0 40 km
0 20 miles
Caspian Sea
(Darya-ye Khazar)
Tonekabon
22
Nashta Rud
Abbasabad
Namak Abrud
Chalus
Nowshahr
Mt Medovin
(1050m)
59
Mahmudabad
Nur
Ruyan
(Alamdeh)
Kelardasht
Rudbarak
Yuj
Marzanabad
Chamestan
Sari (60km)
Amol
Alam-Kuh
(4850m)
Chalus Rd
Alborz Mountains
Khisen
Pil
Pol-e
Zangouleh
Duna
Kandovan
Tunnel
Kalak
Yush
Takor
Razvan
Baladeh
Mt Kahar-e
Bozorg
(4108m)
Qazvin
(65km)
Alamut Valley
ALBORZ
Azad Kuh
(4355m)
Alborz Mountains
Gachsar
Asara
Dizin
Mt Darband Sar
(4542m)
6 Darband
55
Hashtgerd
2
Chalus Rd
Karaj
Dam
Shemshak &
Darbansar
Garmabdar
Lar River
Mt Damavand
(5671m)
Mt Tochal
(3933m)
Fasham
Shemshak Rd
Tochal
Telecabin
4
Karaj
Karaj River
Sangan
Band-e
Yakhchal
Lar Dam
Rineh
Abgarm
Bu'in (50km)
Kan
Tajrish
Galandovak
Pollur
2
Abali
Mt Ghara
Dagh (4076m)
Mehrabad
Airport
TEHRAN
1 2 3 5 7
Rudehen
Shahreyar
Havir River
Damavand
5
79
Rey
Shu River
Holy Shrine of
Imam Khomeini &
Behesht-e Zahra
Robat
Karim
Kahrizak
Palasht
65
Imam Khomeini
International
Airport
Karaj River
44
Hasan
Abad
71
Eivanekei
Varamin
Semnan
(100km)
Javad
Abad
Abardej
Garmsar
7
Mobarakiye
Qom (40km)
Shu River