



Lebanon Mountain Trail Hiking

10 Days



The Adventure Company | EST. 1969

MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

Lebanon Mountain Trail Hiking

The 290-mile Lebanon Mountain Trail takes in all the beauty and natural diversity the landscape and culture have to offer. Join us on a pioneering adventure hiking 23 miles of it! Warm up with Lebanon's revered literary greats along the Baskinta Literary Trail, then revel in a series of moderate mountain hikes exemplary of this incredibly historical, spectacular route. Explore impressive Roman ruins, centuries-old mountain monasteries, vast cedar forests, ancient Phoenician cities, and medieval highlights of Byblos, Tripoli, and Anjar. Our knowledgeable, expert guides help ensure an unparalleled experience.

Details

Arrive:	Beirut, Lebanon
Depart:	Beirut, Lebanon
Duration:	10 Days
Group Size:	3-15 Guests
Minimum Age:	16 Years Old
Activity Level:	

Testimonials

"Great experience every time with some of the most knowledgeable guides in their fields. We always come home with wonderful memories of the people we meet and things we see."

Bob J.

"I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence."

Marianne W.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1-800-974-0300

 info@mtsobek.com

Why Take This Trip With Us?

REASON #01

This trip blends hiking to hermit cave churches with cultural treasures like Baalbek and Byblos.

REASON #02

Our local guide is one of the founders of the Lebanon Mountain Trail, and is expertly familiar with the route!

REASON #03

We have successfully operated trips throughout the Middle East, including to Iran, Jordan, the United Arab Emirates, Oman, and Saudi Arabia.

What to Expect



ACTIVITIES

Moderately paced hiking up to 7 miles a day on scenic trails, plus cultural touring of Roman ruins, cedar forests, and ancient cities.



LODGING

Charming traditional Lebanese guesthouses and hotels with modern amenities.



CLIMATE

Temperatures in the cities are very warm with scant amounts of rain. In the mountains, temperatures range from the mid 40's to high 60's.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Gilbert is a driven and passionate mountain leader who has worked in rural development and sustainable tourism with many local and international NGOs. He is an instructor for mountain safety, Wilderness First Aid, and mountain guides training. He also holds several notable certifications including Search and Rescue, Rope Rescue, and Winter Rescue techniques, and is a rescue member of the Lebanese Red Cross National Intervention Team. Gilbert has degrees in Tourism Management & Engineering and International Affairs & Diplomacy. His knowledge, credentials, and strong leadership qualities make Gilbert a key member of MT Sobek's Lebanese guiding team.

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Itinerary

DAY 1

ARRIVE IN BEIRUT

Welcome to Lebanon! Upon arrival at Beirut-Rafic Hariri International Airport, meet an MT Sobek representative and transfer to the hotel. Tonight enjoy a welcome dinner with the group.

Meals: D

DAY 2

WALK THE BASKINTA LITERARY TRAIL & TRANSFER TO BYBLOS

After breakfast at the hotel, receive a briefing for the day. Then depart for Baskinta, where you take a short guided walk on the Baskinta Literary Trail, part of the Lebanon Mountain Trail, which invites you to discover landmarks associated several acclaimed writers and poets from the region. Lunch at a local guesthouse, then transfer to Byblos and spend the afternoon exploring this medieval UNESCO-listed city.

Activity: 2 hours/3 miles hiking with 660' elevation gain & 985' elevation loss

Meals: B, L, D

DAY 3

TOUR MEDIEVAL SIGHTS IN BYBLOS & TRIPOLI

Wake for a visit to Byblos Crusader Castle, built in the 12th century from limestone and remains of Roman structures. Then drive to Tripoli — founded around 800 BC and inhabited by Greeks, Phoenicians, and Romans — and visit the old souk, port, and fortress, all of which date from medieval times. Continue on to Ehden and dine at the lodge tonight.

Meals: B, L, D

DAY 4

FOLLOW THE LEBANON MOUNTAIN TRAIL IN EHDEN CEDARS NATURE RESERVE

After breakfast, tour the old town's Midane Square, Mar Mema Church (one of the oldest Maronite churches in Lebanon, dating back to the ninth century), and St. Georges Cathedral. Then, take a hike on the Lebanon Mountain Trail to Qozhaya Monastery, also known as the Monastery of St. Anthony. In continual use since its founding in the eighth century, the monastery has been printing texts since the 16th century — including texts in Syriac, a language that the Maronites still use in their services.

Activity: 3 hours/6 miles hiking with 660' elevation gain & 1,300' elevation loss

Meals: B, L, D

DAY 5

HIKE INTO HOLY QADICHA VALLEY

Today is spent hiking along the Lebanon Mountain Trail from Qozhaya to Qadicha. Ouadi Qadicha, also known as Holy Valley, is one of the most important settlement sites of the first Christian monasteries in the world. Its monasteries, many of which are very old, are set in an extraordinarily rugged, beautiful landscape. We will pass by troglodotique constructions, old monasteries and visit the old village of Qanoubine.

Activity: 3-4 hours/7 miles hiking with 600' elevation gain & 530' elevation loss

Meals: B, L, D

DAY 6

SEE THE CEDARS OF TANNOURINE

Your hike today takes you from Hadath el Jebbeh to the Tannourine Cedar Forest Nature Reserve. Established in 1999, the reserve protects Lebanon's largest and densest cedar forest, and comprises over 2.5 million trees. The scenery is beautiful, the air is clean, and the birds are plentiful. Enjoy a packed lunch during the hike.

Activity: 3-4 hours/ 6-7 miles hiking with 1,650' elevation gain & loss

Meals: B, L, D

DAY 7

HEAD TO BAALBEK, EXPLORE ROMAN WONDERS & GO WINE TASTING

Today, head to Baalbek in the Bekaa Valley, one of Rome's ancient breadbaskets. Discover the impressive Bacchus temple, and other Roman sites and archaeological discoveries in the area. Stop in at a Turkish school and enjoy lunch at a local restaurant before transferring to Domaine De Chouchene for a free afternoon around the lake. Follow-up with wine tasting at Chateau Ksara, Lebanon's oldest winery founded in 1857. The winery has an incredible network of Roman caves, where their rarest and finest vintages are stored!

Meals: B, L, D

DAY 8

VISIT ANCIENT ANJAR

After breakfast, travel to Anjar and visit the UNESCO-listed Ummayyad city, founded in the eighth century and today home to outstanding ruins. Later transfer to Tyre, a once-great Phoenician city where, legend has it, purple dye was invented.

Meals: B, L, D

DAY 9

EXPLORE UNESCO-LISTED TYRE AND ANCIENT SIDON

After breakfast at the hotel, tour the souk, the 12th-century Crusader Cathedral, and the Roman hippodrome before transferring to Sidon, an important Phoenician city that was settled as early as 4,000 BC. Sidon is home to the Sidon Sea Castle, built by the Crusaders in AD 1228; a thriving souk; Phoenician temples; and an ancient church converted into the Great Mosque after the Crusaders were driven out before returning to Beirut. This evening, enjoy a festive farewell dinner in a local restaurant.

Meals: B, L, D

DAY 10

DEPART FROM BEIRUT

Transfer to the airport for your homebound flight.

Meals: B

Dates

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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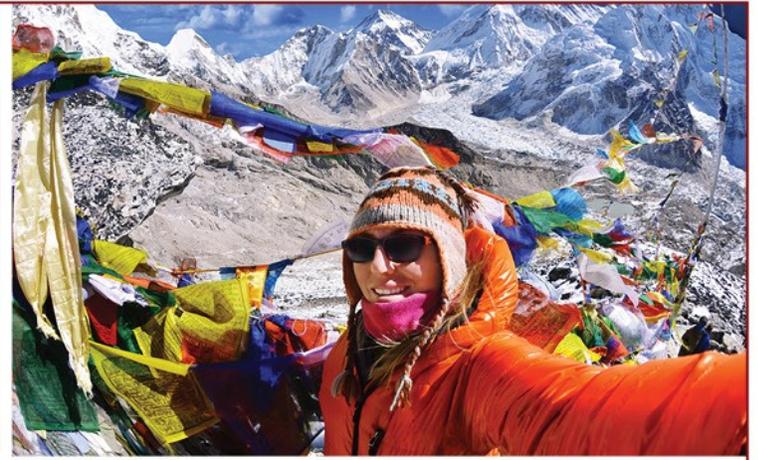
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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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