **Expedition itinerary**

### **01 August 2013**

Welcome Istanbul bus station „Otogar,,  
Meeting in hotel in Istanbul-Turkey  
Distribution T shirt with BMU emblem  
Stay in hotel

### **02 August 2013**

Breakfast in hotel  
Transport hotel to bus station „Aksaray,,  
Transport from Istanbul to Teheran by bus

### **03 August 2013**

Transport from Istanbul to Teheran. Stay in the bus

### **04 August 2013**

Arrive in Teheran-West bus terminal. Transfer to hotel. Dinner

### **05 August 2013**

Breakfast in hotel. Transfer to Polour vilage. Lunch. Transfer to Goosfand Sara. Dinner.

### **06 August 2013**

Breakfast. Portage. Ascend to Bergah e Sevom, 4220m. Lunch. Dinner

### **07 August 2013**

Aclimatization day. B/L/D

**08 August 2013**

Climb the summit (5671m).About 6 hrs climb. Descend Bergah e Sevom shelter.B/L/D

**09 August 2013**

Descend down Gosfand Sara and transfer to Polour wilage. Transfer to hotel in Teheran.B/L/D

**10 August 2013**

Transfer to West bus terminal. Breakfast in hotel.

**11 August 2013**

Transport from Teheran to Istanbul by bus

**12 August 2013**

Transport from Teheran to Istanbul. Stay in the bus

**13 August 2013**

Arrive in Istanbul – Turkey, bus station „Aksaray,,  
Finish the expedition

**Price**

A person will be paid 600 € for all expedition.

**The price is including full organization.**

1 day hotel in Istanbul

2 days hotel in Teheran

1 day in Goosfand Sara shelter

3 days in Bergah e Sevom shelter

All transportation from Istanbul (Turkey) to Teheran, Goosfand Sara shelter (Iran) and back by bus

All meals in Iran

Transfer on mountain bagash by mules

Summit certificate for each member

Invitation letter from Iran

Iranian mountain certified guide

Support Iran visa

This price is for 15 to 20 people

**The price not including**

Expenses caused due to deviations from the scheduled tour. Iran visa fee obtained from the client. Personal mountaineering gear such as mattres, sleeping bag, sleeping tent, tips, etc.

All person must pay the price (600 €) till **20 July 2013**

**In addition you will receive notification that the bank account to be paid money.**

**Application form**

All applications will be filling in the Application form and this form should be approved applicants Federation. Member Federation of BMU should sign and approved this form.  
Applicant mountaineer

**Name of Federation** \_\_\_\_\_

**Name and Surname** \_\_\_\_\_

**Citizen** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_

**Date of Place** \_\_\_\_\_

**Passport Number** \_\_\_\_\_

**Passport issued by** \_\_\_\_\_

**Passport expired date** \_\_\_\_\_

**Blood group** \_\_\_\_\_

**T shirt size**

**SX S M L XL XXL**

**Address** \_\_\_\_\_

**Telephone Number** \_\_\_\_\_

**E mail** \_\_\_\_\_

**Telephone number In Emergency** \_\_\_\_\_

**Applicant**

**Sign Date**

...../...../2013

**Federation**

**Sign Date**

**Name and Surname** ...../...../2013

APPROVED

**For Iran visa.**

It can get to the nearest Iranian Embassy. You must come back to Iran, completed visa application form and scanned your passport first page. You can find attachment Iran visa form. **I will give you detail information for Iran visa.**

Please, do not hesitate to contact me if you have any questions or any suggestions to the Mount Damavand.

Thank you very much in advance for your kind cooperation.

Best regards,

Lazar Popara

Zivko Temelkoski