



**INTERNATIONAL MILITARY SPORTS COUNCIL  
IRANIAN DELEGATION**

*“CLIMBING for PEACE”*

**10 – 16 Sep 2022(Tehran-Iran)**

*Damavand – The Symbol of Ancient Iran*



## **2. Program of the Events**

(Please respect the arrival and departure dates as they are scheduled after taking into account the long distance road trip from Tehran to Damavand (approx 2 hours).

### **Day 1) Saturday, 10<sup>th</sup> Sep2022.**

- ❖ Arrival of missions in Tehran/Accommodation in Tehran.

### **Day 2) Sunday, 11<sup>th</sup> Sep2022.**

- ❖ Opening Ceremony
- ❖ Transportation to Damavand (after the opening ceremony, we will pick you up from Tehran and transfer you to Polour Village).
- ❖ Technical Meeting
- ❖ Departure from Polour to Camp 1 by car (for an hour and a half) and accommodation in Camp 1 and you will take overnight there in the mountain lodge. On this day we will have a simple trekking for acclimatization, overnight in Camp.
  - + Tehran – Polour (2hrs by bus – 70KM)
  - + Polour to C1: 45minutes
  - + Tehran altitude: 1200m to 1400m
  - + Polour Altitude: 2280m
  - + C1 Altitude: 3120m
  - + Trekking duration: 2hrs

### **Day 3) Monday, 12<sup>th</sup> Sep2022.**

- ❖ After breakfast we will have trekking from C1 to C2, during this day we will climb up slowly to be acclimatized. Around afternoon we will reach to camp 2 and we will rest there. Overnight in Hut/ Camp. (B/L/D)
  - + C1 to C2: 4 to 5 hrs
  - + C2 Altitude: 4250m

### **Day 4) Tuesday, 13<sup>th</sup> Sep2022.**

- ❖ Climbing from Camp 3 toward the mountaintop (starting from 3 AM for 8 hours)
- ❖ Returning from the mountaintop (starting at 1200 noon) After 5 hours of mountaineering, the mountaineers will rest in Camp 3.



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**Day 4/ C2 - Summit**

- ❖ Early morning around 3am (Depend to weather condition) we will start the summiting.

We will ascend so slowly because we have to touch the mountaintop (5610m) altitude.

- ❖ Then we will descend from the mountaintop, to C2 (starting at 1200 noon) after 5 hours of mountaineering and overnight Camp 2. (B/L/D)

+ C2 to Summit: 8hrs

+ Summit to C2: 3hrs

+ Summit altitude: 5610m

**Day 5) Wednesday, 14<sup>th</sup> Sep2022.**

Departure from Camp 2 toward Polour- Tehran (The mountaineers will arrive in Tehran at 7 pm)

**Day 6) Thursday, 15<sup>th</sup> Sep2022.**

- ❖ Closing Ceremony.
- ❖ Cultural Day.
- ❖ Exchange gifts

**Day 7) Friday, 16<sup>th</sup> Sep2022.**

- ❖ Departures of the missions from Tehran.

NOTE:

- ❖ The equipment for the climbers will be transported from Camp 1 to Camp 2 by helicopter or mule.
- ❖ Climbing is optional for Chief of Delegations. During the event, the use of hot spring mineral water (SPA) in Rine village is planned for CoDs who do not want to climb.