

Approximative Distances and Elevations



March	SECTION	VILLAGES	Length in Km.	DOWNHILL, in m.	UPHILL, in m.
30	0	Andqet - Qobayat	15	220	648
31	1	Qobayat - Tashea	19.8	538	1338
April	SECTION	VILLAGES	Length in Km.	DOWNHILL, in m.	UPHILL, in m.
1	2	Tashea - El Qemamine	21.8	1034	560
2	3	El Qmamine - Kfar Bebnine	9	744	1091
3	4	Kfar Bebnine - Beqaa Sefrine	16.2	1095	938
4	5	Bqaasefrine - Ehden	22.9	979	1046
5	6	Ehden - Ouadi Qannoubine	9.8	948	370
6	7	Ouadi Qannoubine - Becharre	9.1	162	722
7	8	Becharre - Hasroun	19	850	814
8	Rest Day				
9	9	Hasroun - Tannourine	20.6	1778	1146
10	10	Tannourine - El Aqoura	18.8	1260	1271
11	11	El Aqoura - Afqa	19.8	539	483
12	12-side T	Afqa - Jabal Moussa	17.5	855	670
13	12-side T	Jabal Moussa - Hrajel	15	664	960
14	13	Hrajel - Kfardebian	18.2	705	548
15	Rest Day				
16	14	Kfardebian- Baskinta	19.8	830	865
17	15	Baskinta - El Mtain	18.7	649	477
18	16	El Mtain - Falougha	19.3	909	934
19	17	Falougha - Ain Zhalta	19.9	664	563
20	18	Ain Zhalta - El Barouk	21.8	977	812
21	19	El Barouk - Maaser el Chouf	10.6	634	704
22	Rest Day				
23	20	Maaser el Chouf - Niha	12.3	629	518
24	21	Niha - Jezzine	11.8	540	487
26	22	Jezzine - Aitanit	16	812	837
26	23/24	Aitanit-Kawkaba-Rachaya	24	1174	880
27	25	Rachaya-Hasbaya	24.5	1516	1020
28	26	Hasbaya - Marjayoun	15.6	487	420

Distances and elevations are aproximative