

**Saturday, 5<sup>th</sup> September, 2015**

**Arrival at the Parsian Azadi Hotel, Tehran**

Some of the Conference speakers arrived early to rest from the journey before things got really started. After surviving Tehran's busy traffic, we finally reached the four-star Parsian Azadi Hotel, our first chance to relax. The hotel was located in an attractive part of the city. *Photo BD*



We were met by Mohamad and Mustapha, who would look after us so well during our whole stay.

*Photo JS*

The hotel's cool reception and air conditioning were very welcome, as we became accustomed to wearing headscarves in the heat.

*Photo BD*



A charming team of ladies made sure that we felt at home. Their flowers brightened the Reception area. *Photo RS*

CHS Chairman, Ruth Staines and our Patron, Ateshe Firouz-Larsson, swap travel stories with Ateshe's niece, Touran Reddaway and ICS Chairman, Brenda Dalton. *Photo JS*



The views from the upper floor bedrooms were sensational, showing central Tehran to be an attractive city, backed by the beautiful Alborz mountains. *Photos BD*



Although some of the later arrivals preferred to sleep, a few others went shopping and sightseeing with Mohamad and Stefon.

The colourful bazaar held a wide variety of fruit, vegetables, intricate silver items, fabrics, dried flowers, herbs and much more.

*Photos RS, BD*



Tea is a cornerstone of Iranian culture. There are many Tea shops and some also serve meals.

*Photo BD*

Colourful murals tell traditional stories in Iranian culture.

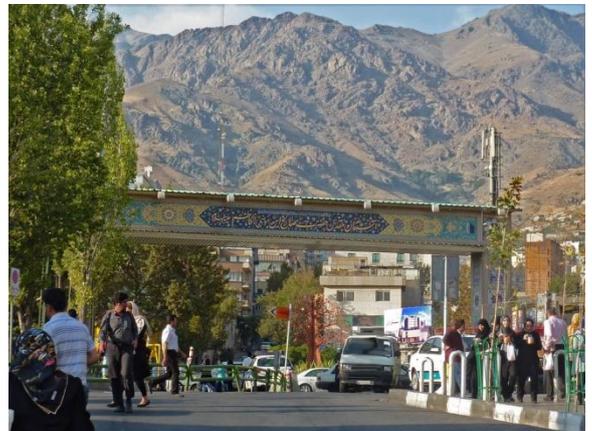
*Photo RS*



Tea is served with due ceremony.

We particularly liked the 'sugar sticks', which nibblers find irresistible.

*Photo BD*



Many bridges in Tehran feature flowers and decorative motifs and sometimes images of brave martyrs from the war. *Photo BD*



The Imamzadeh Saleh Shrine, with its beautiful 'Persian Blue' tiles, is located at Tajrish Square in Tehran's northern district. It contains the tomb of Saleh and important political figures. *Photo RS*



We ended our first day in Iran relaxing by the fountains and enjoying an impressive open-air buffet. *Photos BD and EW*