



Experience **OUTDOOR**
ACTIVITIES

Differently



EXPERIENCE

BIKING

DIFFERENTLY



Photo Credit: Routes

BIKING IN LEBANON

Lebanon's rugged mountains, hills, and valleys with their spectacular scenery are a witness of the country's rich history and beautiful present. They make a dream escape for the ones who seek a truly unique mountain biking opportunity. Cyclists can ride up "Qornet Es-Saouda" (Lebanon's highest peak) with views of the Bekaa Valley to the east, Syria to the north, and the Mediterranean Sea to the west. They can also ride through rugged mountainous terrain and Cedar groves in the "Horsh" Ehden and Al-Shouf Cedar Nature Reserves, and at the Cedars ski resort.

The high plateaus of the Mount Lebanon Range are covered with extensive trail networks, offering technically challenging terrain for seasoned cyclists.

For those looking for smoother cycling tracks, the Bekaa Valley and the coastal regions offer many choices both on-road and off-road. It is worth to mention that many small villages have small shops offering bike rentals for independent on-road biking.

OUR SELECTION BIKING IN BATROUN

- Batroun is easy to explore on bike with more than 7 touristic destinations at a perfect distance between one another
- Batroun is midway between two historical cities, Byblos and Chekka
- The old souks, with their flat roads are fun to bike around to explore the old town
- The historical tunnels of Hamat are just 2 hours ride from Batroun using the coastal road. The ride can be a real challenge, are you ready for an unforgettable adventure?



WHAT TO DO

- Take the biking tours available at “Routes Office” and stop at the town’s major attractions: The Phoenician Wall, the Phoenician Citadel, the old churches (“Mar” Estephan Maronite Cathedral, “Mar” Gerges Orthodox Church and “Saydet el Baher” Church), the old souk streets and shops, the ancient natural port, and “The House of the Lebanese emigrant”*
- Have some drinks and good food at the lively old town restaurants and bars
- Have a swim at “Al Bahsa” public beach
- Don’t miss the famous local made lemonade
- Enjoy the locally crafted beer



SPEAK LIKE A LEBANESE

- **Mar:** a word of syriac origins meaning lord. It is usually used as a title for saints or eminent religious figures
- **Saydet el Baher:** Saydet means Lady in Arabic. It is commonly used for churches and shrines dedicated to Virgin Mary. El Baher means the sea.
- **Al Bahsa:** It literally means pebbles in Arabic. Used as a common name for pebbled beaches.



WHILE YOU ARE HERE

- Taste Batroun wines by visiting the various region’s wineries
- Visit Smar Jbeil village : “Mar” Nahra historical church and crusader castle
- Visit Rachana Open Air sculpture museum
- Enjoy Kfarabida beaches famous for their water sports activities and beach parties



Organize your biking tour and your visit to Batroun

Routes

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*This sport activity may be suitable for kids depending on the level. Kindly check with your service provider.

Photo Credit: Routes

EXPERIENCE

CAVING

DIFFERENTLY

CAVING IN LEBANON

Being a mountainous and rocky country composed primarily of limestone, Lebanon offers exciting opportunities for caving. Over 400 caves, caverns, and sinkholes are scattered throughout the country, offering a thrilling adventure for everyone, from the expert spelunker to the casual tourist. Mount Lebanon region benefits from the highest number of caves that are spread all over the inner part of the country. The most popular and tourist-friendly caves are Jeita Grotto, with its huge caverns and underground lakes, and the enormous and intricate Afqa Grotto, the source of Adonis River where legend has it that Adonis and Aphrodite exchanged their first kiss. Adonis River is currently named “Nahr Ibrahim” in reference to the monk Ibrahim al Kawrachi who converted the region from paganism to Christianity.

For the more adventurous tourists and experienced spelunkers, Lebanon offers many caving options that require the presence of specialized guides and certain equipment. Lebanon is also home to stunning vertical caves – called sinkholes or potholes – that are one of the deepest in the Middle East (up to 602 meters). These sinkholes are explored using ropes and climbing equipment, rappelling down into the hole and then climbing it back up. Lebanon’s largest sinkholes are localized in the northern Mount Lebanon region, especially near Laqlouq and Tannourine.

OUR SELECTION CAVING IN ROUEISS GROTTTO

- It is the second longest cave in Lebanon after Jeita Grotto. Its extremities have not yet been totally explored
- It is the tourists prime choice for caving activity
- It is a 5km long labyrinthine cave with an underground lake, large halls, and unique crystalline formations
- It can be explored all year round

Photo Credit: Spéleo Club du Liban

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WHY

WHAT TO DO

- Caving in Roueiss grotto for all levels*
- Explore the village of Aqoura with its rich cultural and natural heritage: historical churches and shrines, water springs, panoramic sceneries, iconic apple fruits and a variety of outdoor activities



WHILE YOU ARE HERE

- Visit the remains of Yanouh Roman temple that became during the Middle Ages the church of Saint George the Blue. It was the seat of the Maronite Patriarchy where 21 patriarchs were buried
- Explore Laqlouq highlands, a winter and summer resort, with its wild landscapes and splendid formations
- Visit the Afqa grotto, known, since Antiquity, as a pilgrimage site for Phoenicians. This is where Adonis, Aphrodite's lover, died, as the legend goes. Jealous of Aphrodite-Astarte's love for Adonis, Ares-Mars, the god, sent a boar to attack and kill Adonis. Adonis' blood colored the river which held his name, turned its water red and made anemones bloom. Aphrodite rose him from death as nature is born again in spring



SPEAK LIKE A LEBANESE

- **Nahr Ibrahim:** Nahr means river. Ibrahim is the Arabic name of Abraham

Organize your caving activity in Roueiss grotto and your visit of Aqoura

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*This sport activity may be suitable for kids depending on the level. Kindly check with your service provider.



EXPERIENCE

DIVING

DIFFERENTLY

DIVING IN LEBANON

Lebanon's rocky coastline and its underwater terrain make it a unique destination for snorkeling and diving. Diving lovers are invited to explore the interesting rocky gorges and underwater cliffs while diving into 600 meters deep underwater valleys spreading from Beirut to Jounieh Bay. Another popular diving area is in Chikka (near Tripoli), which offers some of the best marine landscapes and flora and fauna off the Lebanese coast.

Exploring the underwater ruins near Jbail (Byblos), Saida (Sidon), and Sour (Tyre) is another popular activity for divers and snorkelers; however, you are required to obtain a special permit to dive near archaeological sites. There are also several world-class shipwreck sites, including le Souffleur (a French submarine from World War II) near Khaldeh. Lebanon's coastline is alined with many private beach resorts and diving clubs offering facilities and equipment rentals for diving and snorkeling .

OUR SELECTION DIVING IN BEIRUT SEA

- AUB canyon was one of the best diving spots known in the 60's. The walls on this reef are steep, beautiful, full of small caves and fishermen's nets, with a huge old anchor lying at 43m. (Location: facing American University Beach)
- The Macedonia wreck spot. This cargo ship used to sail regularly between Egypt and Lebanon in the early 1960's. On a stormy night, sailing too close to shore, the Macedonia hits the shallow reef off Rawche making a huge hole in its entire front lower hull. The wreck split in two, one part on the sandy side of the reef and the other on the rocks. (Location: 500m northwest of Rawche)
- The Tunnels are a crack in the rocks towards the west, 7m wide and 100m in length, which give it the look of a passage between two walls. Marine life is pleasant with a reef fish population that seems concentrated on this small spot due to favorable conditions. (Location: northwest of Rawche, 100m west of the wreck Macedonia)

Photo Credit: The Diving Federation Committee

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WHY

WHAT TO DO

- Diving at the selected spots for levels from beginners to advanced
- Stroll around the historical downtown areas and attractions: the Foch-Allenby district, Samir Kassir square, the Saifi village, “Wadi” Abu Jemil, “Nejmeh” Square, Roman Baths, Zaitounay Bay, Beirut Souks, Martyrs’ square, Riad el Solh square and the Grand Serail
- Discover the rich collections of Beirut museums: The National Museum, AUB archeological museum, Lebanese Prehistory Museum, Nicolas Sursock Museum, MIM Museum, the Museum of Banque du Liban, Mosaic Museum, Beit Beirut Museum
- Enjoy the walk at Beirut famous corniche overlooking the Rawche rocks
- Discover Beirut’s churches and mosques: the Greek Orthodox St. George Cathedral, the Maronite St. George Cathedral, the Grand al Omari Mosque and the Mohammed al Amin mosque to name a few
- Enjoy shopping and lively nightlife of Beirut



SPEAK LIKE A LEBANESE

- **Wadi:** It means valley in Arabic
- **Nejmeh square:** Nejmeh means a star in Arabic. The Nejmeh square owes its name to the star-shaped streets that irradiate from it



WHILE YOU ARE HERE

- Discover the Armenian neighborhood of Borj Hammoud, reveling in its unique attractions and activities (shopping, traditional Armenian food tasting, religious sites visit)



Organize your diving experience

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EXPERIENCE

HIKING

DIFFERENTLY

HIKING IN LEBANON

Varied terrain, scenic vistas, and historic environs merge all together to create unique hiking and trekking opportunities all over Lebanon. Popular areas for hiking include the nature reserves which offer good and extensive trail systems. Other areas with spectacular scenery and unique historical and cultural attractions include Qadisha Valley, Makmel Mountain, and the remote Qammoua Mountain in Aakkar region in the North.

For a quintessential Lebanese experience, you can wander through Adonis Valley, a ruggedly cut gorge sprinkled with historic ruins, and where the Greek mythology considers it to be the site of Adonis and Aphrodite's love story.

OUR SELECTION

HIKING THE LEBANON MOUNTAIN TRAIL
LMT - "DARB EL JABAL"

- It is the longest trail in Lebanon stretching from Andqet in the north to Marjaayoun in the south over a distance of 470 km
- Travelers can walk the LMT throughout the year and each season has its charm.
- The LMT showcases the natural beauty and cultural wealth of Lebanon's mountains and demonstrates the determination of the people of Lebanon to conserve this unique heritage. It brings communities closer together and expands economic opportunities in rural areas through environmentally - and socially - responsible tourism.
- The trail crosses 1 World Heritage Site, the Qadisha Valley, 2 Biosphere Reserves, 4 protected areas and +100 heritage and historic sites
- The trail goes through more than 76 villages and towns across the whole country
- The trail is divided into 27 sections, each of which could be hiked in one day. Four side trails are also to be discovered
- The trail altitude ranges from 570 meters to 2,073 meters above sea level



WHAT TO DO

- Hiking the trails of the LMT while discovering wildlife, heritage and cultural sites of civilizations that crossed Lebanon since the early ages. Hikers can go on a short day-long hike or for a few days. Level of sections range from easy to difficult and each section offers accommodation, attractions and seasonal food specialties*
- Biking specific sections of the trail
- Experiencing local traditions and the charming hospitality of the local people by staying at rural guesthouses or eating at hosting tables
- Participating in the April Thru-Walk to walk the entire trail (end-to-end in one month), or the October Fall Trek (sectional hikes) both organized by the Association.



Photo Credit: Lebanon Mountain Trail Association

WHILE YOU ARE HERE

- Different sections on the trail offer the possibility to organize recreational activities such as snowshoeing, mountain biking, camping, agro-tourism, discovering rural food specialties as well as literary and cultural trails, such as the Baskinta Literary Trail.



SPEAK LIKE A LEBANESE

- “Darb al Jabal”: Darb means way or path in Arabic. It is commonly used in the mountains when mentioning a foot trail. Jabal means mountain.



Organize your hiking experience

For your hikes on the LMT, the Lebanon Mountain Trail Association (LMTA) recommends the tour operators listed on <https://www.lebanontrail.org/#!/hike-the-lmt-eco-touroperators>. The LMTA also recommends hiking with the local guides listed on: <https://www.lebanontrail.org/#!/hike-the-lmt-local-guides>.
N.B: The LMTA is not a tour operator but it organizes the Thru-Walk and Fall Trek to promote the LMT as a sustainable travel destination and to consolidate the trail's long-term conservation.

Lebanon Mountain Trail Association (LMTA)

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www.Lebanontrail.org

*This sport activity may be suitable for kids depending on the level. Kindly check with your service provider.

EXPERIENCE

PARAGLIDING

DIFFERENTLY



Photo Credit: Club Thermique

PARAGLIDING IN LEBANON

Paragliding is a thrilling and a must-do experience in Lebanon. Few other places in the world offer this variety of landscape with a proximity of mountains, beaches and valleys that can all be overflown in one ride! Enjoy the country's favorable wind conditions and fly over Ghosta, Jounieh, the Cedars, Shouf Cedars, Lessa, Miziara, Annaya and Hammana.

OUR SELECTION PARAGLIDING OVER JOUNIEH BAY

- Take off from Ghosta hills for unique sceneries of mountain & sea and landing in Jounieh
- Breathtaking views of the town and bay of Jounieh
- A flight over nature and urban landscapes, a unique combination that can only be found in Lebanon
- Engage in paragliding tricks for rushes of adrenaline.



WHAT TO DO

- Enjoy the paragliding ride for all levels
- Spend some time in Jounieh. The town is known for its seaside resorts and cafes, restaurants, as well as its old stone souk, ferry port, and gondola lift (Le Téléphérique), which takes passengers up the mountain to the shrine of Our Lady of Lebanon in Harissa. But perhaps the most popular destination here is the famous Casino du Liban, which offers gaming and theater shows.



WHILE YOU ARE HERE

- Visit the two magnificent grottoes of Jeita which lie in a beautiful green valley within cavities known to man since Paleolithic times (the Stone Age). A river flows underground and forms the source of “Nahr el Kalb” (the Dog River). Time and water have sculpted fascinating stone draperies and sculptures.
- Discover the stelae of “Nahr el Kalb”. Army generals and conquerors of the past have traditionally made the mouth of the river a site for commemorative stelae that chronicle their historic conquests and brave campaigns.
- Explore the pedestrian area of the Ottoman-era Old “Souk” of Zouk Mikael. The town is famous for its textile, woven on traditional looms, as well as its marzipan sweets. It hosts a number of monasteries and historic churches and three museums inaugurated in 2019: The Museum of Elias Abou Chabke, the “Nawl” museum and the Antoine Kazan museum (Contact the municipality to organize your visit of Zouk Mikael: Ms Nathalie Farah +961 3 192921 or Ms Sybelle Ferzane +961 71 751536)



SPEAK LIKE A LEBANESE

- “Nahr el Kalb”: it literally means the River of the Dog.
- **Souk:** It means a market.
- **Nawl:** Nawl is an ancestral weaving machine used to manufacture fabrics such as carpets, cloths and abayas.

Organize your paragliding experience over Jounieh Bay

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www.clubthermique.org/

www.facebook.com/paraglidingclubthermique/

www.instagram.com/explore/locations/1018286960/paragliding-club-thermique/

Several clubs and tour operators in Lebanon organize paragliding activities in the various mentioned locations



Photo Credit: Club Thermique

EXPERIENCE

RAFTING

DIFFERENTLY



RAFTING IN LEBANON

While water sports in Lebanon are centered on the coast, there are also a number of freshwater activities, including rafting, kayaking, and canyoning. These are concentrated on the rivers of “Nahr” el Assi in Northern Bekaa, “Nahr” Litani, in the South, and “Nahr” Ibrahim, In Jbail, which typically swell as the spring weather melts the mountain snows, creating great deep, fast water conditions.

OUR SELECTION RAFTING IN ASSI RIVER

- The only river in Lebanon that does not dry up during the summer
- The abundance of its waters and its depth that varies from 1 to 19 meters in some locations
- The purity of its water and its coldness, which does not exceed 10 degrees Celsius
- The moderate and high waterfalls, with mild steepness which allows the passage of raft boats easily
- Guaranteed thrill at the Dardara falls points where the raft reaches 7 meters high
- Rafting for all levels from easy to advanced

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WHY

WHAT TO DO

- Rafting for 1 to 6 hours depending on the level from 1 to 4*
- Nature discovery with a raft ride in the stillness of the night
- Kayak for 1 to 6 hours depending on the level from difficult to professional
- Zipline for 20 minutes with an easy level
- Hiking the Assi trail, going from the Assi bridge at the entrance of the village towards the water springs, with swimming stops along the way
- Night hiking and camping in the highlands at 1865m of altitude contemplating the stars.
- Camping in bungalows or tents along the Assi river
- Wild edible plants harvesting with women working at local cooperatives



Photo Credit: Rafting Squad

SPEAK LIKE A LEBANESE

- **Nahr:** it means river in Arabic.
- **Qamouh:** it literary means funnel. The monument was given this name probably due to its resemblance with the mentioned utensil
- **Deir:** it means convent in Arabic
- **Mar:** a word of syriac origins meaning lord. It is usually used as a title for saints or eminent religious figures



WHILE YOU ARE HERE

- “Qamouh” el Hermel: a 27m Hellenistic and Roman tower erected over a princely tomb from the 1st or 2nd century BC
- “Deir” “Mar” Maroun: rock carved caves from the 5th century that served as refuge for the disciples of Saint Maroun
- Nabuchodonezar’s steles with cuneiform inscriptions
- Marjehin: a 1600m closed plain with a spring famous for its cold water in winter and summer alike
- Kweikh village: home to an active women cooperative and a guesthouse restored in line with the region’s architectural heritage
- Assi river signature trout meals at the smoked trout fisheries and restaurants that abound at Say Hayra falls



Photo Credit: Rafting Squad

Organize your rafting activity in Assi River and your visit of Hermel

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*This sport activity may be suitable for kids depending on the level. Kindly check with your service provider.

Photo Credit: Rafting Squad

EXPERIENCE

ROCK CLIMBING DIFFERENTLY

ROCK CLIMBING IN LEBANON

Lebanon is one of the few places in the Middle East to offer a broad range of rock climbing activities, from relatively easy summit climbs and technical peak ascents, to bouldering and adventure climbing.

“Beit” Mery is one of the closest sectors to Beirut at an altitude of 750 meters above sea level with a family friendly sector. Amchit is one of the major sectors on the Lebanese coast with routes from different grades. The climbing there is similar to Greece and Spain with huge tufas and steep angles. It is not easily accessible though and is recommended for ages 15+. “Beit” Chlela sector is one of the newest climbing sectors in Lebanon opened by Lebanese developers George Emil and Jad el Khoury in cooperation with Michel & Pascale Matera and a group of French army in 2018. It is a north facing sector and hence is perfect for summer climbing in the shade.

The Aqoura, Tannourine, and Laqlouq regions have rock faces rated from 3 to 8 (on the French rating system), many of which are already bolted. There are also many interesting and technically challenging summits for mountaineering, including the 2,814 meter Mount Hermon and Mount Makmel, whose northeast face is an extremely technical climb.

Very few countries offer such great climbing located near such interesting cultural and historical attractions as Lebanon.

OUR SELECTION ROCK CLIMBING IN TANNOURINE EL TAHTA

- Tannourine el Tahta is the capital of rock climbing in Lebanon
- It has over 155 sport climbing routes scattered in 15 sectors
- Routes grade range between French 4 to French 8c+
- There are 5 multipitch routes in the area divided between easy and hard climbing.

Photo Credit: Stephanie Audi



WHAT TO DO

- Climbing the various routes for all levels*
- Exploring the village of Tannourine with its historical St Challita church and the Saint Anthony Monastery
- Hiking in Tannourine Cedars Forest Nature Reserve: check our booklet “Experience nature Reserves Differently”



WHILE YOU ARE HERE

- Admire Baatara gorge with its 3 natural bridges and impressive waterfall
- Spend some time at Douma village: old souk, traditional cafés, typical red tile roof Lebanese houses, historical churches
- Explore Bchaaleh village: millennial olive trees, family events, historical churches trails (Municipality +961 3 664640 - <https://www.facebook.com/BchaalehTrails/>)
- Discover handmade pottery making at Assia village (Mrs Fadia Lawoun +961 6 705086 or Mrs Sanaa Jabbour +961 3 630626)



SPEAK LIKE A LEBANESE

- **Beit:** it literally means house in Arabic. It is used as a prefix for many Lebanese villages names.

Organize your rock climbing experience

Several tour operators and clubs in Lebanon organize climbing activities in the various mentioned locations

For technical advice

Rock Climbing Lebanon Association

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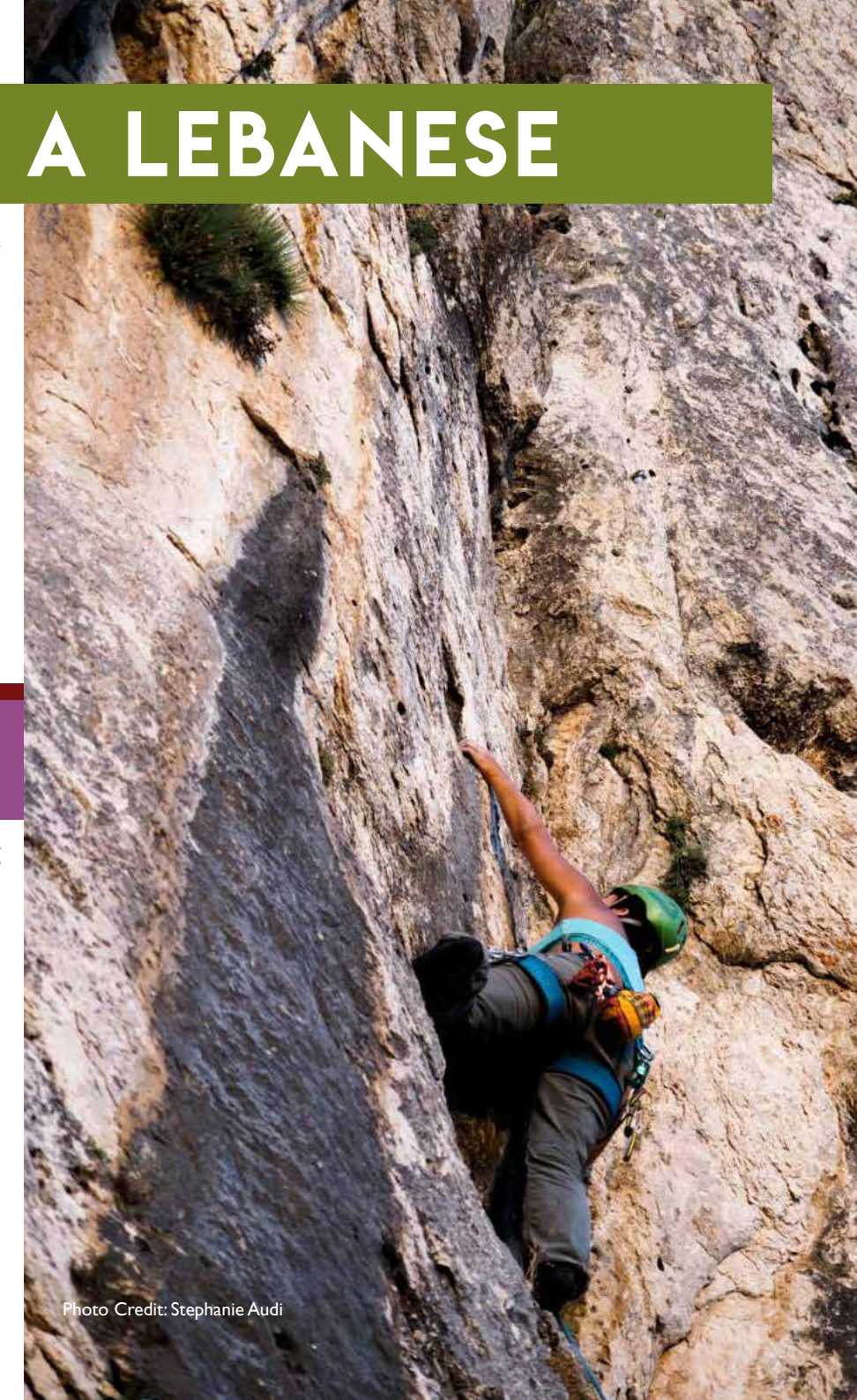
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www.facebook.com/groups/rockclimbinglebanon/

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*This sport activity may be suitable for kids depending on the level. Kindly check with your service provider.

Photo Credit: Stephanie Audi



EXPERIENCE

SURFING

DIFFERENTLY



Photo Credit: Surf Lebanon

SURFING IN LEBANON

While surfing in Lebanon is not a new sport and can be traced back before the civil war, the Mediterranean, and more specifically Lebanon does seem an unlikely place to catch waves. However, Lebanon was officially put on the international surfing map in 2014, once the International Surfing Association (ISA) formally recognized Lebanon as a surfing destination. The best locations for surfing in Lebanon include Batroun , Kfarabida, Byblos and Jiyeh.

OUR SELECTION SURFING IN JIYEH

- There are several reef breaks that are easily accessible from the sandy shores of the beach, such as Mustafa's A-Frame, Nate Dawg, and TOS. A reef break is a surf spot whose waves are generated from the water passing over the rocky sea floor of the reef
- The waves are a sight in and of themselves and the crystal-clear aquamarine water allows for an even more beautiful landscape
- May till October is the summer swell season. Water is nice and warm reaching 29 degrees Celsius and the waves can be fun
- Peak season is from November till April. A wetsuit is needed (3/2 or 4/3 would do just fine) as the water temperature can drop to around 16-17 degrees Celsius



WHAT TO DO

- Surfing for all levels from beginners to advanced*
- Enjoying the sea , the sun and beach parties at Jiyeh and Damour resorts
- Sampling the local food, particularly the fruits and vegetables that are harvested all throughout the town of Jiyeh



SPEAK LIKE A LEBANESE

- **Souk:** it means a market
- **Khan el Franj:** The caravansary of the French. The Khan is a market with an accommodation place for the traders
- **Saydet al Mantara:** Saydet means Lady in Arabic. It is commonly used for churches and shrines dedicated to Virgin Mary. Al mantara is a noun deriving from the verb to wait

WHILE YOU ARE HERE

- Explore the historical city of Saida: the Crusader Castle, the old town with its Middle Age “souks”, the Debbaneh palace built in 1721 and the Audi Soap Museum. Just down the street from the souks of Saida, on the corniche, stands “Khan el Franj” which was built by Emir Fakhreddine in the 17th century to accommodate French merchants and goods.
 - Discover the Phoenician temple of Eshmoun, the Phoenician god of healing and one of the most important divinities of the Phoenician pantheon as well as the main male divinity of Saida.
 - Visit “Saydet al Mantara” in Maghdouche. The sanctuary is home to “the Miraculous Cave of Our Lady of Mantara, where, according to tradition, the Virgin Mary awaited Jesus while he was preaching in Sidon and Tyre, the new Basilica of Maghdoushe with its shiny frescoes, the Sancturay Path and the Tower with a statue of Virgin Mary overlooking the southern coast of Lebanon.



Organize your surfing experience

The Lebanese Surfing Federation

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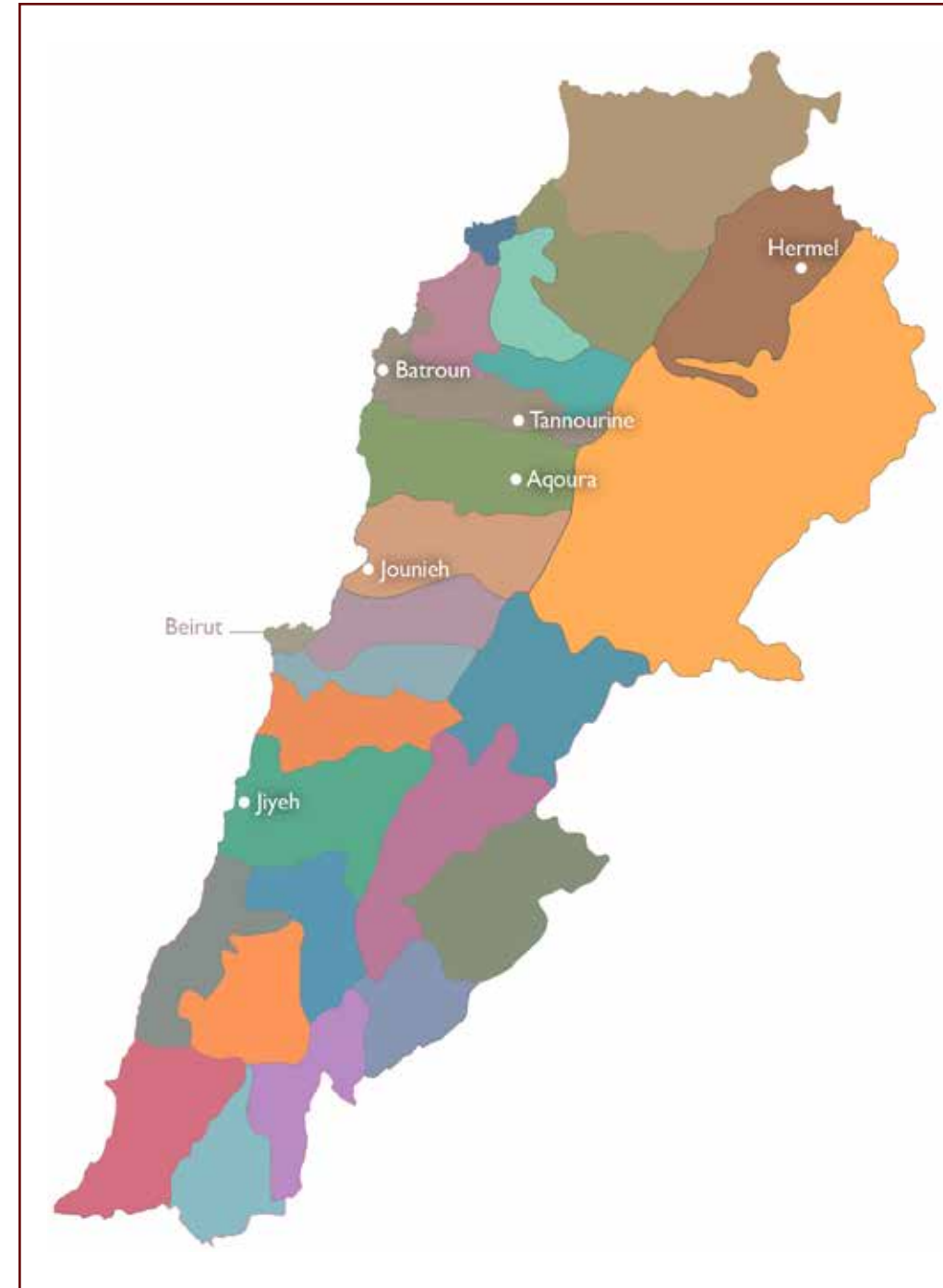
Forecasts: www.surfline.com/

www.magicseaweed.com/

*This sport activity may be suitable for kids depending on the level. Kindly check with your service provider.



Photo Credit: Surf Lebanon



SPEAK LIKE A LEBANESE 
“*Ahla wa Sahla*”: It means welcome

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