

Thru-Walk 2013

Walk for Birds

Dear Thru-Walker 2013,

Thank you for choosing the Lebanon Mountain Trail as your trekking expedition for the Thru-Walk, April 2013 under the theme: Walk for Birds.

Please **READ CAREFULLY** some practical information upon your scheduled trip and see attached calendar, registration form the LMTA office map and especially the Elevations/distances for each section that you will hike;

Kindly ask your friends about their level of hiking for each section they participate in.

WEEK END bus transfer:

- A- **First week end (Easter weekend, Friday 29th):** the bus will leave the LMTA parking at **15h00 sharp!** Please be at the LMTA office an hour before for registration, bus packing and receiving other technical information; always remember that you might get stuck in traffic. The bus will return to Baabda on Monday April 1st from Qemamine and the core team will continue its walk. It will be a long late ride back.
- B- **The other 4 week ends:** the bus will leave each **Friday at 17h00 sharp!** Please be at the LMTA Office an hour before for registration bus packing and receiving other technical information, always remember that you might get stuck in traffic. The bus will return to Beirut each Sunday evening.
- C- Most of the week ends the bus might be fully seated - you may join the bus on his way depending on your location. Car parking is available at or near LMTA offices.

DAILY and WEEK END accommodation:

- A- Depending on the place and the accommodation availability (guest house-hostel-hotel-monastery), there will be 2 kinds of sleeping method:
Beds and Mattresses all equipped with sheets and covers. (The sleeping bags are optional, no need for personal mattresses).

- B- In some guest houses there will be double beds, many beds in one dorm; sleeping rooms might be shared with mixed friends or couples (sleeping under the stars will be available also in some places, for those who like ☺). The hikers will be divided in some week ends to 2-3 guest houses or other forms of lodgings.

- C- The LMTA will try to provide - with the guest house coordination - as much as comfortable hosting and local made food. One guest house does not provide the normal accommodation standards (evening of section 4 - Kfarbebnine).

- D- Dinner and breakfast will be served in the guest houses or restaurants. Lunch bags will be given each morning before the hike. Kindly always inform the 2 leaders (Christian & Joseph) if you are vegetarian, or for any other suggestions or requests.

BAGS:

A- Please do not bring excessive luggage: One backpack (for the hike) and your personal bag (for the extra clothes and personal stuff) are enough. **There won't be enough space in the bus for big luggage;** remember the bus will mainly be full when leaving Beirut on each week end. During the hikes, your extra bag will be transported by the bus or the local villager's transportation to the next hosting destination; you only need to carry your personal back pack.

EQUIPMENT for WEEK ENDS and DAY hikes:

The most important equipments you should have for a one or more day hikes are:

- Water flask (min. 1.5 Ltr.)
- Hat
- **Good hiking shoes and extra socks (if you want to buy a new footwear, do it at the end of the day and please use it 1 or 2 time before starting your hike)**
- Wind rain Jacket
- Trash bag
- Insect repellent
- Sunglasses
- Sunscreen
- Gloves
- First aid kit
- Walking poles
- Sleeping bag (optional)
- Head light
- **Gaiters** (is a must for snow covered trails) some sections will probably will be partly covered with snow.
- You may check for additional useful equipment on the LMTA website:
<http://www.lebanontrail.org/category.jhtm?cid=101>

Kindly avoid last minute cancellation.

Please be informed that for any additional information and assistance you may call the office on:

+961 5 955302 Milad Boutros will be your coordinator. Our offices are closed each Sat-Sund.

I will not be reachable by email (christianak@lebanontrail.org) starting

Thursday March 28 morning - Till May 2^{evening}.

Best regards, and good luck for your Thru-Walk,



Christian Akhrass

Field Specialist

Lebanon Mountain Trail Association

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