

Spring Hikes 2024

# The sounds of the Trail



Hike 1  
April 12 till April 14

Hike 2  
April 19 till April 21

Hike 3  
April 26 till May 5



# Hike 1

TEAM EUROPEAN

BEE-EATER

فريق أوروبا

## DAY 01

**Date** Fri, April 12

**From** Baabda

**To** El Khreibe

**Accommodation** El Khreibe

## DAY 02

**Date** Sat, April 13

**Section** 19

**From** Maaser el Chouf

**To** El Barouk

**Distance** 9.5km

**Difficult**

^ 704    v 521

**Accommodation** El Barouk

## DAY 03

**Date** Sun, April 14

**Section** 18

**From** El Barouk

**To** Ain Zhalta

**Distance** 15.5km

**Difficult**

^ 681    v 544



# Hike 2

TEAM EUROPEAN  
GOLDFINCH  
فريق الحسون

## DAY 01

**Date** Fri, April 19

**From** Baabda

**To** Falougha

**Accomodation** Falougha

## DAY 02

**Date** Sat, April 20

**Section** 16

**From** Falougha

**To** El Mtain

**Distance** 13km

**Challenging**

^ 574    v 972

**Accomodation** El Mtain

## DAY 03

**Date** Sun, April 21

**Section** 15

**From** El Mtain

**To** Baskinta

**Distance** 16.5km

**Difficult**

^ 1178    v 642



# Hike 3

TEAM EURASIAN

HOOPOE

فريق الهدوء

## DAY 01

**Date** Fri, April 26

**From** Baabda

**To** Faraya

**Accommodation** Faraya

## DAY 03

**Date** Sun, April 28

**Section** 11

**From** Afqa

**To** El Aqoura

**Distance** 21.8km

**Difficult**

▲ 912 ▼ 590

**Accommodation** Majd El Aqoura

## DAY 02

**Date** Sat, April 27

**Section** 12

**From** Faraya

**To** Afqa

**Distance** 17km

**Challenging**

▲ 330 ▼ 609

**Accommodation** Majd El Aqoura

## DAY 04

**Date** Mon, April 29

**Section** ST

**From** El Aqoura

**To** Douma

**Distance** 23km

**Very Difficult**

▲ 800 ▼ 1406

**Accommodation** Douma



## DAY 05

**Date** Tue, April 30

**Section** ST

**From** Douma

**To** Bchaaleh - Douma

**Distance** 13km

**Difficult**

▲ 858 ▼ 858

**Accomodation** Douma

## DAY 06

**Date** Wed, May 1

**Section** ST

**From** Douma

**To** Tannourine El Faouqa

**Distance** 12km

**Difficult**

▲ 983 ▼ 663

**Accomodation** Tannourine

## DAY 07

**Date** Thu, May 2

**Section** 9

**From** Tannourine el Faouqa

**To** Bazaoun

**Distance** 20km

**Very Difficult**

▲ 1189 ▼ 1200

**Accomodation** Bazaoun

## DAY 08

**Date** Fri, May 3

**Section** 12

**From** Bazaoun

**To** Bcharreh

**Distance** 22.7km

**Difficult**

▲ 938 ▼ 955

**Accomodation** Bcharreh

## DAY 09

**Date** Sat, May 4

**Section** 7

**From** Bcharreh - Ouadi Houlat

**To** Qozhaya

**Distance** 13.2km

**Difficult**

▲ 771 ▼ 1156

**Accomodation** Qozhaya

## DAY 10

**Date** Sun, May 5

**Section** 6

**From** Qozhaya

**To** Horsh Ehdén

**Distance** 9.5km

**Difficult**

▲ 929 ▼ 407



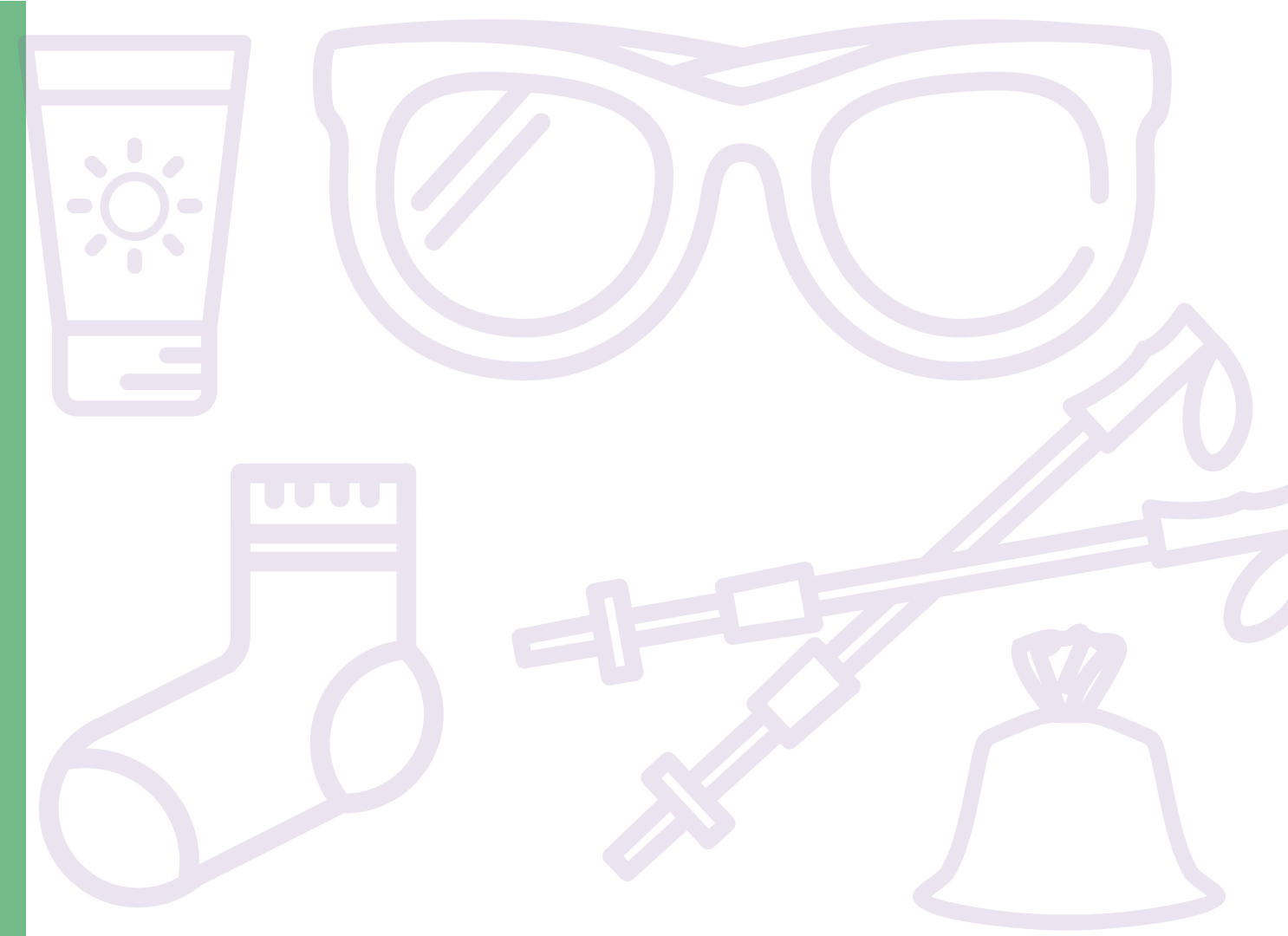


**HIKE IT.  
PROTECT IT.**  
**مشي لتحمي**

# GEAR & EQUIPMENT

The most important equipment you should have for one or several hiking days are:

- Water flask (min. 1.5 Ltr.)
- Lunch box.
- Hat.
- Good hiking shoes and extra socks (new hiking shoes should be used several times before the event).
- Wind / Rain Jacket (It may rain).
- Trash bag.
- Insect repellent.
- Sunglasses.
- Sunscreen.
- First aid kit.
- Walking poles.
- Head light.



# Prices

## Fees in USD per Day

### Our pricing list includes:

Accommodation.

All meals (dinner, breakfast and lunch box).

Local Guides' services.

Tour Leaders.

Entries to nature reserves and protected areas.

Transportation of luggage from one accommodation to another.

Transportation from LMTA office on Fridays and to the LMTA office on Sundays

**Lebanese  
Resident**

**110\$**

**International  
(Foreigners  
& Lebanese  
Expats)**

**130\$**



**For more information  
Contact us on**

**+ (961) 5 95 53 02**

**+ (961) 3 76 75 74**

**[info@lebanontrail.org](mailto:info@lebanontrail.org)**

