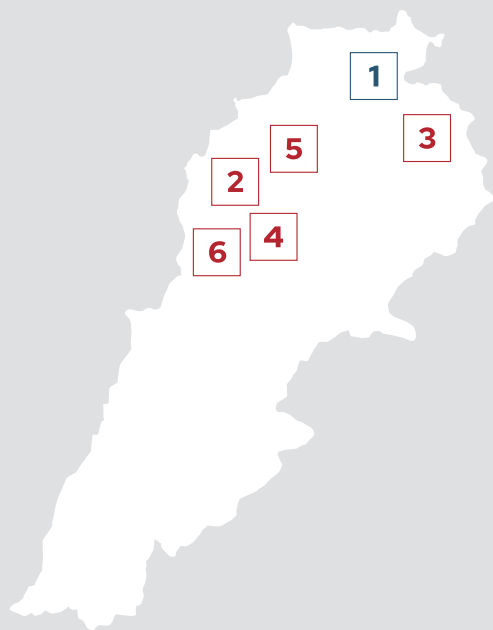




MEDITERRANEAN ADVENTURES

Hiking e-guide





Primary trail

**1. LMT
LEBANON MOUNTAIN TRAIL**

Secondary trails

- 2. Bchaaleh LMT Side Trail:
Noah Olives Trail**
- 3. Al-Qaa Trail**
- 4. Ras-Baalbek Trail**
- 5. Ehden Nature Reserve Trail**
- 6. The Roman Stairs
(Jabal Moussa Trails)**

Lebanon brings together East and West and allows visitors to discover 50.000 years of history with many of the area's historical remains listed as UNESCO heritage. Its capital, Beirut, is located by the Mediterranean and is a vibrant, modern city. From snow-capped mountains to fertile valleys, Lebanon's landscapes invite visitors to explore its natural areas while discovering its cultural heritage and rich gastronomy.





1. LEBANON MOUNTAIN TRAIL

LEBANON



LMT

LEBANON MOUNTAIN TRAIL

from Andqet to Marjaayoun





1. LEBANON MOUNTAIN TRAIL

from Andqet to Marjaayoun

LEBANON

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
470 km	27 stages	+20.000 m / -20.000 m	570 m / 2.073 m

START / FINISH

Andqet / Marjaayoun.

BEST TIME TO VISIT

All year round.

SIGNPOSTING

The whole path is marked with white and purple stripes.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

The Lebanon Mountain Trail is a difficult long-distance trail with a lot of gain and loss in altitude. It consists of footpaths, dirt and paved roads, rivers and stream crossings, mountain ridge walks, steep slippery descents and ascents, delicate and rocky passages, tiny irrigation canals, waterfalls and other types of terrain. In some sections no clear paths are visible. It is important that hikers be physically fit and well prepared for hiking in these mountainous areas.





1. LEBANON MOUNTAIN TRAIL from Andqet to Marjaayoun

LEBANON

DESCRIPTION OF THE ROUTE

The Lebanon Mountain Trail extends from Andqet in the north of Lebanon to Marjaayoun in the south, a 470 km path that passes through more than 76 towns and villages at altitudes ranging from 570 metres to 2,073 metres above sea level. The trail passes through ancient cedar forests and olive groves and allows visitors to discover Roman temples and monasteries carved into the cliff face.

ATTRACTIONS OF THE ROUTE

- > 1 World Heritage site
- > 2 Biosphere reserves
- > 4 Nature reserves
- > 5 Protected areas
- > 6 Important Bird reserves

MORE INFORMATION: www.lebanontrail.org





1. LEBANON MOUNTAIN TRAIL from Andqet to Marjaayoun

LEBANON

SECTION 1A > **Andqet - El Qoubayat**

START: Andqet

FINISH: El Qoubayat

DISTANCE	DURATION	ELEVATION GAIN
17,00 km	6 h 00'	+663 m / -720 m

SECTION 1 > **El Qoubayat - El Qammouaa**

START: El Qoubayat

FINISH: El Qammouaa

DISTANCE	DURATION	ELEVATION GAIN
15,00 km	5 h 30'	+1.200 m / -129 m

SECTION 2 > **El Qammouaa - El Qemmamine**

START: El Qammouaa

FINISH: El Qemmamine

DISTANCE	DURATION	ELEVATION GAIN
26,00 km	9 h 00'	+1.053 m / -1.392 m

SECTION 3 > **El Qemmamine - Kfar Bebnine**

START: El Qemmamine

FINISH: Kfar Bebnine

DISTANCE	DURATION	ELEVATION GAIN
10,10 km	4 h 30'	+918 m / -568 m

SECTION 4 > **Kfar Bebnine - Bqaa Safrine**

START: Kfar Bebnine

FINISH: Bqaa Safrine

DISTANCE	DURATION	ELEVATION GAIN
14,10 km	5 h 30'	+845 m / -855 m





1. LEBANON MOUNTAIN TRAIL from Andqet to Marjaayoun

LEBANON

SECTION 5 > **Bqaa Safrine - Horsh Ehden**

START: Bqaa Safrine

FINISH: Horsh Ehden

DISTANCE	DURATION	ELEVATION GAIN
19,80 km	7 h 30'	+1.212 m / -1.004 m

SECTION 6 > **Horsh Ehden - Qozhaya**

START: Horsh Ehden

FINISH: Qozhaya

DISTANCE	DURATION	ELEVATION GAIN
10,40 km	4 h 00'	+407 m / -929 m

SECTION 7 > **Qozhaya - Bcharre**

START: Qozhaya

FINISH: Bcharre

DISTANCE	DURATION	ELEVATION GAIN
13,20 km	5 h 30'	+1.156 m / -771 m

SECTION 8 > **Bcharre - Bazaoun**

START: Bcharre

FINISH: Bazaoun

DISTANCE	DURATION	ELEVATION GAIN
22,70 km	7 h 30'	+955 m / -938 m

SECTION 9 > **Bazaoun - Tannourine El-Faouqa**

START: Bazaoun

FINISH: Tannourine El-Faouqa

DISTANCE	DURATION	ELEVATION GAIN
20,70 km	8 h 00'	+1.189 m / -1.200 m





1. LEBANON MOUNTAIN TRAIL from Andqet to Marjaayoun

LEBANON

SECTION 10 > **Tannourine El-F. - El Aaqoura**

START: Tannourine El-Faouqa

FINISH: El Aaqoura

DISTANCE	DURATION	ELEVATION GAIN
20,60 km	8 h 00'	+1.167 m / -1.234 m

SECTION 11 > **El Aaqoura – Afqa**

START: El Aaqoura

FINISH: Afqa

DISTANCE	DURATION	ELEVATION GAIN
21,80 km	5 h 30'	+590 m / -912 m

SECTION 12 > **Afqa - Faraya (Chabrouh)**

START: Afqa

FINISH: Faraya (Chabrouh)

DISTANCE	DURATION	ELEVATION GAIN
18,00 km	5 h 00'	+593 m / -511 m

SECTION 13 > **Faraya (Chabrouh) – Kfardebiane**

START: Faraya (Chabrouh)

FINISH: Kfardebiane

DISTANCE	DURATION	ELEVATION GAIN
13,00 km	5 h 00'	+466 m / -569 m

SECTION 14 > **Kfardebiane - Baskinta**

START: Kfardebiane

FINISH: Baskinta (El Chakhroub)

DISTANCE	DURATION	ELEVATION GAIN
16,50 km	4 h 30'	+750 m / -480m





1. LEBANON MOUNTAIN TRAIL from Andqet to Marjaayoun

LEBANON

SECTION 15 > **Baskinta - El Mtain**

START: Baskinta (El Chakhroub)

FINISH: El Mtain

DISTANCE	DURATION	ELEVATION GAIN
16,50 km	6 h 30'	+690 m / -1.200 m

SECTION 16 > **El Mtain – Falougha**

START: El Mtain

FINISH: Falougha

DISTANCE	DURATION	ELEVATION GAIN
13,00 km	5 h 00'	+972 m / -574 m

SECTION 17 > **Falougha - Ain Zhalta**

START: Falougha

FINISH: Ain Zhalta

DISTANCE	DURATION	ELEVATION GAIN
18,30 km	6 h 00'	+560 m / -936 m

SECTION 18 > **Ain Zhalta - El Barouk**

START: Ain Zhalta

FINISH: El Barouk

DISTANCE	DURATION	ELEVATION GAIN
18,00 km	6 h 00'	+668 m / -712 m

SECTION 19 > **El Barouk - Maaser Ech-Chouf**

START: El Barouk

FINISH: Maaser Ech-Chouf

DISTANCE	DURATION	ELEVATION GAIN
14,00 km	5 h 00'	+1.067 m / -668 m

SECTION 20 > **Maaser Ech-Chouf – Niha**

START: Maaser Ech-Chouf

FINISH: Niha

DISTANCE	DURATION	ELEVATION GAIN
12,00 km	4 h 00'	+548 m / -681 m





1. LEBANON MOUNTAIN TRAIL from Andqet to Marjaayoun

LEBANON

SECTION 21 > **Niha – Jezzine**

START: Niha

FINISH: Jezzine

DISTANCE	DURATION	ELEVATION GAIN
14,00 km	5 h 00'	+575 m / -634 m

SECTION 22 > **Jezzine – Aitanit**

START: Jezzine

FINISH: Aitanit

DISTANCE	DURATION	ELEVATION GAIN
15,00 km	5 h 00'	+951 m / -881 m

SECTION 23 > **Aitanit - Majdel Balhis**

START: Aitanit

FINISH: Majdel Balhis

DISTANCE	DURATION	ELEVATION GAIN
12,20 km	4 h 00'	+716 m / -624 m

SECTION 24 > **Majdel Balhis - Rachaya El Ouadi**

START: Majdel Balhis

FINISH: Rachaya El Ouadi

DISTANCE	DURATION	ELEVATION GAIN
13,00 km	4 h 00'	+583 m / -635 m

SECTION 25 > **Rachaya El Ouadi – Hasbaya**

START: Rachaya El Ouadi

FINISH: Hasbaya

DISTANCE	DURATION	ELEVATION GAIN
24,00 km	8 h 00'	+739 m / -1.242 m

SECTION 26 > **Hasbaya – Marjayoun**

START: Hasbaya

FINISH: Marjayoun

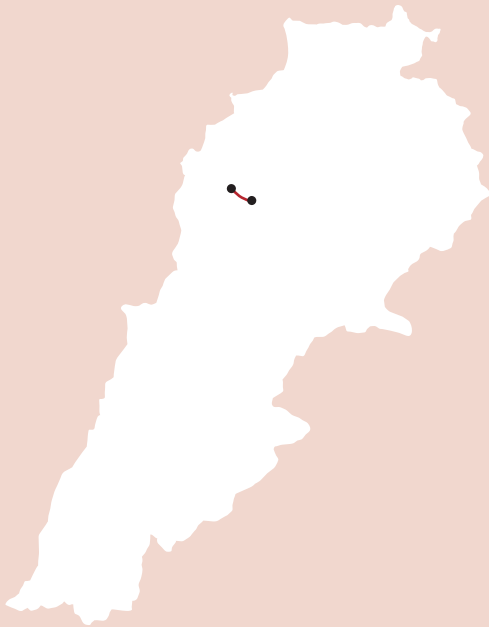
DISTANCE	DURATION	ELEVATION GAIN
16,00 km	5 h 30'	+517 m / -521 m





2. BCHAALEH LMT SIDE TRAIL

LEBANON



BCHAALEH LMT SIDE TRAIL

NOAH'S OLIVES TRAIL

from Baloue Bataara

to Bchaaleh village

or

from Bchaaleh municipality

crossing Douma Village





2. BCHAALEH LMT SIDE TRAIL

from Bchaaleh village

LEBANON

Option 1

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
12 km	6 hours	+635 m / -920 m	1.725 m / 1.030 m

Option 2

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
13 km	6,5 hours	+780 m / -820 m	1.410 m / 1.300 m

START / FINISH

Option 1 - Start/finish: From Baloue Bataara to Bchaaleh village.

Option 2 - Start/finish: Starting and ending Bchaaleh municipality crossing Douma Village.

BEST TIME TO VISIT

All year round although summer can be quite hot and hikers will need to bring water.

SIGNPOSTING

The trail is completely marked and there are signs along the trails.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Challenging. Route with sudden changes in gradient (both uphill and downhill), particularly rough, slippery, narrow, and steep terrain, paved roads, dirt roads and footpaths. Suitable for adults with a high to very high level of fitness.





2. **BAALBECK TRAIL** from Bchaaleh village to Baloue Bataara

LEBANON

DESCRIPTION OF THE ROUTE

Noah's Olives Trail is a trail from Baatara Gorge to Bchaaleh, beautiful village in the Batroun district. This stunning hike is a must for nature lovers and adventure seekers who are eager to explore Lebanon's natural beauty and rich cultural heritage.

The Baatara Gorge is a natural wonder that boasts a 255-metre drop waterfall. From there, hikers follow the ancient trade route Sikket El Chem, which once connected Damascus to the coast of Lebanon. This leads to the charming village of Bchaaleh, which is situated between 1200 and 1350 metres above sea level and offers panoramic views of the coast from Beirut to Syria.

Once in Bchaaleh, hikers extend their hike and explore the area further. The Bchaaleh Trails network includes seven hiking trails that create a loop around the village, taking in its most famous attractions. The most important of these is the Olive Trail, which leads to the site of the Millennial Olive Trees of Bchaaleh, also known as Noah's Olive Trees.

Hikers can also take a connecting trail from Bchaaleh to the nearby village of Douma. This route follows an old trade route called Mahkameh and passes Douma's historic souks, its olive press, and a footpath that leads to a paved road to the stairs of Sikket el Sham, before returning to Bchaaleh.

Noah's Olive Trail offers an incredible integration of wilderness, agriculture, and rural scenery that connects natural, geological, historical and archaeological sites. This hike is packed with natural beauty, history, heritage, and culture, all condensed into a few hours. It's a must for anyone who wants to experience the best of Lebanon's outdoors.





2. **BAALBECK TRAIL** from Bchaaleh village to Baloue Bataara

LEBANON

ATTRACTIONS ALONG THE ROUTE

- > Millennial Olive Trees, known as Noah's.
- > Al Hossen Fortress: Phoenician, Roman, Byzantine and Crusader ruins.
- > St. Stephen's Cathedral with its amazing dome.
- > Our Lady of Blata Church (Saydet el Blata).
- > Seven monasteries surrounding the village: St. Doumit, St. Risha, St. Thomas, St. Saba, St. Mema, St. Sarkis and Bacchus and St. Jacob.
- > Bab el Temm Rock.
- > View of the brick roofs of Douma village, shaped like a scorpion.

MORE INFORMATION: www.bchaalehtrails.com/





3. AL-QAA TRAIL

LEBANON



AL-QAA TRAIL

**PART OF THE ANTI LEBANON
MOUNTAIN RANGE TRAIL**

from Al Qaa village
to al-Sit Balkis





3. **AL-QAA TRAIL**

from Al Qaa village to al-Sit Balkis

LEBANON

DISTANCE

13,7 km

DURATION

4 hours

ELEVATION GAIN

+702 m / -566 m

ALTITUDE

657 m

START / FINISH

Al Qaa village / al-Sit Balkis.

BEST TIME TO VISIT

All year round but it especially in spring and autumn.

SIGNPOSTING

None. It is advisable to take a local guide.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Moderate / challenging.





3. **AL-QAA TRAIL** from Al Qaa village to al-Sit Balkis

LEBANON

DESCRIPTION OF THE ROUTE

Al-Qaa is the trailhead of the Anti-Lebanon Mountain Range Trail. This segment crosses the highlands at the east of Al-Qaa village. The trail begins at Qanayet al-sit Balkis, the ancient Roman canal that reaches the shepherds' summer encampments in "Wadi al-Mouaalwaj". From this point, the path climbs towards the paved road leading to "Sobbit Baayoun Hill", a crossing towards the east with a 20-minute climb along the path, followed by a descent toward the Valley of "Khirbet al-Dmayneh" which leads to the shepherds' winter settlements. From here, the trail follows a steep climb to the plateau and the "al-Qaa" cross. The old path then leads down to the "al-sit Balkis" canal and the Saint Rita church.

ATTRACTIONS ALONG THE ROUTE

- > Archeological ruins of Al-Qaa village
- > Qanayet al-Sit Balkis, roman canal
- > Shepherds' settlements
- > Al-Qaa cross
- > Picturesque views over the Western Mountain Range and the north Beqaa villages

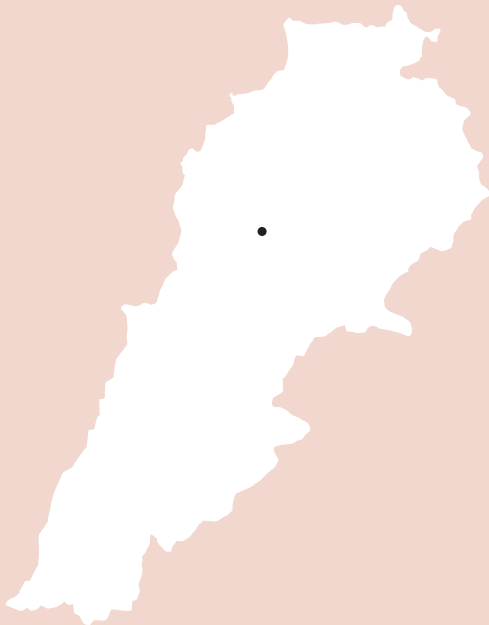
MORE INFORMATION: <https://visit-lebanon.org>





4. RAS-BAALBEK TRAIL

LEBANON



RAS-BAALBEK TRAIL

PART OF THE ANTI-LEBANON TRAIL

from the Monastery of
the miraculous Lady of
Ras Baalbek to Wadi Sehta





4. RAS-BAALBEK TRAIL

from the Monastery of the miraculous Lady of Ras Baalbek to Wadi Sehta

LEBANON

DISTANCE

11,4 km

DURATION

3 hours

ELEVATION GAIN

+591 m / -504 m

ALTITUDE

1.000 m

START / FINISH

Monastery of the miraculous Lady of Ras Baalbek / Wadi Sehta.

BEST TIME TO VISIT

All year round but it especially in spring and autumn.

SIGNPOSTING

None. It is advisable to take a local guide.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Moderate / challenging.





4. **RAS-BAALBEK TRAIL** from Al Qaa village to al-Sit Balkis

LEBANON

DESCRIPTION OF THE ROUTE

This trail is part of the Anti-Lebanon Trail (Boukaat Loubnan Trails network) which is a long-distance hiking trail, crossing the mountains of the Beqaa Valley through the Western and Eastern Mountain Ranges. This section starts from the monastery of the miraculous Lady of Ras Baalbek. It heads toward the “Thiyyet al-Ras” valley, known as “al-Sayl” which means “the flood”. An almost 20-minute walk leads to climb up to the breathtaking scenery of the “Mar Koulia”, a cave on the top of a cliff, overlooking the Western Mountain Range and the north Beqaa area. Its rocks generate water all year round, which locals believe to be sacred. From the “Mar Koulia”, the trail continues to the east toward the mountains of “al-Fekhe” and crosses the floodlands of Wady Qattine before the last climb up to where the trail ends in Wadi Sehta.

ATTRACTIONS ALONG THE ROUTE

- > Miraculous Lady of Ras Baalbek monastery
- > "Mar Koulia" floodlands
- > Spectacular scenery over the Western Mountain Range

MORE INFORMATION: <https://visit-lebanon.org>





5. EHDEN NATURE RESERVE TRAIL

LEBANON



EHDEN NATURE RESERVE TRAIL

from Horsh Ehden
Nature Reserve to Qozhaya





5. EHDEN NATURE RESERVE TRAIL

from Horsh Ehden to Qozhaya

LEBANON

DISTANCE

9,5 km

DURATION

4 hours

ELEVATION GAIN

+407 m / -929 m

ALTITUDE

664 m / 1.423 m

START / FINISH

Horsh Ehden / Qozhaya

BEST TIME TO VISIT

All year round but it is especially in spring and autumn.

SIGNPOSTING

This section is completely marked. There are signs that belong to Horsh Ehden Nature Reserve as well as an LMT information board in the middle of the reserve. If you are using the LMT trails, stay on the route indicated by white and purple markings.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Challenging.





5. **EHDEN RESERVE TRAIL** from Horsh Ehden to Qozhaya

LEBANON

DESCRIPTION OF THE ROUTE

Horsh Ehden is the most biodiverse nature reserve in the Middle East. Located in north Lebanon it is particularly important to the country's cultural and natural heritage as it is home to a beautiful ancient forest where remains of the cedars of Lebanon can still be found amidst juniper, fir, and the country's last protected community of wild apple trees. Its situation on the misty and often rainy north-western slopes of Mount Lebanon encourages a plethora of rare and endemic plants to grow here. Hikers should also be on the lookout for sightings of the endangered eastern imperial eagle or Bonellis's eagle, wolf, wildcat, golden jackal, and red fox. This reserve's beautiful alleys and gorges, with their stunning flora and fauna, are balm for the soul of any hiker wishing to escape the daily grind.

From the Jouilt entrance to the Horsh Ehden Reserve, the climb starts on the footpath. Once you reach the information board, take the right track towards the upper Horsh Ehden Reserve entrance Ain El Baiyad, and continue along the paved road until you get to a footpath which leads to a dirt road. Turn right and walk along the edge of Sinn Ehden-the view is spectacular-and continue down towards a pine a cedar forest. Go past Saydet el Hosn Church and follow the paved road until you reach the main square (Al Midan) of Ehden town. Continue through the streets to the main paved road in front of Mart Moura church. Walk a short distance-before turning left onto a footpath and go down past the Ain Tourine spring until you reach the canal. Go down the steps, past a paved road and the water mill, until you arrive at the main village square. Take the tiny steep and slippery street that runs down towards the Saint Anthony of Qozhaya monastery, then cross over a small wood style and continue down a footpath and leave the Qozhaya valley on your left. A metal door indicates the end of the section. You can continue along the paved road towards the next section or take a gentler stroll to the monastery.





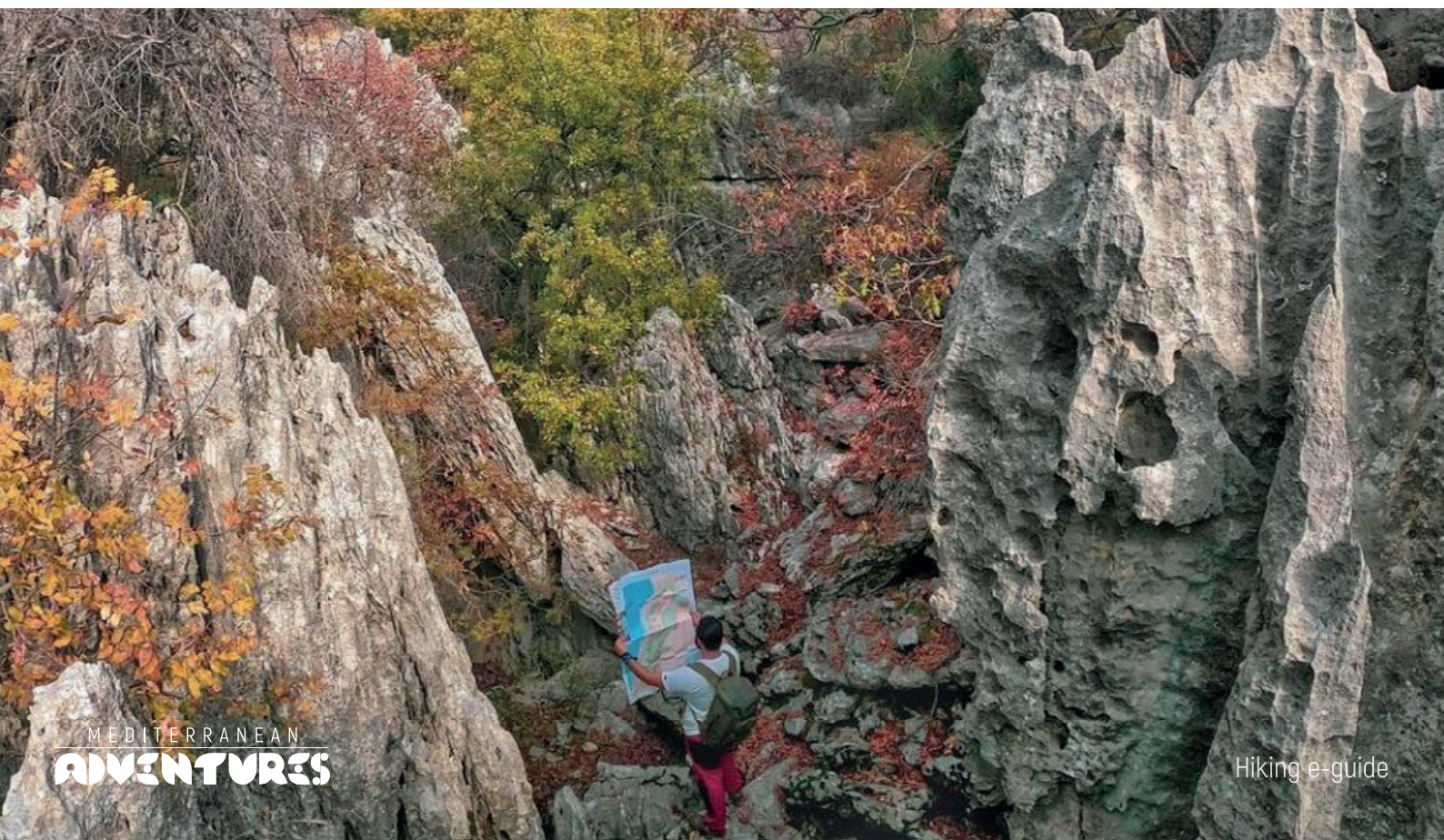
5. **EHDEN RESERVE TRAIL** from Horsh Ehden to Qozhaya

LEBANON

ATTRACTIONS ALONG THE ROUTE

- > Horsh Ehden Nature Reserve
- > Cedar forests and high biodiversity of flora and landscape
- > Saydet El Hosn church
- > Al Midan Square
- > Mar Mama, the oldest Maronite church
- > Mausoleum of the Hero of Lebanon "Youssef Beik Karam" inside Saint George's Cathedral
- > Mart Moura church
- > Ain Tourine spring
- > Saint Anthony of Qozhaya monastery

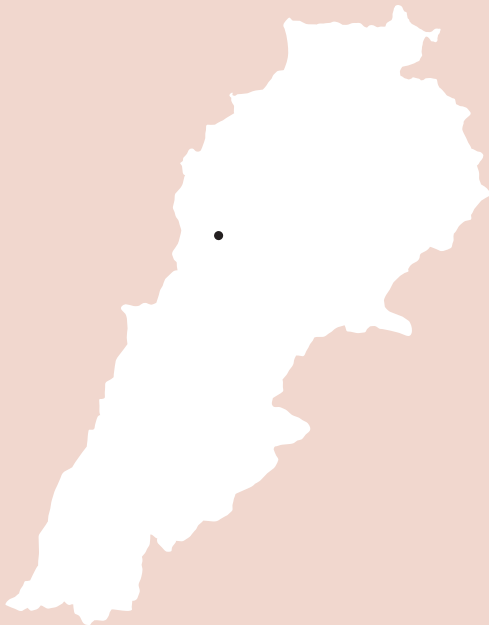
MORE INFORMATION : www.lebanontrail.org/trail-description/6





6.THE ROMAN STAIRS

LEBANON



THE ROMAN STAIRS

JABAL MOUSSA TRAILS

from Baydar-el-shawk
to Mchatì hamlet-Roman





6.THE ROMAN STAIRS

from Baydar-el-shawk
to Mchati hamlet-Roman

LEBANON

DISTANCE

1,9 km

DURATION

1 hours

ELEVATION GAIN

+0 m / -350 m

ALTITUDE

1.050 m / 1.400 m

START / FINISH

Baydar-el-shawk / Mchati hamlet.

BEST TIME TO VISIT

All year round but especially recommended in spring and autumn.

SIGNPOSTING

None but the route is easy to follow.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

Challenging.





6. THE ROMAN STAIRS from Baydar-el-shawk to Mchati hamlet-Roman

LEBANON

DESCRIPTION OF THE ROUTE

The Jabal Moussa Biosphere Reserve is located in the Kesrouan District, on the western slopes of the Mount Lebanon mountain range overlooking the Mediterranean Sea. It covers an area of 6,500 hectares, at an altitude ranging between 350 metres to the north-west and 1,700 metres to the south-east.

The Roman stairs trail is an easy walk around the periphery of the reserve, connecting the two main entrances, Mchati and Qehmez. This trail is part of the local and regional heritage of Jabal Moussa. The Roman flavour of the trail is further enhanced by a large inscription of the Emperor Hadrian engraved in Latin on a standing stone along the way.

MORE INFORMATION : www.jabalmoussa.org/trails-facilities





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