

Bike paths for female citizens

Compiled by our staff writers

Senior Iranian officials warn that if the issue of traffic is not addressed in due time it will become a disaster in the near future.

It is not just the disaster. Air pollution has also a catastrophic consequence, especially for the residents of metropolitan of Tehran. But as the number of vehicles is growing in Tehran extensively and it is estimated to reach 13 million in the 10 years, the issues of traffic and air pollution which are intertwined will reach a deadlock.

But the daily routine life of people is running as usual despite such a polluted congestion. In the past couple of years, the issues of traffic and the air pollution have been the agenda of many conferences and different street rules have been imposed. Officials have come to a conclusion

that fuel consuming cars should be replaced vehicles with lesser pollution.

The bicycle was the favorite choice. Tehran Municipality has set up bicycle stations to encourage people to use bikes instead of cars. Special cycling lines have been drawn across some parts of Tehran. But these bike lines are just for men, instead some special areas have been designated to women.

One of the popular bicycle paths for women is in the Farahzad resort. The lines attract many women each day to the area.

Saeed Nozarian, the urban expert, told the Tehran-e Emruz newspaper that since using bicycles is important in decreasing air pollution and traffic jams of Tehran, the Tehran managers have designed and constructed the bicycle lines

in Farahzad.

Farahzad resort is a neighborhood in West of Tehran that has a nice weather in the summer and cold weather in the winter. Many people visit the area every day to relax and have fun far from pollution.

Coffee shops, restaurants, traditional tea shops, bicycle stations, car parks, pedestrian overpasses, and mosques are some facilities that attract many visitors to the area.

There are also football fields, volleyball and tennis courts, stadiums, and playgrounds for children in the Farahzad.

The municipality has constructed benches, arbors and 24 restrooms in the area, too.

Tehran municipality has constructed some other resort projects in the district such as Lashkari cultural center, Nahjolbalaghe Park,

and the Shahid-Shushtari sport center.

Iranian sociologist, Ali Esmaili says that riding bike by women in the city can encourage their children and other people to use bicycles and consequently can institutionalize the culture of riding bicycle in the city and for urban purposes.

There are other parks that have good area for cycling in Tehran. Neshat Park is one of them that welcomed by the Tehrani residents very well. The park is located in the District Seven of Tehran and near the Sayed-Khandan Bridge.

Many girls and women visit the park every day, especially for riding bicycles in the pistes.

Neshat Park has four special bicycle lines. The lines are designed for women, professionals, families and amateurs.

The park has 4.5 kilometers bicycle lines.



Bike for better city, women are enthusiastically riding in special lines in Tehran.

(File Photo)

HERE

Recreational resort of Tochal

(Part 2)

Compiled by our staff writers

Archery Club

This club is located on the south east side of station 1 and has an area of 3,000 square meters. It established on 3rd Dec. 2001 In the meantime the Archery classes are open under supervision of the federation of Archery.

Gym Club

This club was established on 21st Jan. 2002 in a 220 square meters building on the south part of station one. This club contains the newest body building equipments. And, the most experienced trainers instruct the body builders there. A restaurant is set up in the club to serve the sportsmen with the food related to the latest body building diets.

Paintball Club



This club is a place for different refreshing games using color gun fires. These games are played in groups. The club is located on the way to the station 1 (between second entrance and Cheshmeh restaurants). This club has a play ground, a coffee shop, weapon storage, a locker room and a paintball shop.

Tennis Club

This club was established on 21st Jan. 2002 and is located on the south side of station 1.

It is consist of 6 tennis courts with a total area of 2,040 square meters. Experience tennis coaches offer tennis lessons in this club. The club also has locker rooms, a dry sauna, and restrooms with an area about 160 square meters. Moreover, we have a tennis equipment store and a restaurant in this club.

Climbing

The hiking route, with the length of 2,000 meters, starts from the parking lot and ends in station 1. The hiking route starts from station 1 and continues to the Tochal peak. Along this route which is 17.3 kilometers long, there are restaurants and shelters for your convenience. There are 2 Red Cross assistance and relief centers in the complex that you can use in case of injury.

WHAT'S UP IN THE CITY?



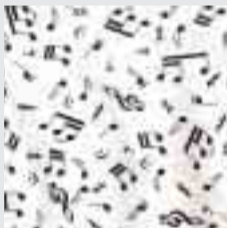
Majlis library on the net



According to ISNA, Ehsan Shokrollahi, director of public relations and international department of the Majlis library, reported that the books of the Majlis library are online and with its high quality can be downloaded, with PCs and personal laptops and the information might be

shared in speedy ways. This website has been designed in order to exchange information for researchers and university students. This is the first Iranian library which has put the manuscripts on the net. This online library includes books in different fields of religion, literature, liberal arts and history.

The new Chakavak album



The new chakavak music album comes to the market this week. In the new album, Peyman Khazeni, as a composer, along with singer Mohsen Shahroodi and Mohammad Saleh Alaa for declamations have performed. This album consists of two parts of Dashti and Isfahan. The music instruments used in this album are ney, chord and piano.

Witness to eastern ancient civilization

(Part 1)

Compiled by our staff writers

City of Beijing is full of historic and monumental sites, dating from its rich imperial history. The capital of china, since the 12th century, Beijing offers a host of choices.

Aside from the most prominent landmarks around the city, such as the Forbidden City and the Great Wall of China, Beijing has an enormous wealth of lesser-known structures and important, historical monuments. Many of these landmarks are equally worthy of attention and warrant searching out.

Taking prominent positions in Beijing are the landmarks of Tiananmen Square, the Mao Zedong Mausoleum, the Great Hall of the People, and also the Monument to the People's Heroes, all of which are within walking distance of each other. Below are the city's most striking landmarks.

China's Great Wall stretches east-west for more than 5,000 kilometers. Its origins can be traced to the seventh century BC, when independent kingdoms constructed separate walls to keep out marauding nomads. China's first emperor linked many of these during the Qin Dynasty (221-207BC). It was renovated several times in later centuries. Built along the rolling ridges of steep mountains, it offers spectacular, even awe-inspiring views, and is surely



one of humankind's greatest architectural achievements. For specific details on the Great Wall refer to Ba Da Ling, Mu Tian Yu, Si Ma Tai and Huang Hua.

Lama Temple

It was built in 1694; the Lama Temple (Palace of Peace and Harmony) was the residence of Prince Yin Zhen, a son of Emperor Kang Xi of the Qing Dynasty.

After the prince came to the throne, half of the residence was used as an imperial palace and the other half was converted to a lamasery. It features five large halls and five courtyards with beautifully decorative archways, up-turned eaves and carved details. It houses a treasury of Buddhist art, including sculptured images of gods, demons and Buddha's, as well as Tibetan-style murals.

The Summer Palace was the royal summer residence during the Qing Dynasty. The palace grounds cover an area of 290 hectares, three quarters of which is Kunming Lake. Within the grounds there is a diverse collection of gardens that together form an overall harmony. During the summer, this attraction offers a number of pleasant respites from urban Beijing including walks along the West Bank or through the elaborate Xie Qu Garden. The Summer Palace is also known for its impressive 17-arch bridge, and the Long Corridor decorated with brightly-colored paintings.



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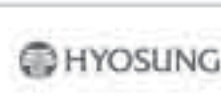
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