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NAVIGATE THE CITY ON A MAP

JUST CLICK_

TravelVince is an ever-evolving guide, as much as Tehran.
Therefore there will always be new entries to this page.

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BRUTALIST ARCHITECTURE

CATEGORIES: Insider Info, Magazines

Visit Website: <http://brownbook.tv/product/the-brutalist-architecture-issue/>

Get Directions: Tehran, Tehran Province, Iran

Tehran has an excellent collection of brutalist buildings that are worth visiting while in town. Some of them will be on any visitor's list, such as the [Tehran Museum of Contemporary Art](#), others are less obvious. But a good guide for architecture fans to explore Tehran is the issue 62 of [Dubai-based Brownbook Magazine](#). You can [purchase the magazine online](#) and enjoy some great pictures, interviews and printed inserts on this incredibly beautiful publication.

AZADI MONUMENT

CATEGORIES: City Areas, Sights

Visit Website: <http://www.azadi-tower.com/>

Get Directions: Azadi Square, Tehran, Iran

آزادی تاور

Azadi Square | Central Tehran

Tehran's most iconic landmark, built to commemorate the Shah in 1971, soon became a center for demonstrations against him and against the American led coup. It is the place where Iranians go to demonstrate ever since but also to cheer during the World Cup.

It is easy to get there by subway/metro, however, be careful while crossing the busy junctions from the station to the square.

When I was a flight attendant for Emirates, my first flight ever was Dubai-Tehran. Since it was my "début" in the career, I got to sit at the cockpit for landing in Mehrabad Airport and still cannot describe how excited I was when I saw the Azadi Tower from the plane. All I could think was: "I am in Iran"!

JO GRILLED FOOD

CATEGORIES: Delicious Bistros, Eating

Make a Call: +982188362434

Visit Website: <https://www.facebook.com/JoGrilledFood>

Get Directions: Tehran, Tehran, Dadman Blvd, Iran

پیتزا و سالاد

Pizza, sandwiches and salads

Fakhaar Moghaddam Street 15 – Dadman Boulevard | Shahrak-e-Gharb

Daily from 12:30pm to 11:45pm

Jo Grilled Food not only serves delicious pizzas but it is a very cozy place to be. There are fresh salads and juices and great furniture to go with them. ([Prozac](#))

Image by Hamoon Moghadamm from Jo Grilled Food on Instagram
@hamoon_mogaddham

LADAN CONFECTIONERS

CATEGORIES: Gourmet & Food, Shopping

Make a Call: +982122711067

Visit Website: <http://ladanconfectionery.com/>

Get Directions: Velenjak, District 1, Tehran, Tehran, Iran

ماکن شیرینی

Valiasr St, a few blocks before Tajrish Square | North Tehran

I stumbled into this great grocery store on my way from the Cinema Museum to Tajrish Square. It simply attracted me like a bee to a flower. I love nuts, spices and it was the perfect spot to buy some. Nobody spoke English, so I had to get a seller's attention first than just point to what I wanted. It's quite expensive but the quality is really good.

A SEPARATION

CATEGORIES: Films & Videos, Insider Info

Get Directions: Tehran, Tehran, Iran

A striking portrait of modern Iran where conservative and religious voices clash in everyday life, in the most unlikely areas. A very good story and a good way to observe how Iranians of different social classes live.

IBIS & NOVOTEL

CATEGORIES: Hotels

Make a Call: +982155677900

Visit

Website: <http://www.accorhotels.com/gb/hotel-A0H1-novotel-tehran-imam-khomeini-international-airport/index.shtml>

Get Directions: Imam Khomeini International Airport (IKA), Tehran, Tehran

ایبیس و نووتل امام خمینی

In front of the Main Terminal of Imam Khomeini International Airport

The good news is that now Tehran has two hotels of international standard, an Ibis and a Novotel. Both have exactly the same features of any Ibis or Novotel around the world. They are brand new, having opened in October 2015. However, they are at IKA (Imam Khomeini Airport), a good 50km out of town. If you have a very early flight, it may be a good idea to sleep there already since traffic can be unpredictable in and out of the city. It is also a good strategy if you have a long connection and do not feel like undergoing thru the whole hassle of getting to a hotel in central or northern Tehran. Let's hope more of these hotels will open in more central locations.

PARSIAN AZADI HOTEL

CATEGORIES: Hotels, Splurge

Make a Call: +982129112

Visit Website: <http://www.azaditehran.pih.ir/>

Get Directions: Tehran, Tehran, Chamran Hwy, Iran

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Yadegar-e-Emam Intersection – Chamran Highway | North Tehran

The Parsian Azadi Hotel, out of all properties that want to resemble an international 5-star hotel in Tehran is the most likely to achieve such result. It is in the north of the city, close to Tehran's International Exhibition Center, so the staff is used to the delegations coming to Iran after the lifting of the sanctions. Marriott hotels has also signed a deal to manage the place, so good improvements are under way. You will need a cab to move around as there is no subway station nearby, however, if you go to Tajrish by cab you can take the metro and move quicker to central and southern neighborhoods. The hotel has several restaurants including the Italian Bice. Not a bad choice, though prices can be quite steep for what you get.

SAM CENTER

CATEGORIES: Shopping, Shopping Areas & Malls

Visit Website: <http://samcenter.com/>

Get Directions: Tajrish, Tehran, Tehran, Iran

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106 Fereshteh Street | North Tehran

Think of upmarket, think of luxury, think of finding ornate jewelry, designer sunglasses, leather suitcases under one roof in... Iran. Sam Center is perhaps the most upscale shopping mall in Tehran. Even the streets around it have nice stores. From the mall's entrance you would not think that the inside could look so nice. It is quite compact and houses some exquisite restaurants like [Divan](#), Parkway and Privé. This may be the perfect place to spot some of the [RKOT](#) (Rich Kids of Tehran).

MOSLEM

CATEGORIES: Casual Dining, Eating

Get Directions: Tehran, Panzdah-e-Khordad St, Iran

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Traditional Iranian

Panzdah-e-Khordad Street – Grand Bazaar | Central Tehran

Daily from 11am to 5pm

The best way to eat at Moslem would be with a local friend who could guide you around. If this is not the case, here is how you do it:

Get in line. It is usually long but the place is very efficient, so it moves quickly. You will climb up the stairs to order your food and pay for it (you get a coupon). I ordered grilled lamb and grilled chicken. In the first counter you get a small tray with cutlery, drinks and dips. Once you have paid, you must find a place to sit down. Tables are long and communal, so just squeeze wherever you find a spot. Then a waiter will come to get your coupon, confirm your order and soon he shall come

with your grilled meat and rice. Once you finish, you just leave your leftovers where they are and somebody will come and clean.

For an excellent tour of Moslem, watch Part 1 of [Munchie's guide to Tehran](#).

JAFAR PAHANI'S TAXI TEHRAN

CATEGORIES: Films & Videos, Insider Info

Get Directions: Tehran, Tehran, Iran

The Iranian movie director was not allowed to shoot movies, so he installed a camera in a taxi and filmed the lives of ordinary Tehranis while driving them around Tehran. All types of people from all walks of life and with the most different complaints and remarks give us a special portrait of Iranian society.

DIVAN

CATEGORIES: Eating, Fine Dining

Make a Call: +982122653853

Visit Website: <https://www.instagram.com/divanrestaurant/>

Get Directions: Tehran, Tehran, Fereshteh St, Iran

مدرسه

Modern Persian

8th floor, Sam Center ۸۸۸۸ | North Tehran

[Sam Center](#) is a very upscale shopping mall in North Tehran with a few very good restaurants. Divan is by far one of the best restaurants in Iran with a very sophisticated clientele. The architecture and design were inspired in Persian themes. Even though a lot of mirrors, red curtains and colors were used, the result is of very good taste. The menu is extensive and the food does not disappoint. It would be wonderful to have a glass of red wine with it though.

MUSEUM OF CONTEMPORARY ART

CATEGORIES: Arts & Culture, Museums

Make a Call: +982188989374

Visit Website: <http://www.tmoca.com/home/>

Get Directions: Tehran, Tehran, N Kargar St, Iran

موزه معاصر هنر

North Kargar Avenue | Laleh Park - Central Tehran

Sunday to Thursday from 10am to 6pm

Friday from 3pm to 6pm

When it comes to art exhibitions and shows by foreign artists in Tehran, TMOCA is in the forefront. Inaugurated two years before the 1979 Islamic Revolution, its collection includes modern and contemporary masterpieces by Pollock, Warhol, Diego Rivera, Roy Liechtenstein and many more. Some, considered un-islamic, were hidden for a long time. However, the opening

up of Iran has slowly arrived in the art scene and the museum is fast becoming a focal point for local and foreign art to be showcased to a mostly Iranian public. Have a stroll at Laleh Park after your visit to see young Iranians enjoying their freedoms in open air.

There is a nice article from The Guardian where the former Queen of Iran, Farah Pahlavi, talks about how she helped assemble the collection. Click [here](#) to read.

SAM CAFÉ

CATEGORIES: Casual Dining, Coffee & Sweets, Eating

Make a Call: +982122653842

Visit Website: <http://samcafe.ir/>

Get Directions: Tajrish, Tehran, Tehran, Iran

☐☐☐ ☐☐☐☐

Café

[Sam Center](#), 1st Floor | North Tehran

Daily from 9am to 10pm

Sam Café is probably the nicest and most famous café in Tehran. All the beautiful people stop by for a shot of espresso and for some nice salads, waffles and delicious cakes. I love the juices. I guess the lack of alcohol in Iran has made them really creative when it comes to juices. A Cucumber Oxydel will make you feel healthy and refreshed. It is a great place to see and be seen!

PERSEPOLIS

CATEGORIES: Films & Videos, Guides & Books, Insider Info

Get Directions: Tehran, Tehran, Iran

Persepolis was the capital of the Persian Empire and today its ruins lie 60km away from the city of Shiraz. It is also the name of a graphic novel by Marjanne Satrapi that tells the story of a girl growing up in Iran in the days before the 1979 Revolution and how her life changed thereafter. The success of the book has turned it into a movie, also called Persepolis.

For those interested in knowing how the Revolution affected the day to day life of upper-middle class Iranians, I really recommend the book (it was released in three separate books but now you can buy the full version in just one edition).

Here is a trailer of the movie:

RADIO JAVAN

CATEGORIES: Insider Info, Social Media

Visit Website: <https://www.radiojavan.com/>

Get Directions: Tehran, Tehran, Iran

Radio Javan is an online radio station broadcasting Persian music 24/7. From traditional singers to folk, from hip-hop to house, there is not a single rhythm out of it. I discovered it while having a coffee at the [Cinema Café](#). The music was really good so I

asked the manager what CD was playing. He looked at me as if I were an E.T., probably wondering what a CD was, because, of course, he was streaming the [Dubways Podcast](#) from Radio Javan, something way cooler than playing an old CD. For a contemporary and not so Persian touch, listen to [Dubways](#), [Tehranto](#) and [Tehran Night](#). You can check the DJs Instagram and Facebook feeds, know more about hipster life in Iran (but also in Toronto and Los Angeles, cities with a huge Iranian diaspora). It is a cool way to get to Iran feeling more like a local and being able to strike up conversations with young Iranians at the many cafés recommended here at TravelVince.

GRAND BAZAAR

CATEGORIES: City Areas, Eating, Shopping, Sights

Get Directions: Tehran, Tehran, Bazar-e-Tajrish, Iran

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Near Khayyam Metro Station | Central Tehran

Sunday to Thursday from 8am to 6pm

Closed on Fridays and varying times on Saturday

Tehran's Grand Bazaar may not be as exotic as the one in Istanbul, but it offers a variety of shops and a great window on Iran's daily life. Unlike the Istanbul one, the Tehrani bazar is where locals do their shopping, well, at least the middle class. You will get lost along corridors of small shops selling clothing, spices, vegetables, chocolates, tea, coffee, birds and things that will leave you wondering what they actually are. Both [Moslem Restaurant](#) and [Golestan Palace](#) can be included with the Bazaar in a half-day trip to Central Tehran.

NADERI CAFÉ

CATEGORIES: Coffee & Sweets

Make a Call: +982166709530

Visit Website: <https://www.instagram.com/coffeenaderi/>

Get Directions: Behjat Abad, Tehran, Tehran, Iran

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Café & Cakes

Goharshad, near the Russian Federation Embassy | Central Tehran

The Naderi Café is part of Tehran's heritage. It was the Armenians who brought pastry making and baking to Iran. In the 1940's and 1950's, this specific café, in the center of the city, attracted the local intelligentsia such as poets and writers, much like the Parisian cafés at the Boulevard Saint-Germain.

Nowadays the area is not what it once was and the café looks old. But I guess this is what attracts customers. They want to feel like time has not passed, that maybe the world has retained some of its former charm. It is an interesting visit and both the coffee and the cheesecake I had were good. It did feel like I was lost in time, but that the good old days were way back in the past.

I could not help but wonder (as Carrie Bradshaw would say), if back in the days the walls had pictures of the Shah instead of the Ayatollahs...

NIAVARAN PALACE

CATEGORIES: Arts & Culture, Museums

Make a Call: +982122282012

Visit Website: <http://niavaranmu.ir/>

Get Directions: Niavaran, Tehran, Tehran, Iran

موزه گلستان

Niavaran Street | North Tehran

Daily from 8am to 5pm (apart from Saturdays when times may vary)

Very high up in North Tehran, away from the polluted air and heat of the city, you will find the last home of the Shah and the Iranian royal family. Amid lush gardens and beautiful constructions, part of Iran's history has been preserved. The museum is also visited by locals who love to stroll around the gardens. It is not as beautiful as [Golestan Palace](#) in the center of the city and was built to look like a European palace, but if you have time, pay a visit, at least to see what remained of a gigantic statue of the Shah, a pair of copper boots.

SHEMROON KABAB

CATEGORIES: Casual Dining, Eating

Make a Call: +982122746007

Visit Website: <http://shemroonkabab.com/>

Get Directions: Tehran, Tehran, Tajrish Square, Iran

کباب ایرانی

Kebab - Iranian

Facing Tajrish Square | North Tehran

Daily from 11am to 11pm

I found this place while walking from the Cinema Museum to Tajrish Metro Station. It is right at Tajrish Square and very easy to spot. You sit down, the waiters will bring a menu with pictures that you just point at to order your food. The grilled lamb rack is succulent. It comes with saffron rice and grilled tomatoes. The juices are also very good. It is generally a busy place, moderately priced.

HOTEL NILOO

CATEGORIES: Hotels, Very Comfortable

Make a Call: +982188202018

Visit Website: <http://www.hotelniloo.com/>

Get Directions: Tehran, Tehran, Arman St, Iran

هتل نیلو

Near Vanak Square | North Tehran

A very popular hotel, known to many locals and taxi drivers, has been improving its facilities in the wake of the lifting of sanctions. I did not stay there. I had booked it but decided to stay at the [Tehran Grand](#), only because it was closer to a subway station. However, I passed by Vanak Square quite a few times during the trip and a friend said he knows it quite well. From what I have seen online, it has been renovated and people praise its restaurant. There is even Nespresso machines in the rooms. Who would tell!

SHEMSHAK AND DIZIN SKI RESORTS

CATEGORIES: Out of Town**Visit Website:** <http://irandizinski.com/>**Get Directions:** Shemshak, Tehran, Iran

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Not too far from North Tehran you can find great *pistes* for skiing during winter. Both Shemshak and Dizin are popular with rich Iranians and feature on many Instagram feeds. During summer the area is way cooler than the city, though there is not much in terms of lush vegetation. If you manage to be in Iran from the first snowfall to the end of the season, make sure you spend a weekend at either Shemshak or Dizin. The season in Iran lasts longer than in Europe because the altitudes are higher. There may be snow from November until May. You may think you are in the Alps, not the Alborz.

There are other resorts such as Tochal, Damavand and Abali. Have a look at [Iran Ski Tours](#) for more information.

HARAM MOTAHAR

CATEGORIES: Out of Town**Make a Call:** +982155227578**Visit Website:** <http://harammotahar.ir/>**Get Directions:** Behesht-e Zahra, Tehran, Tehran, Iran

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*Behesht-e-Zahra | South Tehran**Check the opening times*

You will probably see the Haram Motahar on your way from the airport to the city. This is Imam Khomeini's Mausoleum. The National Hero's shrine is here, together with some of his family members. It is an enormous complex, quite far from the city center. Thankfully there is a metro stop nearby (though it takes ages to get there - but may be quicker than driving). Inauguration was in 2015 but there are still some unfinished parts. I would recommend the visit if you are a fan of History and have plenty of time in the city. Otherwise you can ask your cab driver to stop by on your way to the airport.

NATIONAL JEWELRY MUSEUM

CATEGORIES: Arts & Culture, Museums**Make a Call:** +982164463785**Visit Website:** <http://www.cbi.ir/page/1475.aspx>**Get Directions:** Ferdowsi, Tehran, Tehran, Iran

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*Ferdowsi Avenue - at Iran's Central Bank | Central Tehran**Saturday to Tuesday from 2pm to 4pm*

Impressive! Tehran's Jewelry Museum showcases some of the world's most intricate pieces of jewelry and incredibly big ones that are probably worth billions of dollars. They were collected by several Persian dynasties, all the way to the Islamic Revolution in 1979. Now they are part of the country's treasury and are taken care of by the Central Bank. Plan your visit accordingly as it is open just for a few hours from Saturday to Tuesday. After your visit you can have a coffee and a cheesecake at [Naderi Café](#), a few blocks away.

ARGO

CATEGORIES: Films & Videos, Insider Info

Get Directions: Tehran, Tehran, Iran

Ok, it is a Hollywood blockbuster. Ok, it may show Iran as some evil place. But it is a good movie that tells an interesting story and shows part of Iran's history that is very much in evidence nowadays. With the US and Iran re-establishing diplomatic relations we will hear more and more about what will happen to the American Embassy in the city, now called "The Den of Espionage". A good thriller.

Haj Ali Darvish Tea House

CATEGORIES: Coffee & Sweets

Make a Call: +982155818672

Visit Website: https://www.instagram.com/haj_ali_darvish_tea_house/

Get Directions: Tehran, Tehran, Iran

قهوه‌خانه حاج علی دارویش تهران 78 بازار (مسجد آبدولل خان) تهران تهران 15 دقیقه پیاده به بازار بزرگ تهران
Tea House/Coffee

Shop 78, Grand Bazaar, next to Abdollah Khan's School Mosque | Central Tehran

While the Bazaar is open, he is there.

Tucked in a little corner somewhere in the maze of the Grand Bazaar is a little window with a very nice old gentleman who serves coffee and tea. A friend took me there and even with my good sense of direction I would not really know how to take you there if I had to. Try showing the Persian script above, it was taken from the place's Instagram. There is no place to sit, it is not fancy. However it is one of those things you only find in Middle Eastern markets, where people take time to chat, the old gentleman takes pictures with everyone, prepares the tea, sells honey and makes you feel in a time warp.

CINEMA CAFÉ

CATEGORIES: Casual Dining, Coffee & Sweets, Eating

Make a Call: +982122756531

Visit Website: https://www.instagram.com/cinemacafe_ir/

Get Directions: Tehran, Tehran, Moqadas Ardabili St, Iran

کافه سینما تهران تهران تهران تهران تهران تهران تهران تهران تهران تهران
Café/Sandwiches, pastas

On the gardens of Tehran Cinema Museum – Tajrish | North Tehran

Daily from 8:30am to 11:30pm

Cinema Café is a very relaxed place with delicious food. You go through the gates of the Cinema Museum and it will be at the far right corner. Young Iranians sip coffee or fresh juices and listen to good music as most young people anywhere in the world. (<https://www.lifefecure.com/>) I had the pasta and it was very good. The area is very nice for a stroll. There are other restaurants, a bookshop and the museum. If you go there, ask to speak to the manager Farhan and tell him you found the tip on TravelVince to get a free coffee.

Image taken from Cinema Café's Instagram

MONSOON LOUNGE

CATEGORIES: Eating, Fine Dining

Make a Call: +982122053437

Visit Website: <https://www.instagram.com/monsoonloungeofficial/>

Get Directions: Tehran, Tehran, Goldan St, Iran

موسون لاونج

موسون لاونج موسون گروپ موسون لاونج (موسون) موسون لاونج :موسون 2

Asian Fusion

Corner of Goldan Street and Africa Boulevard | North Tehran

Daily from 11am to 12midnight

Monsoon Lounge is part of the Monsoon Group, the same owners and operators of a few very nice restaurants in Tehran such as [Divan](#). This is their Asian Fusion venue, with great tables on the balcony and one of the best places in the city to see and be seen. The food and service are excellent. A bit on the pricey side, but remember how far from the sea you are when ordering that sushi.

GANDHI DANISH PASTRY

CATEGORIES: Coffee & Sweets

Make a Call: +982188795199

Get Directions: Tehran, Tehran, Gandhi St, Iran

گاندی دانیش پاستری

Pastries & Sweets

Gandhi Street | North Tehran

Daily from 8am to 9pm (not on Saturdays)

If are looking for a strudel, a croissant or a traditional cake, this is the place to go. Every half-hour there is fresh *noon danmarki*, bread dough filled with cream and sprinkled with sugar. You will have to buy your sweets here and take them away, as unfortunately there is no sitting area. But if you want just one to kill a craving, just ask at the counter, pay and gobble it down standing up.

There is a good article at The Guardian about Tehran's bakeries. Click [here](#) to read.

@ALIYEGANE

CATEGORIES: Insider Info, Social Media

Visit Website: <https://www.instagram.com/aliyegane/>

Get Directions: Tehran, Tehran, Iran

Before traveling to Tehran I started following people from the city on Instagram to see what places they visit and what is their daily life like. Ali Yegane ([@aliyegane](#)) was one of them and I still follow him. He goes around Tehran a lot and posts many

pictures of restaurants, so I get the place's location and check it out. Keep him on your feed to discover the city through a local's perspective. ([Diazepam](#)) Unfortunately I do not know who he is, but if I travel back there I will try to find out to thank him for his tips.

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Image taken from @aliyegane Instagram

GOLESTAN PALACE

CATEGORIES: Arts & Culture, Museums

Make a Call: +982133113335

Visit Website: <http://www.golestanpalace.ir/en/history.html>

Get Directions: Tehran, Tehran, Iran

موزه گلستان

Arq Square, near Panzdah Khordad Metro Station, a few minutes walk from the Grand Bazaar | Central Tehran

Daily from 9am to 6pm

May have different timings on Saturdays

Golestan Palace, in the center of Tehran, is one of the oldest sites in Iran and protected by UNESCO as a World Heritage Site. It depicts many chapters and dynasties of Persia with beautiful rose gardens, fountains and intricate details everywhere. There are several palaces, exhibitions of paintings, crockery, memorabilia and so on. A stroll around the gardens and a peak here and there are more than enough for you to marvel at the richness of Iran's history.

ESPINAS PERSIAN GULF

CATEGORIES: Great Location, Hotels

Make a Call: +982183844

Visit Website: <http://espinashotels.com/hotels/persianguelf/>

Get Directions: Tehran, Tehran, Kan, Vali-e-Asr, Iran

هتل اسپیناس

Keshavarz Boulevard 126 - Valiasr Square | Central Tehran

The Espinas Persian Gulf, or Khalij Fars in Farsi, has one of the best locations for a good hotel in Tehran. It is within walking distance to Laleh Park, the [Contemporary Art Museum](#) and the transportation hub of Valiasr Square. Some refer to it as the Espinas International, to differentiate from the far flung [Espinas Palace](#). The hotel is very normal, its best feature being the location but you will also find nice rooms, gym, massage area, two restaurants, swimming pool and the works.

HOTEL ESPINAS PALACE

CATEGORIES: Hotels, Very Comfortable

Make a Call: +982175675

Visit Website: <http://espinashotels.com/hotels/palace/index.php>

Get Directions: Tehran, Tehran, Iran

بهرود میدان سادات

Behroud Square – Saadat abad | North Tehran

This large and luxurious hotel is a good option if you really think it is important to have exuberant surroundings. It is fairly new with some areas still under construction. However, it is very far from major areas of interest and you will definitely need a taxi every time you decide to leave the hotel. [Tramadol online](#) Also, it looks good but service can be quite patchy and not up to an international 5-star hotel. Not a bad choice, but there are better options not as luxurious but better located such as the [Espinass Persian Gulf](#), the [Niloo](#) or even the new wing of the [Tehran Grand](#).

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Image from Espinass Hotel on Instagram

THE RICH KIDS OF TEHRAN

CATEGORIES: Insider Info, Social Media

Visit Website: <https://www.instagram.com/therichkidsoftehran/>

Get Directions: Niavaran, Tehran, Tehran, Iran

This Instagram feed shows images of rich Iranians and their ways of having fun. The Rich Kids of Tehran, or simply RKOT started out as a way to show the world Iran is much more than black clad ladies, mullahs and soldiers. As it says on the feed “stuff they don’t want you to see about Iran”. It is worth following before at trip in order to check out the locations posted on the pictures. Quite controversial, but fun nevertheless.

MUNCHIES GUIDE TO TEHRAN

CATEGORIES: Films & Videos, Insider Info

Get Directions: Tehran, Tehran, Chaharsuq-e-Bozorg, Iran

Follow Gelareh Kiazand through the restaurants and markets of Tehran and learn the “how-tos” so when you get there you kind of behave as a local and get much more from your trip. Her lunch at [Moslem](#) made me really want to eat there. How lucky was I to have a friend who took me there by surprise. Well, enjoy the video and bon ap!

Episode 1 of 3

Episode 2 of 3

Episode 3 of 3

MILAD TOWER

CATEGORIES: City Areas, Sights

Make a Call: +982184361000

Visit Website: <http://miladtower.tehran.ir/>

Get Directions: Tehran, Tehran, Milad, Iran

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Milad Tower Road | North Tehran

Daily from 9am to 11pm (apart from Saturdays when times vary)

Milad Tower is Iran's tallest structure, towering over the city at 435 meters. You will see it from everywhere and it gives Tehran's skyline a very contemporary edge. (<https://www.jokersmokershop.com/>) You can go up the observatory and enjoy 360-degree views of the city. Shame there is no metro station nearby, so you will have to go by taxi.

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Image by Borna_Mirahmadian | Shutterstock

TEHRAN GRAND HOTEL

CATEGORIES: Great Location, Hotels

Make a Call: +982188721655

Visit Website: <http://www.tehrangrandhotel.com/>

Get Directions: Tehran, Tehran, Kan, Vali-e-Asr, Iran

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391 Motahari Avenue, corner of Valiasr Street | North Tehran

When it comes to hotels, Iran is still a long way to go before reaching international standards. Not that the hotels are bad, but service can be quite abrupt and you never really know what is going on if the reception's English is poor. On my stay in Tehran I chose the Tehran Grand I because of its location. It is relatively central and there is a metro station 5 minutes away. Plus, Valiasr Street, the main North-South artery of the city, goes right by it, with convenient bus lines.

The building is quite old, but the deluxe rooms have been refurbished recently. The shower was great. There is free wi-fi and breakfast is included (though I did not have it). I was just annoyed to have my passport confiscated upon check in. I was told it is a normal procedure but I could not change money outside of the hotel, where you get more rials for your dollar. However, in general, I was happy with my stay, mostly because of the location. When booking from abroad, you just send the hotel an email and they confirm the booking. You pay when you check out, in cash.

By the way, the company has a second hotel called Tehran Grand II, not too far, which looks newer. Have a look [here](#).
