



- Part of the Shouf Biosphere Reserve
- Last important wetland in Lebanon
- Wintering place for migratory birds passing between Europe and Africa
- Important area for bird conservation
- Home of threatened species including black-winged glareola, ferruginous duck, white pelican and large snipe

- Hiking the site trails through swamps and lakes*
- Bird watching during migration season*
- Hiking the trail linking the village of Ain Zebde at the foothill of Mount Barouk and the village of Mresti in higher Shouf
- Culinary and farming activities on the "Darb el Karam" food trail:
 walk with a shepherd, cooking classes, "Mouneh" making, mulberry,
 apple and olive harvest, beekeeping, wild edible plants harvesting

- Qaraoun artificial lake with its restaurants and hotels
- The West Bekaa vineyards and wineries
- Kherbet Qanafar village: perennial oak tree, watermills, the cave of repentance





SPEAK LIKE A LEBANESE

- **Mouneh:** It is the practice of preserving food through various techniques (drying, pickling...etc.) to be consumed during winter season.
- **Darb el Karam:** "Darb" is a commonly used term in Lebanese rural areas to designate a trail. "Karam" means generosity in Arabic.

LIVE THE GUESTHOUSE EXPERIENCE

http://ndmc63.maps.arcgis.com/apps/Map|ournal/index.html?appid=84f24eb69ac649eea91625d248f42a85

Organize your stay

Shouf Biosphere reserve +961 5 350150 +961 3 680726

info@shoufcedar.org www.shoufcedar.org

* Activities suitable for 12 years +



- One of the first protected areas in Lebanon
- Located at medium altitude and favorable for round the year visits
- A dense cover of pine trees
- Situated on the flight path of migratory hawks, eagles and other raptors

- Hiking the reserve trails*
- Awareness workshops on solar energy, wastewater treatment, fire prevention*
- Visiting the herbarium, insectarium and firefighting tool museum*
- Adventure activities at the eco-park: rope program and climbing wall*
- Mini playground for younger kids to swing, slide and seesaw under the pine trees*

City break: "Jbeil"

Jbeil, one of the oldest continuously-inhabited cities in the world. It is distinguished for its ancient harbor, seaside fish restaurants, ancient souks and charming residential neighborhoods, which date back to the Middle Ages. Jbeil is also known for its enormous wealth of historic sites and ruins.





* Activities suitable for kids

SPEAK LIKE A LEBANESE

• **Jbeil:** Current arabic name of the Phoenician city of Byblos

LIVE THE GUESTHOUSE EXPERIENCE

http://ndmc63.maps.arcgis.com/apps/MapJournal/index.html?appid=84f24eb69ac649eea91625d248f42a85

Organize your visit to the reserve

Bentael reserve +961 3 838 982, +961 70 100 333

info@bentaelreserve.org www.bentaelreserve.org/



- Three bio-geographic zones in one reserve
- A unique assemblage of conifers, deciduous and evergreen broadleaf trees
- 300 species of fungi protecting the ecosystem
- Home for threatened mammals such as the wild cat, the striped hyena and Eurasian badger
- Important Bird Area for endangered bird species such as the imperial eagle and Bonelli's eagle
- Last community of wild apples that are endemic to Lebanon

- Hiking the reserve trails*
- Visit of the reserve insectarium*
- Planting trees activities*
- Educational activities for students and families*
- Biking *
- Camping with outdoor activities: climbing, archery*
- Birdwatching
- Star Gazing*
- Camping*

- Ehden village: "Al Midan", a lively square with its cafes and restaurants, 8th century "Mar Mema" church and the panoramic views of "Saydet" el "Hosn" church
- Bnachii Lake with its restaurants and peddling boats
- Monastery of Saint Antonios Koshaya, first seat of the Maronite monastic order and home of the first printing press in the Arab world





SPEAK LIKE A LEBANESE

- Horsh: Commonly used in spoken Arabic to designate a forest
- Al Midan: a traditional name designating the square of the village
- Mar: a word of syriac origins meaning lord. It is usually used as a title for saints or eminent religious figures
- **Saydet:** it means Lady in Arabic. It is commonly used for churches and shrines dedicated to Virgin Mary.
- Hosn: its means forteress in Arabic

LIVE THE GUESTHOUSE EXPERIENCE

The area offers a wide choice of accommodation from resorts to boutique hotels

Organize your stay

Horsh Ehden Reserve +961 70 601601

www.facebook.com/ehden.nature.reserve/

^{*} Activities suitable for 12 years +



- A melting pot of civilization and biodiversity
- Dense forests of oak, pine and and hop-hornbeam, with rare trees like the juniper and the wild apple
- Home for threatened fauna such as wolves, hyenas and rock hyraxes
- Endemic plant species such as the Cyclamen Libanoticum,
- Important area for migratory and soaring birds
- Archeological and historical vestiges: roman stairs, emperor Hadrian rock inscriptions, old village ruins of the Ottoman period, Qornet el Deir archaeological site with human occupation since the Phoenician period

- Hiking the reserve trails for cultural and nature discovery*
- Hiking the Chouwen Lake trail with panoramic views over the lake and chill time by the waterside
- Planting seeds in Jabal Moussa's nursery and botanic center, Yahchouch*
- Camping and outdoor activities such as rappelling and climbing*
- Traditional lunch at a hosting table*

- Roman temple and byzantine church ruins in Al Ghineh village
- Afqa cave and waterfall, place of birth of Adonis and Astarte myth





* Activities suitable for kids

SPEAK LIKE A LEBANESE

• **Jabal Moussa:** "Jabal" means mountain in Arabic and Moussa is the Arabic name of Moses.

LIVE THE GUESTHOUSE EXPERIENCE

http://ndmc63.maps.arcgis.com/apps/MapJournal/index.html?appid=84f24eb69ac649eea91625d248f42a85

Organize your stay

Jabal Moussa Biosphere Reserve +961 71 944405

info@jabalmoussa.org www.jabalmoussa.org



- Three limestone rock islands: Sanani, Ramkin and Palm (also knows as Rabbits)
- One of the world's remaining breeding grounds for one species of endangered turtles; the Loggerhead Turtle
- Home to the Green Turtle, a winterer and forager in the waters of the reserve
- Important resting place for over 170 migratory bird species

- Hiking the reserve trail*
- Birdwatching*
- Swimming*
- Diving

City break: Tripoli

Tripoli is known as the capital of the North and it is Lebanon's second largest city with a population of more than 500,000. It has many landmarks and around forty historical sites that date back to the 14th century:

"Qalaat" St. Gilles; I2 mosques dating back to the Mamluk and Ottoman eras; I2 "madrassas"; "Hammams"; "Khans".

Its "souks" and "khans" are always crowded with people of various trades. You can see the tailors, jewellers, perfumers, tanners and soap-makers all working in a charming lively atmosphere.





SPEAK LIKE A LEBANESE

- Qalaat: It is the Arabic name for a castle.
- **Madrassa:** It means a theological school mainly found to teach the Quran and its interpretation.
- **Hammam:** It is the Public Bath used during various Islamic eras. It has the same function and partitions as the Roman Bath.
- **Souk and Khan:** Souk means a market, while Khan (caravansary) is a market with an accommodation place for the traders.

LIVE THE GUESTHOUSE EXPERIENCE

http://ndmc63.maps.arcgis.com/apps/Map|ournal/index.html?appid=84f24eb69ac649eea91625d248f42a85

Organize your visit to the reserve

Palm Islands Nature Reserve +961 3 376828

www.facebook.com/Palm.lslands.Nature.Reserve

^{*} Activities suitable for kids



- Largest nature reserve in Lebanon (50,000 hectares, or 5% of the total area of Lebanon)
- Millenial Cedar trees
- IUCN green listed reserve
- 3 cedar forests in Maaser el-Chouf, Barouk, and Ain Zhalta-Bmohray
- A network of 24 villages
- Remarkable fauna and flora: Nubian Ibex, squirrel, wild boar, endemic Brant's oak tree, bear's plum, hawberry and much more

- Hiking the forest and villages trails*
- Biking the mountain and village trails*
- Camping in the highlands
- Horseback riding*
- Agro activities: Bee keeping*, seasonal fruits and vegetables picking*,
 "Mouneh" preparation*, wild edible plants harvesting*, animal farming*
- Handicrafts workshops: "Nawl" weaving, "Kanoun" pottery making, traditional soap making, traditional embroidery
- Tile manufacturing: a traditional cement tile used for floors, walls and artistry, including mosaic paintings and portraits
- Wine tasting

- Atelier Assaf sculpture museum (atelierassaf.org)
- Rachid Nakhle cultural center (writer of the Lebanese National Anthem)
- Niha rock engraved fortress
- Baadarane village: Ottoman serail, old military airport
- Baakline village: National Library, Al Zarka waterfalls and restaurants
- Deir el Qamar capital of Mount Lebanon emirate
- Beiteddine the 19th century jewel castle





SPEAK LIKE A LEBANESE

- **Mouneh:** It is the practice of preserving food through various techniques (drying, pickling...etc.) to be consumed during winter season.
- **Nawl**: Nawl is an ancestral weaving machine used to manufacture fabrics such as carpets, clothes and abayas.
- **Kanoun:** A pottery made cooking utensil typical to the higher Shouf region. It is used for preparing coffee and matteh (a traditional drink in Mount Lebanon).

LIVE THE GUESTHOUSE EXPERIENCE

http://ndmc63.maps.arcgis.com/apps/Map|ournal/index.html?appid=84f24eb69ac649eea91625d248f42a85

Organize your stay

Shouf Biosphere reserve +961 5 350150 +961 3 680726

info@shoufcedar.org www.shoufcedar.org

^{*} Activities suitable for kids



WHY

- One of the largest cedar forests in Lebanon
- Cedar trees constitute 90% of the whole forest area
- Splendid landscapes of rock—cut caves and natural grottoes.
- Rare flower species such as the mountain lavender, the daffodil and the violet
- Important area for nesting and migratory birds

- Hiking the reserve and buffer zone trails*
- Hiking the hermitage trail from "Wadi" el Raha valley to Hardine village
- Hiking the mills trail from Tannourine "Fawka" to Tannourine "Tahta"
- Hiking "El Jord" Trail in the highlands of Tannourine for advanced hikers
- Hiking the Lebanon Mountain Trail from Tannourine Reserve to Oornet el Ribez for advanced hikers
- Star gazing activity with an expert*
- Educational outdoor activities for students and families*
- Biking in the reserve buffer zone*
- Bird watching during migration season*
- Fauna and flora discovery with an expert*
- Outdoor activities in the reserve buffer zone: Climbing, zip line, rappelling
- Handmade pottery workshop in Assia village*

- Baatara gorge with its 3 natural bridges and impressive waterfall
- Tannourine village: Historic St Challita church and Saint Anthony Monastery
- Douma village: old "souk", traditional cafés, typical red tile roof Lebanese houses, historical churches
- Bchaaleh village: millennial olive trees, family events, historical churches trails (Municipality +961 3 664640) https://www.facebook.com/BchaalehTrails/)
- Closer to the coast :
- Batroun wineries
- Smar | beil village : "Mar" Nahra historical church and crusader castle
- Rachana Open Air sculpture museum
- Batroun town: old "souk", historical churches, fishing port, pubs and restaurants, beaches, water sports, biking tours (Batroun routes 76-338762)





SPEAK LIKE A LEBANESE

- Wadi: It means valley in Arabic
- Fawka and Tahta: It literally means upper and lower respectively. It is commonly used in big villages or towns to designate their upper and lower neighborhoods.
- Jord: It designates the dry mountain highlands
- Souk: It means a market
- Mar: a word of syriac origins meaning lord. It is usually used as a title for saints or eminent religious figures

LIVE THE GUESTHOUSE EXPERIENCE

http://ndmc63.maps.arcgis.com/apps/Map|ournal/index.html?appid=84f24eb69ac649eea91625d248f42a85

Organize your stay

Tannourine Reserve +961 3 223428

arztannourine.org

^{*} Activities suitable for kids



- One of the most spectacular sandy beaches in Lebanon
- Three sections: Tourism area, Protection area, Agriculture and Archeology area
- Artesian wells dating back to Phoenician times
- Classified as "wetlands of international importance" by the Ramsar Convention
- Nesting site for the endangered Loggerhead and Green Sea Turtles
- Tourism area open for swimming season from May till October

- Hiking the trail within the Protection and Agriculture areas*
- Biking within the Protection area*
- Swimming*

City break: "Sour"

Sour was classified, in 1979, as a UNESCO World Heritage Site for its important archaeological remains, mainly Roman, but also Phoenician, Greek and Byzantine.

There are two main archeological sites in Sour:

- Al Bass archeological site: Arch of triumph, greco-roman necropolis, hippodrome
- The maritime archeological site: Roman bath, palestra, Roman road, old Phoenician harbor. The Christian Quarter is the little jewel of the old town. A colorful area with narrow streets and traditional houses many of which have been turned into guesthouses.

Art lovers wouldn't miss a visit to Istanbuli Theatre, an old cinema renovated by the restless efforts of Kassem Istanbuli and his team. An occasion to watch the free performances or screenings or to take part in artistic workshops. (+961 70 903846)





SPEAK LIKE A LEBANESE

• Sour: Current Arabic name of the Phoenician city of Tyre

LIVE THE GUESTHOUSE EXPERIENCE

http://ndmc63.maps.arcgis.com/apps/Map|ournal/index.html?appid=84f24eb69ac649eea91625d248f42a85

Organize your stay

Tyre Coast Nature Reserve +961 7 351341

tcnr98@hotmail.com

^{*} Activities suitable for kids

INFORMATION OFFICES OF THE LEBANESE MINISTRY OF TOURISM:

Beirut Airport:

+961 | 629769

Beirut:

Ministry of Tourism, Central Bank street, Hamra +961 | 340940

Tripoli:

Al Nour square +961 6 433590

Batroun:

Old Souk, near Saint Stephen Cathedral +961 6 741055

Byblos:

Old souk, Citadel square +961 9 540325

Jeita:

Jeita Grotto +961 9 218451

Niha (Shouf):

Building of the Social Solidarity Association +961 3 178354

Saida:

Khan El Franj +961 70 691722

Zahle:

Municipal library, Berbara street +96| 8 80|804

Baalbeck:

Archeological site of Baalbeck +961 8 370520

SPEAK LIKE A LEBANESE

"Ahla wa Sahla": It means welcome

Content Design:

Hiba Hassanieh - hiba.elhassanieh@yahoo.com Petra Obeid - petra.p.obeid@gmail.com

Proofreading and Design:

Carmen Abou Chakra - carmen_abou_chakra@hotmail.com

E-Brochure application: Mohammad Rabaa

www.destinationlebanon.gov.lb



© 2020 All rights reserved for the Ministry of Tourism